

Monday 02 December 2019

Sports Supplements Consultation  
Complementary and OTC Medicines  
Therapeutic Goods Administration  
[TGA.sports.supplements.consultation@health.gov.au](mailto:TGA.sports.supplements.consultation@health.gov.au)



**RE: Sports supplements consultation**

Thank you for the opportunity to submit feedback on the Proposed clarification that certain sports supplements are therapeutic goods.

Exercise & Sports Science Australia (ESSA) is a professional organisation committed to establishing, promoting and defending the career paths of tertiary trained exercise and sports science professionals. ESSA is the peak professional body and accrediting authority for accredited exercise physiologists, accredited exercise scientists, accredited sports scientists and accredited high performance managers.

Accredited sports scientists (ASpS) specialise in specific exercise services (e.g. testing, prescription, analysis, injury management) to support and enhance performance. ASpS are highly trained professionals who provide sports science services and conduct research relating to sport and human performance. They help individual athletes and teams to improve their performance using scientific knowledge, methods and applications in the areas of physiology, biomechanics, psychology, motor control and motor development. They evaluate research and advise on the technical and practical aspects of training, injury prevention, technique, nutritional supplements, performance and recovery practices. ASpS work at all levels of sport, including with able-bodied and para-athletes.

ESSA commend and support the Therapeutic Goods Administration's (TGA) ongoing commitment to quality assurance and quality control. Improving the regulation and safety of sports supplements is in the public's best interest. ESSA has reviewed the consultation brief and accompanying legislation and supports the proposed reforms.

In addition to ESSA's support, we recommend that the TGA also turn their attention to the lack of control over who can distribute and provide advice on sports supplements. While the proposed amendments will improve the accuracy and transparency of marketing claims advertised on supplements, it does little to stop non-qualified "professionals" inappropriately voicing their recommendations and advertising sports supplements.

Furthermore, considering that the TGA reviews research conducted and published by ASpS on the efficacy of nutritional supplements, ESSA would welcome the opportunity to discuss with you how we can better support the TGA's pre-market assessments of sports supplements.

We look forward to the outcomes of this review.

Yours sincerely,

