

# Athlete Advisory: Higenamine and DMBA

3 November 2016

The Australian Sports Anti-Doping Authority has become aware of a number of supplements which list prohibited substances in their ingredient lists, or are advertised as containing substances which are prohibited in sport.

As well as reiterating the long-standing warning regarding supplement use in general, ASADA wishes to advise all Australian athletes subject to doping control to be especially cautious of any supplements which list Higenamine or DMBA in their ingredient list. Lists of specific supplements which claim to contain these ingredients are below.

## Higenamine

This substance is a Beta-2 Agonist (which allow the lungs to take in more oxygen) and is banned both in and out of competition. If detected in your sample, you face up to a four year ban from sport.

Higenamine is typically described as a 'natural' extract or by-product and also goes by the following names:

- Demethylcoclaurine
- Norcoclaurine
- Tinospora crispa

Athletes are advised to avoid using higenamine powder, and any supplements which list higenamine on their ingredient list.

This includes the following supplements which are advertised as containing Higenamine:

- OxyShred
- Jack3d
- Alpha T2
- PES Amphetamine Advanced

## DMBA

DMBA, or 1,3-dimethylbutylamine, is classed as an S6 stimulant on the Prohibited List and is banned in-competition.

If this substance is detected in your sample, you face up to a four year ban from sport.

The substance is also known by many other names including:

- 1,3-dimethylbutylamine
- Amperall
- AMP Citrate
- Butylamine, 1,3-dimethyl-
- 2-amino-4-methylpentane
- 2-Pentanamine
- 4-methyl-, 4-methylpentan-2-amine

ASADA has [previously issued a warning](#) about 1,3-dimethylbutylamine, following a study which found a range of supplements contained the substance.

The following supplements are advertised as containing DMBA:

- APN Intense
- LGI Fully Loaded Amplified
- Hybrid Performance Nutrition PreAMP
- Prime Nutrition PWO/STIM

## Maintaining vigilance

ASADA maintains its warning for athletes on the [risk of supplement use](#). A recent survey found that of 67 common Australian supplements analysed, almost one in five contained

banned substances. Importantly, unlike the products listed above, none of those products surveyed listed any banned substances on their ingredients list. ASADA encourages all athletes to think seriously about whether the supplements they are taking are safe, effective and even necessary. It is important for athletes to understand the risks that these products may present to their health, career and reputation.

Athletes using supplements do so at their own risk because they can be contaminated with prohibited substances. Under the World Anti-Doping Code's principle of strict liability, athletes are responsible for any substance found in their body.

Because supplement manufacturing processes can lead to their contents varying from batch to batch, ASADA cannot give any specific supplement the all clear.

To reduce your risk, ASADA recommends athletes avoid supplements all together, or alternatively, follow the guidelines issued by the [Australian Institute of Sport](#).

Further information about supplements and the steps you can take to help minimise your risk is available on the [ASADA website](#).