



# PRE-WORKOUT SUPPLEMENTS

The Combat Sports Commission (the Commission) undertakes random drug testing of contestants for licit, illicit and performance enhancing drugs. Following discussions with a Perth laboratory and advice from the Australian Sports Anti-doping Authority (ASADA), the Commission advises that some pre-workout supplements may give a false positive for methamphetamines.

It is up to you, the Contestant, to ensure that if you are using pre-workout supplements that you are fully aware and responsible for what you are taking. The Commission takes a **zero tolerance** approach to all positive tests. Contestants returning a positive test result will have their registration suspended.

It is important to read the ingredients label – does it say, '**proprietary blend**'? If it does there is no telling what has been added in the manufacturing process and this is the risk you take.

In an athlete advisory titled '*ASADA: New prohibited stimulant replaces methylhexaneamine in supplement products, November 2014*', ASADA cautions all Australian athletes subject to in-competition testing to be aware of the synthetic compound called 1, 3-dimethylbutylamine (or DMBA), often listed on supplement labels as AMP Citrate. Athletes testing positive to this stimulant in-competition may face a possible anti-doping rule violation.

The athlete advisory also states that ASADA understands that the use of DMBA has never been studied in humans and that it has a structural similarity to the prohibited and potentially dangerous stimulant methylhexaneamine (DMAA). It is understood by ASADA that DMBA is being used to replace DMAA in many supplement formulations.



ASADA has added DMBA to the Check your Substances Database. DMBA is also known by many other pseudonyms including:

- AMP Citrate;
- 1,3-dimethylbutylamine;
- Butylamine, 1,3-dimethyl-
- 2-amino-4-methylpentane;
- 2-Pantanamine;
- 4-methyl-, 4-methylpentan-2-amine.

Supplements continue to be the source of preventable anti-doping rule violations both in Australia and overseas.

It is important for athletes to understand the risks that these products may present to their health, career and reputation. Further information about supplements and the steps athletes can take to help minimise their risk is available on the [ASADA website](#).