

Karen Brown

Pharmacist, Director & Co-Founder of Batch Tested, **BRISBANE**

Karen Brown is a pharmacist, pharmacy owner, and co-founder of Batch Tested – Australia's only platform offering athletes streamlined access to certified, batch-tested sports supplements.

As a respected authority in supplement safety and compliance, Karen combines her clinical expertise with a passion for education and accessible wellness solutions that empower individuals to take control of their health.

Batch Tested supplies certified and tested supplements to the Australian Olympic team, AFL and NRL clubs, numerous Australian sporting teams, and thousands of athletes across Australia and internationally. Karen shared that Batch Tested's mission is to ensure no Australian athlete returns a positive drug test for a contaminated supplement.

A former Queensland Firebirds netballer, Karen is recognised for her innovative approach to healthcare, business leadership, and community engagement. She also mentors young athletes as a netball coach at St Margaret's Anglican Girls School, fostering resilience and confidence both on and off the court.

Karen's expertise focuses on assessing sports nutrition products for compliance with the HASTA (Human and Supplement Testing Australia) certification program. HASTA certification represents the gold standard in supplement safety, with every batch independently tested for more than 200 substances prohibited by the World Anti-Doping Authority (WADA).

"HASTA certification ensures athletes can consume supplements with a significantly lower risk than those who have not undergone third-party testing for prohibited substances," said Karen.

"Studies show up to 95 per cent of athletes want to take supplements to support their nutrition and training plans. HASTA certification significantly reduces the risk as they screen products for substances on the WADA banned list, plus the manufacturing process, which can be a source of contamination."

Karen is currently completing the International Olympic Committee (IOC) Drugs in Sport Certificate.

Her advocacy for women's health, wellbeing, and education extends to her advisory role with the University of Queensland School of Pharmacy. Karen promotes evidence-informed care in areas such as menstrual wellbeing and nutrition, encouraging personalised, practical approaches to



better health outcomes. Her philosophy – combining clinical excellence, entrepreneurial insight, and community focus – has established her as a respected leader in nutritional supplement safety, sport, and women's health advocacy.

Karen's message to athletes and coaches regarding the importance of choosing clinically trialled and HASTA-certified products as part of a clean sport philosophy is:

"Do not risk your career on a non-tested supplement. No supplement is worth undoing years and years of hard work, reputation and success. If you clinically require supplements, ensure every product, every time has been tested for prohibited substances."

"Studies show one-in-three non-tested supplements contain a prohibited substance which could result in a positive drug test for an athlete, which could be career-ending," she added.

"Batch testing and clinical validation gives athletes confidence and choice. Some supplements are medically required due to nutritional deficiencies (such as iron, calcium, and vitamin D) and others are utilised to supplement their training and nutritional plan so they can perform at their best," Karen said.

ends#

To coordinate an interview with Karen Brown, please contact:

Kirsten Bruce or Alia Din, VIVA! Communications

M 0401 717 566 | 0403 878 645

T 02 9968 3741 | 1604

E kirstenbruce@vivacommunications.com.au | alia@vivacommunications.com.au