



Methylhexanamine (August 2012)

Advisory Note: Illegal Stimulant Methlyhexanamine

The Irish Sports Council today issued an advisory notice to athletes on the use of supplements following the recent case of an Irish Soccer player who has been sanctioned for the presence of methylhexanamine after taking the supplement Jack3D and also a case in Rugby in autumn 2011. Of particular concern to the ISC is the anecdotal evidence of widespread use in team sports in Ireland.

Commonly labeled under numerous names, methlyhexanamine is classed as an S6 stimulant on the World Anti-Doping Agency's Prohibited List and is prohibited in-competition. Methlyhexanamine is increasingly being found in nutritional supplements, typically those that are designed to increase energy or aid weight loss.

Various names of methylhexanamine include:

- 1,3-dimethylamylamine
- DMAA
- Dimethylpentylamine
- DMP
- Geranamine
- Geranium Oil
- Floradene
- 4-methyl-2-hexanamine
- C7H17N
- Forthane

Many products sold as dietary supplements openly list this substance on their labels. A list of known products containing methylhexanamine is as follows:

- Jack3D (USP Labs)
- Lipo-6-Black (Nutrex)
- Hemo-Rage Black (Nutrex)
- Spirodex (Gaspari Nutrition)
- F-10 (Advanced Genetics)
- 1.M.R (BMI Sports)
- Hemorush (Nutrabolics)
- Hemodrene (Nutrabolics)
- Napalm (Muscle Warfare)

Note: This list should not be viewed as including every potential product containing methylhexanamine.

While the Irish Sports Council urged all athletes to check the content of supplements they choose to use, it stated that the real risk for athletes is the fact that the true ingredients of a supplement may not be listed on the label at all. Prohibited substances may be introduced to supplements for their effects (but left off the label) or may be introduced inadvertently through cross-contamination. With the integrity of the ingredients not being able to be guaranteed, the Irish Sports Council recommends against the use of sports supplements because of the risk of an inadvertent positive test.

Additionally, the Food Safety Authority of Ireland and the Irish Medicines Board recently issued a strong precautionary message for consumers on the health dangers of taking food supplements or products containing methylhexanamine, citing several documented cases of severe negative effects on the heart and brain from users.