

Supplement Intake Log

Name: _____ Sport and team: _____ Season or dates: _____ Reviewed with (staff): _____

Product and brand exactly as printed, with flavor	Serving on the label what the label says	Where and when bought store or site, date	Lot or batch number printed on the container	Expires	Certification program, and date you checked it	Why I take it and who suggested it	Reviewed by staff name and date	Notes started, stopped, reactions
<i>Example: Brand X whey protein, vanilla</i>	<i>1 scoop</i>	<i>Online store, 9/2</i>	<i>A1234B</i>	<i>08/2027</i>	<i>NSF Certified for Sport, lot checked 9/3</i>	<i>Recovery; team dietitian</i>	<i>J. Smith, RD, 9/5</i>	<i>Started 9/6</i>

The example row is made up to show how to fill in each column. List every supplement you take, including vitamins, protein, pre workout and anything a friend or coach gave you. List medications separately for your doctor or athletic trainer. This log is a record for a conversation with qualified staff; it is not medical advice, and no certification guarantees a negative drug test.

Weekly Intake Check Off

Varsity Stack

Week of: _____

Product (from your log)	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Before you add anything new

1. Ask your athletic trainer or sports dietitian first.
2. Look for a banned substance testing certification, then confirm it on the certifier's own website.
3. Search the lot or batch number on your container, not just the product name.
4. Write it on your log before the first serving.

Where to check

- NSF Certified for Sport: nsfsport.com (search by name or lot number)
- Informed Sport: sport.wetestyourtrust.com (search the batch number)
- BSCG Certified Drug Free: bscg.org
- NCAA athletes: Drug Free Sport AXIS, through your athletics department
- The Varsity Stack app: scan the barcode to check certification records