

Doping prevention in sport - Good development and manufacturing practices aimed at preventing the presence of prohibited substances in food intended for sportspeople and food supplements

EESTI STANDARDI EESSÕNA

NATIONAL FOREWORD

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English Version

**Doping prevention in sport - Good development and
manufacturing practices aimed at preventing the presence
of prohibited substances in food intended for sportspeople
and food supplements**

Prévention du dopage dans le sport - Bonnes pratiques
de développement et de fabrication visant à prévenir la
présence de substances interdites dans les denrées
alimentaires destinées aux sportifs et les compléments
alimentaires

Dopingprävention im Sport - Gute Praxis bei der
Entwicklung und Herstellung zur Vermeidung von
Dopingsubstanzen für Nahrungsergänzungsmittel und
Sport-Lebensmittel

This European Standard was approved by CEN on 20 December 2020.

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European foreword

This document (EN 17444:2021) has been prepared by Technical Committee CEN/TC 453 “Dietary supplements and sports food free of doping substances”, the secretariat of which is held by AFNOR.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by August 2021, and conflicting national standards shall be withdrawn at the latest by August 2021.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN shall not be held responsible for identifying any or all such patent rights.

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Introduction

Doping prevention is based on various targeted actions, intended for sportspersons at all levels and their environment. One of these doping prevention actions is ensuring that people participating in sport activities, either during training or competition, do not ingest doping substances through their diet, in particular by means of food intended for sportspeople and food supplements.

This document has been designed to provide manufacturers with a framework to minimize the risk of the presence of prohibited substances in food intended for sportspeople and food supplements. Such a risk cannot be eliminated entirely, and no company should be making claims to this effect, however there are a number of processes companies can put in place to reduce the risk of the presence of prohibited substances.

Indeed, in a context of trade globalization and the underlying development of transnational ordering on the Internet, it is now possible for sportspeople to order and import foods from countries outside the European Union (EU). In addition, various studies show that food intended for sportspeople and food supplements may contain doping substances resulting from unintentional contamination or voluntary additions of substances prohibited by the World Anti-Doping Agency [4], may give positive results in anti-doping tests and can induce adverse effects for health. Given the side effects of doping substances on health, which is one of the criteria for their prohibition, the prevention of doping by contamination of foods intended for sportspeople and food supplements is an important public health issue. This issue concerns all sportspeople, including recreational sports practitioners.

Various publications addressing contamination of food intended for sportspeople and food supplements highlight the presence of prohibited substances (mainly anabolic agents, or stimulants). These substances are included in the Prohibited List published and revised annually by the WADA [4]. Such substances are harmful to health causing mainly cardiovascular adverse effects, such as myocardial infarction, arrhythmia or coronary artery disease, neurotoxicity, hepatotoxicity, etc.

This document falls within the framework of the measures laid down at international level by the Council of Europe and by United Nations Educational, Scientific and Cultural Organization (UNESCO) respectively:

- the Council of Europe's Anti-Doping Convention of 1989 [5] of which Article 4 provides for the possibility of adopting administrative measures to restrict the availability of doping agents in sport;
- UNESCO's 2005 International Convention against Doping in Sport [6] of which Article 10 requires that:

“States Parties, where appropriate, shall encourage producers and distributors of nutritional supplements to establish best practices in the marketing and distribution of nutritional supplements, including information regarding their analytic composition and quality assurance.”

Manufacturers applying this document are strongly encouraged to comply with the requirements of other standards, in particular those of EN ISO 22000 on food safety management [1] (which includes Hazard Analysis Critical Control Point (HACCP) principles) and as applicable those of EN ISO 9001 on quality management [2].

Thanks to the support offered jointly by the CEN and by the interested parties in preparation of this document, there is a clear emphasis on the importance of encouraging companies responsible for the development and manufacture of food supplements and food intended for the sportspeople with the intention of excluding the substances prohibited by WADA [4] and protecting consumers.

This document should work towards and support any other European, national laws or regulations in the area of doping in sport.

Quality assurance can be improved by carrying out testing, audit, certification process, etc.

The following standard has been developed to promote good manufacturing practices specifically with consideration to substances prohibited in sport.

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1 Scope

This document sets out the requirements relative to the development and manufacture of food intended for sportspeople and food supplements to reduce the risk of the presence of substances prohibited by the World Anti-Doping Agency (WADA) [4].

This document specifies a framework of good practices with the objective of preventing the presence of substances prohibited in sport in food intended for sportspeople and food supplements.

This document does not lead to any form of product endorsement.

This document excludes the so-called “energy drinks”.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

ISO and IEC maintain terminological databases for use in standardization at the following addresses:

- IEC Electropedia: available at <https://www.electropedia.org/>
- ISO Online browsing platform: available at <http://www.iso.org/obp>

3.1

sport

all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels

[SOURCE: Council of Europe Committee of Ministers Recommendation No. R (92) 13 Rev of the committee of Ministers to Members States on the revised European Sports Charter [7]]

3.2

sportsperson

sportspeople

person(s) who participate(s) in sport

3.3

ingredient

any substance or product, including flavourings, food additives and food enzymes, and any constituent of a compound ingredient, used in the manufacture or preparation of a food and still present in the finished product, even if in an altered form

[SOURCE: Regulation (EC) n° 1169/2011 of the European Parliament and of the Council of 25 October 2011, Article 2 [2f], modified [8]]