



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:

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



For further information, guidance
or support, contact the ITIA

Tennis you can **trust.**