



Fédération Internationale des Luttes Associées
International Federation Of Associated Wrestling Styles

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TO ALL NATIONAL FEDERATIONS TO THE FILA BUREAU MEMBERS

Subject : taking of food supplements

Many athletes from all sports, but more particularly wrestlers, undergo doping tests during competitions or training courses.

In several cases, the results of the doping tests were positive and an inquiry was made to investigate on the reasons for this sudden increase in positive results. It resulted from this inquiry that nearly the totality of food supplements contains forbidden substances not listed in the contents of the product.

Consequently, we invite you to be vigilant and to inform your wrestlers that, in the event they want to carry on taking food supplements, they must have the selected product submitted to an analysis prior to its absorption.

This recommendation being clear, we inform you that in the event a wrestler is found positive further to the taking of a food supplement containing one or several forbidden substances not mentioned in the contents of the product, there will be no attenuating circumstances. On the contrary, this will be considered as a voluntary use of this or these products with full knowledge.

We thank you for the attention you will give to the foregoing and for making sure that this information is relayed to your wrestlers and that these guidelines are complied with.

Michel Dusson
FILA Secretary General

Raphaël Martinetti
FILA President