



Memorandum

To: State Association Sports Medicine Staff Liaison/SMAC

From: Michael Koester, M.D., NFHS SMAC Chair
Bob Colgate, NFHS Director of Sports and Sports Medicine

Subject: JAMA Research on Purity of Supplements

Date: December 5, 2017

The NFHS Sports Medicine Advisory Committee (SMAC) wants you to be aware of the results of a research study recently published in JAMA (JAMA. 2017;318(20):2004-2001). It underscores the sports medicine community's long-standing concerns and warnings regarding the purity of supplements, regardless of the safety or efficacy of the product they are *supposed* to contain.

Link to CNN story on this research study in JAMA:

<http://www.cnn.com/2017/11/28/health/sarms-unapproved-drugs-study/index.html>

In this recent research study on nonsteroidal selective androgen receptor modulators available for purchase over the internet, researchers found the following:

52% of the products tested actually contained the chemical it claimed to

39% contained other unapproved drugs

9% contained no active chemical at all

41% had the active component and dose matching the labeling

The nonsteroidal selective androgen receptor modulators are intended to act in a similar manner to anabolic steroids, but there is little available literature on safety and efficacy.

Please contact Bob Colgate or Dr. Koester with any questions.