

PLAYING IT SAFE IN SPORTS CAUTIONARY TALES OF UNINTENTIONAL DOPING

ATHLETES ARE UNDER MORE SCRUTINY THAN EVER

Unfortunately, athletes can unintentionally take banned substances through tainted dietary supplements. Here are just a few examples:



2004

**KICKER VENCILL
SWIMMER**

Tested positive for steroid precursors as a result of taking a contaminated multivitamin. Missed his shot at the 2004 Games as a result.²



2007

**MIKE CAMERON
SAN DIEGO PADRES, OUTFIELDER**

Received a 25-game suspension for testing positive because of a contaminated supplement.³



2008

**SERGE DESPRES
CANADIAN BOBSLED PILOT**

Tested positive for nandrolone caused by a contaminated supplement he took to help with tissue and joint repair after hip surgery. Banned for 20 months, he was unable to compete in the 2010 Games.⁴



2008

NATIONAL FOOTBALL LEAGUE

Six NFL players were suspended for testing positive for banned diuretic bumetanide, which was later found in a product called StarCaps and not declared as an ingredient on the label.⁵



2009

**J.C. ROMERO
PHILADELPHIA PHILLIES, PITCHER**

Suspended for the first 50 games of the 2009 season after testing positive for a banned substance undeclared on the label of 6-OXO, a dietary supplement. The suspension cost him \$1.25 million in salary.⁶



2011

**JESSIE BATES
TAEKWONDO, USA**

Suspended for 10 months by the U.S. Anti-Doping Agency for testing positive for the banned stimulant (DMAA). Disqualified from the Senior Nationals. DMAA was later found as an undeclared ingredient in several sports nutrition products.⁷



2013

**ASAFA POWELL
SPRINTER, JAMAICA**

Former 100 m world record holder tested positive for banned stimulant oxilofrine, blaming the positive test on a new brand of nutritional supplements.⁸



2016

**MARIA SHARAPOVA
TENNIS, RUSSIA**

The five-time Grand Slam champion was suspended from tennis for two years after testing positive for a banned heart medication – Meldonium.



HOW DO YOU KNOW WHAT'S IN YOUR SUPPLEMENT?

SCIENTISTS AT NSF INTERNATIONAL HAVE TESTED SUPPLEMENTS AND FOUND UNTESTED AND HARMFUL DRUGS AND INGREDIENTS MASQUERADING AS BOTANICALS.

These four ingredients have been found to be harmful to your health. Take care to avoid dietary supplements that may contain these ingredients.

DMAA

Can appear on the label as Geranium or Pelargonium species. An untested drug known as 1,3-dimethylamylamine and linked to five deaths. Associated with high blood pressure, cardiac arrest and death.

DEPEA

An untested drug similar to methamphetamine. Found in pre-workout supplement products like Craze and Detonate and can be listed as N,alpha-diethylphenylethylamine, N,a-DEPEA or Dendrobium orchid extract. Linked to liver damage, heart attacks, seizures and failed drug tests.



DMBA

An untested, synthetic stimulant linked to strokes, heart failure and sudden death. It can appear on the label as 4-amino-2-methylpentane citrate, AMP citrate, Pentergy, 4-AMP or extracted from pouching team.

OXILOFRINE

An untested drug banned by the World Anti-Doping Agency. Can cause adverse health effects such as nausea, vomiting, tachycardia and cardiac arrest. Can appear on the label as Methylsynephrine, Bitter orange extract and extract of *Acacia rigidula*.

WHY ATHLETES USE NSF CERTIFIED FOR SPORT®

Global public health organization NSF International developed the NSF Certified for Sport® program to protect athletes and consumers from adulterated dietary supplements. The program includes:

- BANNED SUBSTANCES SCREENING:** to certify supplements are free of more than 247 prohibited substances on the World Anti-Doping Agency's list, as well as NFL, MLB and NCAA prohibited substances lists. Products are tested on a lot-by-lot basis.
- LABEL CLAIM TESTING:** to certify what's on the label is in the product.
- TOXICOLOGY REVIEW:** to verify product formulation and safety levels of ingredients.
- CONTAMINANT REVIEW:** to ensure there are no undeclared ingredients or unsafe levels of harmful contaminants in the product.
- FACILITY AUDITS:** Good Manufacturing Practices (GMP) audits conducted twice annually ensure ongoing compliance with FDA regulations.
- ONGOING MONITORING:** to verify compliance via twice annual facility audits and product testing.

NSF International's Certified for Sport® program is recognized by the NFL, NHL, MLB, PGA, LPGA, Canadian Centre for Ethics in Sport (CCES) and the New York City Police Department.

HOW ATHLETES FIND SAFER SUPPLEMENTS

LOOK FOR CERTIFICATION ON THE LABEL



RESEARCH BEFORE YOU BUY



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SOURCES

¹ Report of the Independent Observers, Games of the XXIX Olympics, Beijing 2008, ¹ U.S. Anti-Doping Agency, ^{2, 4-5} ESPN.com, ³ Calgary Herald, ⁷ BBC Sport