

REMINDERS ABOUT THE RISKS ASSOCIATED WITH SUPPLEMENT USE

IPF once again reminds all its stakeholders, notably its Athletes, of the risks involved with taking supplements.

Under the *strict liability* principle, Athletes are responsible for any prohibited substance found in their urine and/or blood samples. Unlike foods and medications, the supplement industry is subject to little or no government regulation, making it impossible for IPF and other Anti-Doping Organisations to confirm whether or not a supplement contains prohibited substances. After several anti-doping rule violations (ADRVs) related to supplement use in powerlifting, as well as other sports, IPF would like to stress to the powerlifting sport community the extreme risk an Athlete runs when using supplements.

Under no circumstances can IPF confirm whether or not a supplement contains prohibited substances.

THE RISK IS ALWAYS YOUR TO TAKE AND ASSUME.

It is ultimately the Athlete's responsibility to ensure that any thing they ingest does not contain prohibited substances – failure to do so would result in fault and/or negligence.

What are supplements?

Supplements are sometimes referred to as nutritional/dietary supplements or natural health products. They are not classified as food or drugs and are not covered by the various national Food and Drugs Acts.

Supplements include such products as:

<ul style="list-style-type: none">• Vitamins and minerals, <i>e.g., calcium, vitamin E</i>• Some hemp products, <i>e.g., hemp protein, hemp oil</i>• Herbal remedies, <i>e.g., arnica, echinacea</i>• Homeopathic medicines, <i>e.g., sulfur, arsenic</i>• Traditional medicines and teas such as traditional Chinese and Ayurvedic medicines	<ul style="list-style-type: none">• “Natural” products like Juglans Regia which is actually DMHA• Probiotics, <i>e.g., acidophilous, lactobacillus</i>• Amino acids and essential fatty acids, <i>e.g., glutamine, taurine</i>• Protein powders, <i>e.g., whey, hemp, soy</i>• Fat burners and weight-loss products, <i>e.g., Hydroxycut, green coffee bean extract</i>• Muscle boosters and mass gainers, <i>e.g., Jacked 3D, Hemo-Rage Black Ultra Concentrate</i>
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What are the risks associated with supplement use?

Unlike food and pharmaceutical production, the supplement industry is subject to little or no government regulation. Consequently supplements may:

- Intentionally contain prohibited substances;
- Unintentionally be contaminated with prohibited substances (e.g., contaminated source ingredients, erroneous source ingredients, cross-contamination during manufacturing); or
- Be mislabelled.

In addition, supplements may:

- Not accurately list the ingredients (e.g., falsify, omit);
- Not accurately list the relative amounts of each ingredient per dose;
- Make false certification claims (e.g., WADA-approved);
- Make false health benefit claims (all “natural”);
- Not list important cautionary information (e.g., side-effects to health); or
- Provide false security (“Stimulant free”).

The number of ADRVs resulting from the use of supplements demonstrates the extreme risk an Athlete runs when using supplements. A positive test for an Athlete who uses supplements may result in an ADRV regardless of how the prohibited substance got into their body. Serious sanctions may be imposed.

Some of the biggest culprits

There has been an inordinate amount of ADRVs that have resulted from Athlete’s inadvertently using 4-methylhexanamine and 5-methylhexanamine. These are specified substances and stimulants, which their use could result in a two (2) year sanction under the applicable Anti-Doping Rules.

These are both prohibited substances commonly added to supplements, such as pre-workout and fat burners, in various forms and can also be known as or likened to:

- Demethylpentylamine
- DMHA
- Juglans Regia
- Octodrine
- 2-aminoisoheptane
- Etc.

Other helpful resources

WADA's global [Anti-Doping Education and Learning platform \(ADEL\)](#) welcomes anyone who wants to learn about clean sport. Register and join ADEL to discover how we can support you. Together we can protect clean sport.

The [Global Drug Reference Online \(Global DRO\)](#) provides Athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List. Global DRO does not contain information on, or that applies to, any supplements.

Get educated on your roles and responsibilities!

In addition to reminding you about the risks of taking supplements, IPF reminds all Athletes, coaches, Athlete support personnel, parents etc. that the WADA's [ADEL](#) provides online anti-doping education in various languages with varying content at no cost to users.

As always: better safe than sorry!