

# **Dietary Supplements**

## **The US Anti-Doping Agency Perspective**

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# IOC Prohibited Classes of Substances

- **Stimulants**
- **Narcotics**
- **Anabolic Agents**
  - **Anabolic Androgenic Steroids**
  - **$\beta_2$ -Agonists**
- **Diuretics**
- **Peptides, mimetics and analogs**
- **Substances prohibited under certain circumstances**
  - **Alcohol**
  - **Marijuana**
  - **Local anesthetics**
  - **Glucocorticosteroids**
  - **$\beta$ -blockers**
- **Prohibited methods**



# The Basis of USADA's Position on Supplement Use

- **The athlete is responsible for whatever enters his/her body (strict liability)**
- **Contamination, as a result of the lack of Good Manufacturing Practices, is cause for concern**
- **In the absence of credible scientific data on safety and efficacy, it is best to err on the side of safety**
- **Potentially misleading information is available on various websites and in promotional statements**



# Guiding Principles

- The *pharmacological action* of a compound is important, not its source
- Natural is *not* the same as safe
  - Strychnine, cocaine, and hemlock are all natural substances!
- The *amount* taken is often as important as *what* is taken
  - Strychnine in small amounts is a stimulant, in larger amounts is a poison
- The effect of a drug on a mature adult may not be the same as the effect on an adolescent



# Athletes and Human Experimentation

“I’ve been taking 150 mgs andro, 150 mgs norandro and 500 mg tribulus orally about an hour before workout and then 50 mgs of andro and norandro each nasally (yep I use a straw) about 15 minutes before workout ...”

[www.massquantities.com](http://www.massquantities.com)

