

**DRUG
DEMAND
REDUCTION**

Did You Know?

**FDA orders halt to sale of
products containing DMAA**

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FDA has ordered fitness supplement companies to immediately stop selling popular bodybuilding and weight-loss products containing DMAA, because of the substance's potentially fatal side effects. The agency has determined DMAA — which is sold as 1,3-dimethylamylamine, methylhexanamine, or geranium extract — is a synthetic substance that could cause heart attacks by elevating blood pressure in users. There have been 42 public complaints about products containing DMAA, indicating it might be linked to other serious health effects including nervous system and psychiatric disorders as well as death.



Bodybuilding and weight-loss pills and powders containing DMAA, which is widely marketed by the fitness supplement industry as geranium extract and 1,3 dimethylamylamine, were pulled from shelves at Army and Air Force Exchange Service and Navy Exchange stores around the world following a military product recall due to concerns they could be related to soldier deaths, according to the Defense Logistics Agency. The FDA has sent warning letters to 10 manufacturers of DMAA supplements, saying “synthetically-produced DMAA is not a ‘dietary ingredient’ and, therefore, is not eligible to be used as an active ingredient in a dietary supplement.” The FDA is also warning that DMAA has been linked to severe side effects, including death.

DMAA was developed decades ago as a nasal decongestant but has recently become popular as a recreational drug and an additive in athletic supplements with names such as Hemo Rage Black, Muscle Warfare Napalm and Nitric Blast. Forms of the stimulant were recently banned by Major League Baseball and the World Anti-Doping Agency, the international body that regulates drug use in sports.

DMAA Side Effects: Side effects of DMAA may include cardiovascular disorders, heart attack, central nervous system disorders, psychiatric disorders, and death. DMAA is known to cause vasoconstriction (narrowing of the blood vessels and arteries), which can significantly elevate blood pressure. Because blood pressure naturally rises during physical activity, it is possible that using DMAA before an intense workout could increase blood pressure to life-threatening levels. DMAA neurological side effects may include: Seizures, anxiety, nervousness, irritability, headache, trembling, insomnia, and depression. Some of the most popular supplements containing DMAA include: Oxy Elite Pro, Jack3D, Biorhythm SSIN Juice, Lean Efx, PWR, Napalm, Code Red, Hemo Rage Black, Lipo, MethylHex and Nitric Blast. As a military member do not take any supplements without consulting with your Primary Care Manager. DoD established a Human Performance Resource Center (HPRC) at website: <http://hprc-online.org/> for more information on banned supplements.

AFI 44-121, para 3-5-5.

Studies have shown that products made with hemp seed oil may contain varying levels of tetrahydrocannabinol (THC), an active ingredient of marijuana which is detectable under the Air Force Drug Testing Program. In order to ensure military readiness, the ingestion of hemp seed oil or products made with hemp seed oil is prohibited. Failure to comply with the prohibition on the ingestion of hemp seed oil or products made with hemp seed oil is a violation of Article 92, UCMJ.

Certain products main ingredients can metabolize into an anabolic steroid which the AF has banned. If a product advertises itself as a testosterone booster or estrogen blocker then probably should be avoided.

Source of Information: Stars and Stripes, HPRC website, and AFDTL