

Orthomol Sport is safe to use in elite sports



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The Cologne List® is a sports initiative where a list of safe food supplements can be found.

The market for food supplements is very dynamic and heterogeneous. Manufacturers may inadvertently add a Prohibited Substance to food supplements, or intentionally mix it with Prohibited Substances.

Although only a relatively small number of products are actually contaminated (see IOC study in 2004), they pose a serious risk to athletes and may even discredit the entire food supplement industry.

The Cologne List® provides athletes and manufacturers with an independent service platform that provides transparent information in the interests of both parties.

Creating a cologne list.

An international study supported by the IOC, which was Conducted by the Institute of Biochemistry at the Sports University of Cologne, Germany, showed that about 15 percent of dietary supplements purchased in 13 different countries contain anabolic substances that were not listed on the product's composition label. The anabolic substances found in food supplements in 2004 probably did not have any real effect of increasing the result, but may have inadvertently obtained positive anti-doping tests. The result began in both the sports community and the food supplement industry. As a result, individual companies contacted the Center for Preventive Doping Research (CePreDo) at the German Sports University in Cologne to check their products for anabolic steroids and stimulants. The main objective was to review standard in-house production procedures and evaluate raw material suppliers.

A decision was quickly made to make the results of the analysis available to both manufacturers and athletes to reduce any uncertainty. Thus, a reliable reference platform with an independent quality seal for responsible manufacturers and athletes was born: the Cologne List®.

The Rhineland Olympic Training Center (Olympiastützpunkt Rheinland, OSP) was in favor of creating the Cologne List®, as OSP Director Michael Scharf saw the service as part of the centre's duty to care for athletes. First published in 2006 with 25 products, Cologne List® became the first in the world to tackle contamination with illicit substances in food supplements.

The Cologne List® has been well received by both athletes and manufacturers. 2008 The number of products on the list rose to 150. The growing demand from foreign athletes and associations made it possible to implement the English version of the Cologne List® in the same year.

2010 The Cologne List® introduced voluntary testing of appropriate stimulants to complete mandatory testing for anabolic steroids. This was due to an increase in undeclared stimulants in food supplements. 2010 270 products were published in the Cologne List®.

The issue of undeclared banned stimulants in food supplements drew the attention of the general public when German biathlete Evi Sachenbacher-Stehle was removed from her team in 2014. at the Winter Olympics in Sochi, Russia, after verifying the positive effects of an undeclared stimulant. This has strengthened cooperation with the Prevention Division of the German National Anti-Doping Agency (NADA). NADA has integrated the Cologne List® into its utility program (NADA-APP IOS / NADA-APP Android) and the prevention program GEMEINSAM GEGEN DOPING. Number of products published on the Cologne List® by 2014 Ends have risen to 570. About 950 products are currently listed on the Cologne List®, along with the results of relevant laboratory analysis.

Situation and outlook

The Cologne List® remains the world's first and largest platform for doping prevention in 2017. The support of specialists from the NADA Prevention Department is gradually expanding the athlete testing service. This will help reduce unintentional doping and potential health risks, taking into account the interests of all participants.

Amateur athletes are also increasingly turning to the Cologne List® for advice. Their belief is that producers who produce clean foods without banned substances will be diligent and honest in other areas as well.

According to a laboratory analysis carried out by the Center for Preventive Doping Research (CePreDo) of the German University of Cologne, no prohibited doping substances were found in Orthomol Sport.

Batch- Number	Best before date	Analysis date	Laboratory analysis
4202004893	2022-02-05	2020-09-30	without objection
4201903981	2021-02-17	2019-07-19	without objection
4201903133	2021-01-01	2019-06-18	without objection
4201900382	2020-08-31	2019-02-15	without objection
4806432	2020-07-31	2018-12-17	without objection
4802826	2019-12-31	2018-06-05	without objection
4801354	2019-09-30	2018-03-28	without objection
4800388	2019-04-30	2018-02-15	without objection
4706864	2019-04-30	2018-02-07	without objection

4702858	2018-08-31	2017-06-08	without objection
4700354	2018-05-31	2017-02-16	without objection
4605079	2017-12-31	2016-09-29	without objection
4602678	2017-08-31	2016-06-09	without objection
4600373	2017-06-30	2016-02-18	without objection
4505737	2017-01-31	2015-11-17	without objection

Prepared by

<https://www.koelnerliste.com/en/background>

<https://www.koelnerliste.com/en/product/orthomol-sportr>