



## Event Information Site

for IHR National Focal Points

### Possible health effects associated with the consumption of sports supplements containing DMAA

The WHO INFOSAN Secretariat has recently received information from Australia regarding possible health effects associated with the consumption of sports supplements containing DMAA (1,3 dimethylamylimine) and have sent out an alert to all INFOSAN members.

DMAA is reported to cause or be associated with the occurrence of high blood pressure, nausea/vomiting, cerebral haemorrhage, stroke and death. DMAA can be found in sports supplements, party recreational drugs, and others.

A number of adverse effects potentially associated with the consumption of DMAA containing sports supplements have been reported in Australia, Canada, New Zealand and the United States of America and triggered public health actions.

In Australia, a range of sports supplements on the market containing DMAA have been identified following complaints received by a state food authority.

· Testing revealed that the following brands products tested positive for DMAA: Noxpump; 3-D explosion; Beta-Cret; PreSurge; 1 MR; Cyroshock; Jack3D; Mesomorph; Neurocore; Oxyelite powder; Hemo Rage Black. These products are imported into Australia and are available via the internet and retail sales. A number of suppliers have already been identified in Australia. This issue is being managed (in Australia) under the National Food Incident Protocol.

· Food Standards Australia New Zealand (FSANZ) published a media release on its website on Monday 18 June 2012 <http://www.foodstandards.gov.au/scienceandeducation/mediacentre/mediareleases/mediareleases2012/18june2012consumerwa5567.cfm>

· The Advisory Committee on Medicines Scheduling (through the Therapeutics Good Agency) is proposing to include DMAA in Schedule 9 (i.e. prohibited substances) of the Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP) (see <http://www.tga.gov.au/newsroom/consult-scheduling-acmcs-1206.htm> and <http://www.tga.gov.au/industry/scheduling-poisons-standard.htm#electronic> for more information).

In New Zealand, DMAA was banned from all products with effect from 9 April 2012 following reports of adverse effects. The ban was effected under misuse of drugs legislation, see <http://www.health.govt.nz/news-media/news-items/dmaa-banned-9-april-2012>

Health Canada has recalled products containing DMAA such as Jack3d and 1.M.R. [http://www.hc-sc.gc.ca/dhp-mpps/compli-conform/recall-retrait/\\_list/rec-ret\\_drugs-med\\_trade-marque\\_apr-june\\_2011-eng.php](http://www.hc-sc.gc.ca/dhp-mpps/compli-conform/recall-retrait/_list/rec-ret_drugs-med_trade-marque_apr-june_2011-eng.php).

The US Food and Drug Administration has issued warning letters to manufacturers and distributors of supplements containing this substance for marketing products for which evidence of the safety of the product had not been submitted to the FDA <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm302133.htm>. Recent deaths of two US military personnel have been linked to DMAA after toxicology tests indicated that DMAA was detected in their blood <http://www.stripes.com/news/fda-orders-halt-to-sale-of-products-containing-dmaa-1.175996>

The legal status of DMAA varies among countries – in some, it is a legal recreational drug. Given that sport supplements and recreational drugs are regulated differently between Member States, involving different agencies, this information is being shared with IHR National Focal Points to disseminate to agencies who are involved in public health, recreational drugs, pharmaceuticals and dietary supplements.

International distribution of sport supplements containing DMAA is likely through online sales.

WHO requests the Member States to report associated cases through their respective IHR Regional Contact Points.