



LEARN MORE: PROHIBITED PERFORMANCE-ENHANCING DRUGS & SUPPLEMENTS

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BLUF

Performance-enhancing drugs (PEDs) are prohibited in the Navy. The use of prohibited substances can cost service members their careers, health, and more. This fact sheet outlines risks associated with PEDs and recommendations for how leaders can talk to Sailors about avoiding PEDs and other unauthorized supplements.

WHAT POLICY STATES

- ✔ **The Navy prohibits Sailors from using steroids** - unless specifically prescribed by a competent authority (medical care provider).
- ✔ **Steroid use constitutes an offense under sections 801-940** of The Uniform Code of Military Justice (UCMJ).
- ✔ The Navy will only conduct steroid and performance-enhancing drug testing at a DoD-approved laboratory.
- ✔ **Commanders can conduct steroid testing** when they suspect wrongful steroid use under a probable cause, command-directed, or medical basis.



LEADERS BEWARE

- ▶ The primary reason people use steroids and other PEDs are: increased energy, greater muscle strength, and the enhancement of performance
- ▶ Indications of steroid and other PED usage: increased acne, enlarged breasts, rapid weight gain, and paranoia
- ▶ Side effects of steroid use include: Insomnia, high blood pressure; kidney disease, blood clot, yellow eyes and skin, hair loss, behavioral issues, and sexual performance issues
- ▶ Common slang terms: anabolic; androgens, blending, gear, hype, juice, pumpers, roids, stacking, and cycle



COMBAT PED USE IN YOUR UNIT

- ▶ Educate Sailors: Regularly provide dietary supplement education to ensure Sailors stay well informed
- ▶ Learn more about prohibited dietary supplements at <https://www.opss.org>
All prohibited dietary supplement ingredients can be located on the DoD Prohibited Dietary Supplement Ingredients List on the OPSS website
- ▶ Talk about the risks of PEDs use regularly – let your unit know it's not okay
- ▶ Disseminate drug use prevention messaging through safety stand-downs, unit messaging, briefings, community health fairs, educational events, and in high-traffic areas
- ▶ Empower Sailors to maintain a culture of healthy norms and consistently engage in behavior that propels a higher cultural standard – without the use of drugs



For more information or if you have any questions about Drug and Alcohol Deterrence, [visit our webpage](https://www.opss.org) or contact OPNAV N173 at Mill_N17_DDD@navy.mil.



KNOW THE RISKS

Performance enhancing drugs (PEDs) are used to improve physical stamina, muscular strength, and appearance in individuals who are interested in fast results. PEDs consist of steroids, supplements, and other substances.

DIURETICS

Diuretics change the body's balance of fluids and salts. Athletes sometimes use them in an attempt to drop weight or hide the signs of drug use in a urinalysis test.

Dehydration, muscle cramps, feeling faint, low potassium levels, low blood pressure, and poor balance are side effects of using diuretics. Although available over-the-counter, diuretics can lead to death if misused.

HUMAN GROWTH HORMONE (HGH)

HGH is produced by the pituitary gland and spurs growth in children and adolescence. Synthetic HGH was developed in 1985 and approved by the FDA for specific uses including certain genetic disorders, HGH deficiency due to pituitary tumors, and other medical conditions.

Although marketed as a cure-all for the normal effects of aging, taken orally, HGH is digested before it can be absorbed by the body. Injected, HGH increases the risk of diabetes, contributes to the growth of cancerous tumors, causes high cholesterol, nerve and joint pain, carpal tunnel syndrome, vision problems, and swelling of the body's tissues

ANABOLIC STEROIDS

Anabolic steroids are synthetic (man-made) versions of the hormone testosterone. Testosterone has two main effects on the body: 1) Building muscle, 2) Promoting male sex characteristics such as facial hair and a deep voice. Using anabolic steroids in an attempt to build muscle and improve athletic performance is not legal or safe.

The list of side effects of anabolic steroid use is long, but a few of the most serious include: liver tumors, high cholesterol, high blood pressure, problems with the heart and blood flow, prostate enlargement, infertility, kidney damage, and increased aggression.

CREATINE

Creatine is an amino acid found in muscles and the brain. People can obtain sufficient amounts of creatine through a well-balanced diet. Athletes often add synthetic creatine as a supplement to increase strength and endurance.

Under existing law, the FDA does not have the authority to approve dietary supplements for safety or effectiveness; therefore, it is important to only purchase supplements from reputable, established companies that engage in third-party testing. Creatine, taken at recommended doses, appears safe; however, more research is needed to determine how creatine interacts with drugs such as caffeine or medications.

STIMULANTS

Stimulants are a class of drugs that can make a person feel more energetic, awake, or confident. They include caffeine, nicotine, amphetamines, and cocaine. Energy drinks, which contain high levels of caffeine and other stimulants, are often consumed by athletes.

Stimulants—even in over-the-counter products—can have very dangerous effects, including dehydration, heatstroke, heart attack, high blood pressure, stroke, hallucinations, tremors, and irregular heartbeat. At low doses, stimulants cause trouble sleeping, nervousness, and irritability.

CHECK THE LABEL



Find out if your supplement contains prohibited ingredients. Check **Operation Supplement Safety** (www.opss.org) - the DoD dietary supplement resource, containing lists of prohibited substances and other valuable information.



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