

Pros Crack Down on Tainted Supplements

Sophisticated drug testing is forcing professional sports to crack down hard on tainted supplements.

Let's face facts. Food supplements will not make up for poor training or practice habits. They will not compensate for nutritional deficiencies or toxicities caused by a generally inadequate diet. And they cannot fundamentally change your physique. What supplements can do is give you the edge you need to pull ahead of the pack. On the other hand, they can create a world of trouble for an unsuspecting athlete.

The IOC has been concerned since 1997 about the possibility of performance-enhancing contaminants in food supplements, given the lack of FDA scrutiny of such products, in contrast to the scrutiny given drugs. Given this

concern, the IOC retained an independent lab to evaluate the ingredients in 634 nutritional supplements from 215 different suppliers in 13 countries.

The results indicated that fully 14.8 percent of the supplements were found to contain prohormones that were not declared on the labels. These banned prohormones were of 11 different anabolic androgenic steroids, primarily of testosterone and nandrolone. When the excretion rate of these prohormones was evaluated, the results showed concentrations exceeding the IOC cutoff limit for several hours – a positive doping result. Such findings have come to the attention of professional sports organizations, such as NFLPA, the National



While proper supplementation can help an athlete's health and performance, smart food choices come first, which is why we're publishing this photo of Kim Priest. A junior at Hunter High School in Salt Lake City, Kim signed up for a weight training class, made better food choices and lost 20 pounds of fat in one semester! No wonder she's smiling.

4 Your Health
AAbsolute Nutrition
ALRI
American Body Building
American Generic Laboratories
American Sports Nutrition
ANSI
ASN
AST
Avant Labs
Balanced Health Products
BetaStatin
Beverly International

Bioplex
Biotech
Biotech
BSN
Country Life
Ergopharm
Extreme Labs
GEN
General Nutrition Center
German American Tech
HDT
Hi-Tech Pharmaceuticals
Irwin Naturals
ISS Research

Kaizen
Klein Laboratories
MedLean
Mega-Pro
Metabolic Diet Plus (MD+)
Metabolife
Met-Rx
MHP
MM Sports Nutrition
MuscleTech
Myogenix
Natrol
Nature's Purest
NEXT Proteins (formerly

Next Nutrition)
NutraQuest (formerly Cytodyne)
Nutrabolics
NutraSport
NutraBiotics Research Lab
Nutraceutics
Nutritional Technologies
Optimum Nutrition
OSMO Therapy
Performance BioLabs
Pharmagenx
Pinnacle
Premier Nutrition

ProLab
SCIFIT
Shocker Nutrition
Sportlab
SportPharma
Sports One
Stacker
Supertech
Syntrax Innovations, Inc.
TwinLab
Ultimate Nutrition
Universal Nutrition (GNC)
VPX Sports

Football League Players Association.

Established in 1956, NFLPA is the union that represents the best interest of the players. Toward this aim, NFLPA has told its members that they are prohibited from participating in any endorsement agreement with any of the following supplement companies "because they manufacture products that are on the banned substance list."

If you have decided that a particular supplement might be helpful

to you as an athlete, consider subscribing to a consumer service that evaluates supplements for just such a purpose and according to IOC standards. ConsumerLab.com (CL) has tested products for purity and accuracy of labeling at the request of the US Olympic Committee. The results of these initial tests are available on CL's website at www.ConsumerLab.com. CL continues to test supplements of all types to evaluate which are safe for

athletes to take.

As an athlete, you will always be responsible for the negative consequences of your actions, from training lapses to bad supplementation or doping choices. If you decide appropriate food supplements could be helpful, make sure you carefully evaluate them beforehand. After all, your goal is to improve your performance, not to jeopardize your health and your athletic career! **BFS**

Get Quick Feet Fast!

BFS DOT DRILL PAD

Quick feet are absolutely essential for success

in sports. Nothing develops quick feet faster and better than the BFS Dot Drill. This is the premier agility drill. It only takes one minute a day. One minute, that's all! We guarantee remarkable im-

provements in every athlete's quickness in just 30 days! Use this drill as your warm-up: Never settle for jogging or stretching as your warm-up again. Be smart . . . Get started today and compare your times with our BFS Standards.

Special prices now available on Dot Drill Pads and Video!

BFS Dot Drill \$45

10+ = \$37.95 ea

Dot Drill DVD or VHS • Only \$19

Don't be fooled by
PAINTED DOTS!

cut-a-way view of the integrated dots



Make certain your Dot Drill Pad has fully integrated dots. This means each rubber dot is actually molded right into the pad!

**We Made It
Famous!**

1-800-628-9737

Fax (801) 975-1159
biggerfasterstronger.com
843 West 2400 South
SLC, UT 84119

**INDOORS
or
OUTDOORS**

#321040
3 x 4 x 3/8"



WINNING NUTRITION

BFS is proud to endorse and provide the full line of Pharmanex® nutritional products. Pharmanex products are used by athletes at all levels, from grade school athletes to Olympians. In the interest of helping athletes achieve physical superiority and enjoy optimal health, BFS recommends you start with the following Pharmanex products:

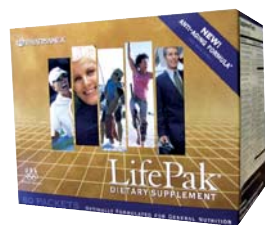


> G3® Superfruit Juice

- Derived from carefully selected "Super Fruits"
- Provides strong vascular and cellular protection
- High in antioxidants
- Delicious!

> G3® Superfruit Juice Pouches

- Same superior nutrition as G3 Superfruit Juice
- Convenient, spill-resistant pouches
- Each pouch provides two daily servings
- Delicious!



> LifePak®

- The world's most complete and effective nutritional product
- High in vitamins, minerals and antioxidants
- Convenient, pre-sorted packages

> XÔI Bar®

- Superior energy bar with G3 Superfruit Juice
- A food-based product with nuts, fruits and whole grains
- Low-glycemic carbohydrates to provide sustained energy
- High in vitamins, minerals and antioxidants
- Convenient, individually-wrapped bars for maximum freshness
- Delicious!



> LifePak® Women

- Scientifically formulated to fulfill the special needs of women
- Helps prevent osteoporosis
- High in vitamins, minerals and antioxidants
- Convenient, pre-sorted packages

> LifePak® Teen

- Specifically designed to fulfill the special needs of children 9 to 18
- Protects and nourishes growing bodies
- High in vitamins, minerals and antioxidants



> Marine Omega

- Provides essential omega-3 fatty acids
- Rich in EPA and DHA for optimal health
- Promotes normal heart and brain function, immune and joint health
- Promotes healthy skin and natural anti-inflammatory response
- Free of harmful toxins, contaminants and heavy metals

To order these cutting edge nutritional products, and for advice on how to improve your dietary habits for optimal health and athletic performance, check out our website.

BIGGER FASTER STRONGER



1-800-628-9737

Fax (801) 975-1159
 biggerfasterstronger.com
 843 West 2400 South
 Salt Lake City, UT 84119
 info@bfsmail.com

Biomechanics Made Simple

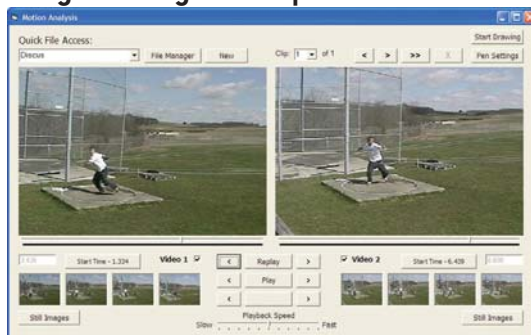
New Product



Weight Lifting Technique



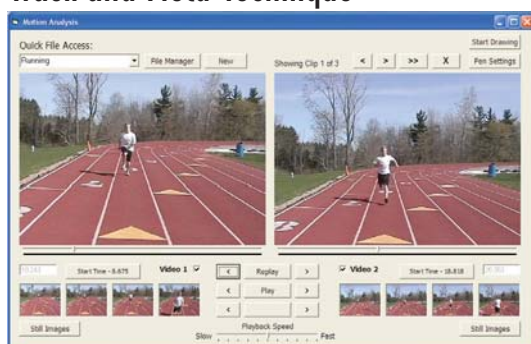
Football Technique



Track and Field Technique



Baseball-Hitting Technique



Sprinting Technique



Softball-Pitching Technique

- Improve performance and prevent injuries
- Compare technique with elite athletes
- Measure improvements in sport skills
- Share results with personal CD's



inMotion Software **BIGGER FASTER STRONGER**

\$195.00

#324034

(Individual License)

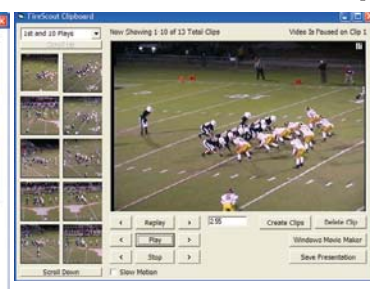
Call for additional options



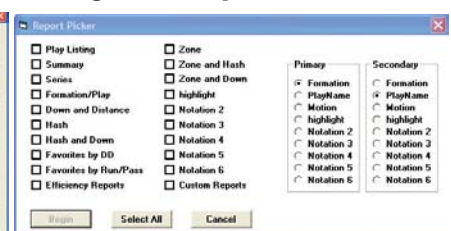
Also Available: Fire Scout Pro Software - Call for pricing and options



Data Entry Screen



Video Editing Screen



Scouting Reports

Bigger Faster Stronger · 843 West 2400 South, Salt Lake City, UT 84119
 1-800-628-9737 · Fax (801) 975-1159 · www.biggerfasterstronger.com · info@bfsmail.com