

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Filice Insurance.

Bodybuilding Product Warning

Supplements to avoid

On July 28, 2009, the U.S. Food and Drug Administration (FDA) issued a public health advisory warning consumers to stop using any bodybuilding products that contain steroids or steroid-like substances. Many of these products are marketed as dietary supplements.

What types of products are affected by this advisory?

The FDA's warning concerns products sold online and in retail stores, promoted as hormone products and/or as alternatives to anabolic steroids for increasing muscle mass and strength. Many of these products make claims about the ability of the active ingredients to enhance or diminish androgen, estrogen or progesterin-like effects in the body. Consumers should be aware that these products are potentially harmful and that the FDA has *not* approved them or reviewed their safety.

What are some examples of these types of products?

A warning letter issued by the FDA to American Cellular Laboratories, Inc., contained a listing of the following:

- TREN-Xtreme, marketed as "similar to Trenbolone"
- AH-89-Xtreme, marketed as "similar to Stanozolol"
- ESTRO Xtreme

- MASS Xtreme, marketed as "similar to Methyl Testosterone"
- HMG Xtreme
- MMA-3 Xtreme, marketed as "similar to Boldenone (Equipose)"
- VNS-9 Xtreme, marketed as "similar to Turinabol"
- TT-40-Xtreme, marketed as "very similar to 1-Testosterone" and "converts to 1-Testosterone"

What are the health risks of these types of products?

Adverse event reports received by the FDA involve men ages 22 to 55 and include cases of serious liver injury, stroke, kidney failure and pulmonary embolism (blockage of an artery in the lung). Anabolic steroids may cause shrinkage of the testes and male infertility, masculinization of women, breast enlargement in males, short stature in children, adverse effects on blood lipid levels and increased risk of heart attack and stroke.

Why does the FDA say these products are illegally marketed?

These are NOT dietary

supplements because they contain synthetic steroid or steroid-like active ingredients. They are unapproved because they are not generally recognized as safe and effective.

What should I do if I have been using these products?

Immediately discontinue using these products. It is also recommended you consult a physician if you are experiencing any adverse effects you believe are related to the product use, such as nausea, fatigue, fever, abdominal/chest pain, shortness of breath, yellowing of the skin/whites of the eyes or discolored urine.

Source: FDA



PED Warning

Many of the listed products have been promoted to athletes to improve sports performance and/or aid in recovery from training and sporting events. The FDA cautions that athletes taking these products may test positive for performance-enhancing drugs (PEDs).