



**To: ONU Student-Athletes**  
**From: Kurt Wilson, Head Athletic Trainer**  
**Date: August 2009**  
**RE: NCAA Dietary Supplement Statement & Banned Substances/Resource Exchange Center (REC)**

ONU Student-Athletes:

The NCAA is continuing to see a problem with student-athletes testing positive for the use of nutritional dietary supplements. Athletes have also tested positive for prescription medication that they were unaware was banned by the NCAA. They have asked us to pass on the following information to you:

**“All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Some prescription medications may also be banned by the NCAA and it is important to check those out as well. Failure to check out a supplement or prescribed medication with your sports medicine staff prior to use may result in failed appeal for a positive drug test. Ultimately, student-athletes are responsible for anything they ingest.”**

The NCAA offers its member institutions access to the Resource Exchange Center (REC), a confidential service provided to the membership to answer questions or concerns about dietary supplements and/or prescribed medications. You may contact the REC at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec). Your NCAA password will be ncaa3. If you have any further questions or have discovered that a nutritional/dietary supplement or prescribed medication you are currently taking is banned please contact me at [kwilson1@onu.edu](mailto:kwilson1@onu.edu) or 419-772-2559 and I can assist you with the process.

For more information about NCAA drug testing please visit [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety).