

## Rugby Academy Ireland

### Supplement Policy

*September 2019*

#### **General Policy:**

Rugby Academy Ireland (RAI) advocates a food-first approach to performance nutrition. The diet of an athlete should consist predominantly of whole foods. Nutritional supplements can play a beneficial role in the nutritional strategy of an athlete, but supplements cannot make up for an inadequate diet overall.

RAI does not advocate the use of ergogenic nutritional supplements for players under the age of 18. RAI agrees with the supplement policy of the IRFU which states:

- 1. Young rugby players should focus on good eating and drinking practices to support optimum performance.*
- 2. The use of protein supplements should not be recommended by schools, coaches, teachers or others involved in the training of young rugby players.*
- 3. The IRFU strongly advises against the use of nutritional ergogenic aids, in particular creatine, in young rugby players under 18 years of age.*
- 4. Young rugby players with medical conditions (for example diabetes, asthma, coeliac disease and nutritional allergies) should receive appropriate medical and nutritional advice to assist their optimum performance.*

The full IRFU guidelines can be viewed at: <https://www.irishrugby.ie/playing-the-game/nutrition/supplements/>

The use of whey protein by underage players is acceptable as whey protein is a food supplement rather than ergogenic aid.

For senior players, RAI acknowledges the role of nutritional and ergogenic supplements can play in addition to a high-quality diet. RAI advocates the use of a small, select number of supplements which have been well researched and shown to have a positive effect on performance when used appropriately.

The advocated supplements are as follows:

### 1. **Whey Protein Powder**

Whey protein is a by-product of cheese making. It is a high quality, food-sourced nutritional supplement which can act as a convenient source of protein to meet daily protein needs. RAI advocated a daily protein intake for its players of 1.6-2.0 grams per kilogram of bodyweight per day.

### 2. **Creatine**

Creatine is found naturally in foods such as steak and fish. Creatine is a highly researched supplement and has been shown to be beneficial for muscle growth, strength increase and sports performance. Creatine research has shown it to have no negative health consequences in those with no pre-existing medical conditions. Creatine monohydrate is the most researched and efficacious form of creatine.

RAI recommends a dose of 5 grams per day for players under 90kg & 7 grams per day for players over 90kg. It is not necessary to engage in a “loading” phase.

### 3. **Multi-Vitamin & Mineral**

Vitamins & minerals are essential components in the diet of an athlete. A diet with a wide variety of fruits and vegetables will supply a sufficient amount of vitamins and minerals required by an athlete. If an athlete is lacking in specific vitamins or minerals, a multi-vitamin may be beneficial to account dietary shortfalls.

### 4. **Fish-Oils**

Fish oils such as Omega 3's may have a small, beneficial effect on health. Again, including oily fish 1-2 per week in the diet should supply adequate levels of fish oils.

**Note: A small number of other supplements may be beneficial on in specific circumstances. If a player wishes to take other supplements other advised above, they should consult with RAI management prior to doing so.**

### **Nutritional Supplement Partner:**

ROS nutrition is the official nutritional supplement supplier to RAI. ROS Nutrition is an Irish-based company, producing high-quality, independently tested nutritional supplements. For consistency of quality and to ensure compliance with anti-doping policies, RAI advocates that players should only purchase supplements from ROS nutrition and no other suppliers.

