

Peptides: popular on social, monitored in sport

Peptides are generating huge attention online.

But before you take advice from an influencer, it's important to understand the risks.

For tennis players, those risks can affect both your health and your sporting career.



PROTECTING THE PLAYER

SWIPE →

Buyer beware

Not everything sold online is what it claims to be.

Fake and unlicensed peptide products have been identified around the world.

Some may contain the wrong ingredients, incorrect doses, contaminants, or something completely different from what is listed on the label.

In many cases, peptide products are labelled as "for research only", meaning they are not approved for human use - often due to health risks found during clinical trials.



Social media is full of stories about “miracle” results from peptides, including enhanced recovery, increased strength, and, in the case of GLP-1s, rapid weight loss.

What you don't always see:

- Whether the product is genuine
- If it was prescribed by a health professional
- The potential side effects
- If it is safe for your own circumstances

GLP-1s: monitored for 2027

GLP-1s (weight loss drugs commonly referred to by brand names like Ozempic) will remain on WADA's Monitoring Program for 2027.

This means that, while the substance is not banned for tennis players, WADA has concerns about its use in sport, and it may become prohibited in the future.

When it comes to peptides, including GLP-1s, players should be particularly careful about what they are taking and where it comes from, and always declare it on your Doping Control Form.

Peptide risks



For tennis players, there are two main risks:

Health:

Fake or unregulated products may not contain what the label says, or the doses may differ. This can lead to unintended side effects, or ineffective treatment.

Anti-doping:

Products obtained through unofficial channels may contain undeclared substances or ingredients.

Just like supplements, if you don't know exactly what's in a product, you increase the risk of breaking the rules.

Protect yourself

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Before taking any peptide products:

- ✓ Speak with a qualified healthcare professional
- ✓ Use licensed pharmacies and legitimate suppliers
- ✓ Be cautious of products promoted through social media
- ✓ Avoid products from unregulated online sellers
- ✓ Be wary of deals or claims that seem too good to be true

If a product is hard to trace, difficult to verify, or is sold outside normal healthcare channels, take extra care.

Protect yourself

When buying medicines online, ask yourself:

- ? Who is selling it?
- ? Is it from a licensed source?
- ? Has it been prescribed by a healthcare professional?
- ? Do I know exactly what is in it?

Protect your health. Protect your career.

Need advice? Contact us via DM, the ITIA App, or on The Line to speak with a member of the team.

Stay informed

The ITIA team is on hand to offer guidance to players and their support personnel, and more information is available on our website and app: itia.tennis