

**DRUG
DEMAND
REDUCTION**

Did You Know?

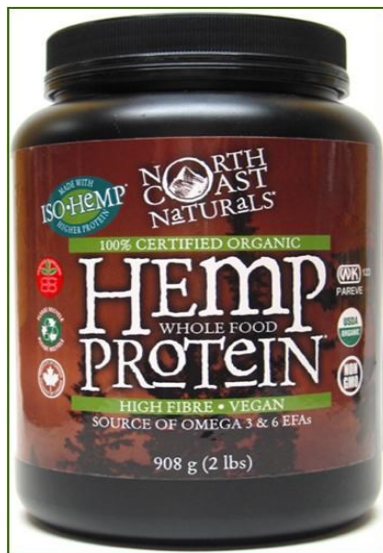
Nutritional and Enhancement Supplements

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Are you taking supplements or alternative medical products?

- A doctor needs to know whether a patient takes supplements, such as complementary or alternative medical products – sometimes called CAM – because there may be interactions between dietary supplements and prescription drugs.
- Natural does not always mean safe.



Hemp-Based Nutritional Supplements

(Nutiva, Hempola, Manitoba Harvest etc.)

Studies have shown that products made with hemp seed and 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.

The ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited. Failure to comply with the prohibition is a violation of Article 92, UCMJ.

The DDR office will forward any supplement questions to our Medical Review Officer if you have concerns about the ingredients causing false positives on a drug test. Always consult your doctor before beginning to use these types of products.

- “Jack3d” is a dietary supplement containing dimethylamylamine (DMAA) that is widely rumored to cause a “false positive” drug test .
- The Air Force Drug Testing Laboratory uses gas chromatography/mass spectrometry (GC/MS) testing to confirm urinalysis test results. Under GC/MS testing , DMAA will never produce a positive result for amphetamines or any other drug tested by the DoD.

