

Connect with a winning team

Did you know the Council for Responsible Nutrition has an active Sports Nutrition Working Group?

CRN's **Sports Nutrition Working (SNWG)** brings together a broad range of specialists in this space including members from **Nestlé Health Science, Nutrition 21, Herbalife, Nutrasource, Lief Organics, NSF International, Banned Substances Control Group, Vital Proteins** and many more.



Catch up on the CRN SNWG's recent activities and learn how to get involved: www.crnusa.org/sportsnutrition



CRN, the leading trade association of the dietary supplement industry, is elevating sports nutrition through advocacy, education, and category promotion.



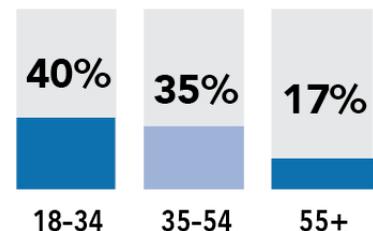
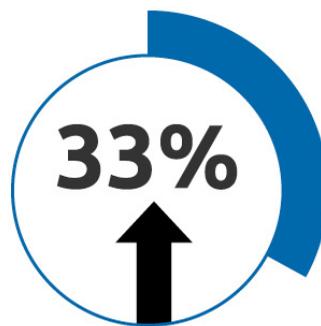
CRN's Sports Nutrition Working Group recently hosted Olympic athletes and industry experts to discuss adulteration, athletic training ahead of Olympics. Read more on back.



CRN applauds New York state legislators for ensuring access to sports nutrition and weight management products. Learn more www.crnusa.org/sportsnutrition

Supplement users increase use of sports supplements during pandemic

According to CRN's COVID-19-focused Consumer Survey, of users changing their supplement regimen during the pandemic, 33% increased their use of sports nutrition supplements. The data by age group appears to the right. See CRN's website for more.



CRN Sports Nutrition Working Group June 15 session emphasizes importance of safety, education for athletes at all levels

“You can have all of the best products in the world but if they’re not tested for sport, athletes shouldn’t be taking them,” said Samantha Clayton, former Olympic athlete and vice president, Worldwide Sports Performance and Fitness for CRN member Herbalife, during CRN’s second Sports Nutrition Working Group (SNWG) Olympics-themed webinar—now available on demand for CRN members. Speakers emphasized the importance of third-party certification for sports nutrition supplements and education for athletes—both elite and recreational—about safe products.

“Determining whether sports nutrition ingredients meet compliance requirements of [DSHEA] is vital but challenging. Interpreting where an ingredient fits in the scope of banned substances in sport is even more of a quandary,” said Oliver Catlin and Rick Collins in Natural Products Insider. As Olympian Alise Willoughby noted during the SNWG webinar, elite athletes are under tremendous pressure and stress to avoid products that could be dangerous or get them in career-ending trouble. Mr. Catlin, president and co-founder of the Banned Substances Control Group (BSCG), previously spoke during CRN’s first Olympics-themed SNWG session.

In light of COVID-19, Shawn Heuglin, Ph.D., RD, sport dietician with the U.S. Olympic Committee, noted that Olympic athletes planning for upcoming international competition are paying special attention to immune and gut health. Additionally, maintaining a consistent nutrition routine is crucial as athletes head into unfamiliar and high-stress environments.

Personalization and gummy delivery formats continue to gain popularity, particularly for elite athletes, noted Dana Ryan, Ph.D., MBA, director of sport performance and education at Herbalife.

CRN Members can read the full story to learn what supplement products athletes and sport dietitians rely on, according to our speakers. Speakers reported that they regularly take and recommend: www.crnusa.org/CRN-Daily-Supplement/SNWG-061821

Non-members: Learn more about how you can be a part of CRN’s Sports Nutrition Working Group through CRN membership: www.crnusa.org/sportsnutrition

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