



WARNING

**Cases of meat contamination have
been reported in this region.**

**Steroids can sometimes be used in the local farming process,
and, if consumed, may be present in your Anti-Doping sample.**

Take the following steps to reduce your risk of an Anti-Doping Rule Violation:

- Seek alternative sources of protein, if possible
- If consuming meat, try and confirm where it comes from
(US-sourced meat is generally safer)
- Eat with other players, order similar meals
- Keep receipts and photos from all meals during your stay



For further information, guidance
or support, contact the ITIA

Tennis you can **trust.**

WWW.ITIA.TENNIS

