ATHLETES ARE UNDER MORE SCRUTINY THAN EVER

Scientists at NSF International have tested supplements and found undeclared and harmful drugs and ingredients masquerading as botanicals. There are four ingredients you should watch out for:

1. DMBA Oxilofrine
2. DMAA Oxilofrine
3. DEPEA
4. N,a-DEPEA or Dendrobium orchid extract

An untested, synthetic stimulant an athlete played with five deaths. The supplement he took to help him compete in the 2010 Games contained undeclared and harmful drugs and ingredients.

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:

- Label Claim Testing: Ensures that the substances listed on the label are present in the product.
- Toxicology Review: Evaluates the potential harmful effects of the ingredients on the body.
- Contaminant Review: Checks for undeclared and harmful drugs and ingredients.
- Banned Substances Screening: Tests for 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.

All of these ingredients have been found to be harmful to your health. These are just a few examples of supplements that contain these ingredients:

- DMBA Oxilofrine: Caused by a contaminated supplement. Missed his shot at the 2004 Olympics and was suspended for five years. He was later found guilty ofury.
- DMAA Oxilofrine: Found in pre-workout supplement products like Craze and StarCaps and not declared as an ingredient on the label.
- DEPEA: Found as an undeclared ingredient in a product called J.C. Romero’s Detonate and can be listed as N,a-DEPEA or Dendrobium orchid extract.
- N,a-DEPEA or Dendrobium orchid extract: Linked to liver damage, heart attacks, seizures and failed drug tests.

Although athletes are under more scrutiny than ever, it’s important to ensure that the substances listed on the label are present in the product. This is why the use of NSF Certified for Sport® is so important.

How Athletes Find Safer Supplements

When shopping for supplements, look for the NSF Certified for Sport® label. This label ensures that the substances listed on the label are present in the product. You can verify compliance via twice annual facility audits and product testing. The program includes:

- Ongoing Monitoring: Ensures that the substances listed on the label are present in the product.
- Toxicology Review: Evaluates the potential harmful effects of the ingredients on the body.
- Contaminant Review: Checks for undeclared and harmful drugs and ingredients.
- Banned Substances Screening: Tests for 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.

The NSF International, The Public Health and Safety Organization™ logo signifies that the product is NSF Certified for Sport®, which means it meets the highest standards of quality and safety. This is why athletes use NSF Certified for Sport®. To learn more about this program and the benefits it offers, visit www.nsfsport.com.