

## Press release

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### Banned substances found in Sports Supplements readily available in Australia

A new survey of Sports Supplements purchased in Australia shows that they continue to pose a significant risk to competing athletes, due to the presence of WADA banned drugs.

Of 63 samples analysed 10 (16%) products tested were found to contain WADA prohibited substances not declared on the label; 6 (10%) tested positive for stimulants and 4 (6%) positive for steroids. The most commonly found prohibited substance was DMAA (Methylhexanamine).

“We have seen a number of elite athletes in Australia suspended for drug use that they believed was inadvertent and this Australian study reinforces other international studies that show there is a genuine risk for competing athletes when taking commercial supplements” said David Batty, Laboratory Director of Human and Supplement Testing Australia (HASTA).

A range of supplements, including powders, capsules, tablets, gels and bars were purchased from a variety of outlets (physical and internet) and screened for over 200 substances on the WADA Prohibited List (2015) using highly sensitive methods, capable of detecting substances down to parts per billion.

A number of the positive samples were apparently manufactured in TGA accredited or cGMP (US) facilities, Dr John Vine, Senior Consultant with RASL says “The levels of contamination being seen in products produced by accredited manufacturers leads us to believe that inadvertent contamination of raw ingredients is an ongoing issue in this industry. The levels at which we can detect these drugs are far lower than routine quality testing and require specialised equipment. We recommend manufacturers include regular testing for banned substances in their quality assurance program to reduce this risk”.

HASTA is able to test supplements for WADA banned substances and will be launching an Australian Certification program for supplements, so that athletes, coaches and clubs can reduce their risk of inadvertent anti-doping violations. “We are the first Laboratory in Australia to offer this service, otherwise samples need to be sent overseas, which can be costly and slow” said David Batty, “Manufacturers can now help protect their brand by testing locally with an independent Australian laboratory that specialises in drug testing”.

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**About HASTA:** [www.hasta.org.au](http://www.hasta.org.au)

HASTA is a Division of Racing Analytical Services (RASL) the largest independent drug testing laboratory in Australia, specialising in sports drug testing for over 25 years.

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