

Media Release



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Consumers can be Confident in Complementary Medicines

The Complementary Healthcare Council of Australia (CHC) sets the record straight following recent media reports in relation to the AFL's release of a prohibited treatments list and the associated claim that supplements are unproven.

"The AFL is yet to release its list to govern players' use of nutritional supplements such as vitamins, fish oils and concentrated food extracts, so there appears to be some confusion about what the AFL spokesperson is referring to when they say "supplements" said Mr Gibson, Chief Executive Officer of the CHC.

"Our industry's products are supported by a large number of clinical trials; greater than ~16,000 trials on complementary medicines have been published over the previous 30 years, and that number is growing rapidly."

The Therapeutic Goods Administration (TGA) works with the complementary medicines industry to regulate complementary medicine products sold in Australia, ensuring they are of high quality and safety. Products sold legally in Australia must be entered on the Australian Register of Therapeutic Goods (ARTG) before they enter the market, and it's encouraging to see that the AFL's guidance has recognised this requirement.

"It is encouraging that the AFL's new position recommends players have an informed say in what supplements they choose to take. Informed choice and education of consumers about the products they are taking is something the CHC continues to promote," said Mr Gibson.

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