

ANTI DOPING INFORMATION-METHYLHEXANEAMINE

- ATHLETES AND COACHES-

The Australian Sports Anti-Doping Authority (ASADA) has recently warned all Australian athletes and coaches about the banned stimulant methylhexaneamine, following a spate of positive doping tests both in Australia and overseas. Methylhexaneamine was added to the WADA banned substance list in 2010.

AIS Sports Nutrition has compiled the following advice in relation to this substance:-

Historically, Methylhexaneamine has been used in nasal decongestant sprays, however because of its stimulant effects, it is increasingly being found in nutritional supplements. Methylhexaneamine may be identified on labels as one of the following:

- Methylhexaneamine — Forthan — 2-hexanamine 4-methyl-
- Methylhexanamine —Floradrene — 2-hexanamine, 4-methyl- (9CI)
- DMAA — 4-methyl-2-hexanamine — 1,3-dimethylamylamine
- Geranamine — 4-Methylhexan-2-amine – 1, 3-dimethylpentylamine
- Forthane — 2-amino-4-methylhexane — Pentylamine, 1, 3-dimethyl-

Methylhexaneamine is also a component of geranium oil. Therefore, it may also be listed on supplement labels / ingredients lists as:

- Flower oil extract (geranium)
- Geranium oil extract

Methylhexanamine is often combined with caffeine in nutritional supplements to promote a stimulant and thermogenic effect. This is most likely to occur in two types of products:

1. Weight loss supplements (i.e. drink powders / pills which are promoted to enhance fat or weight loss). These supplements often used to contain ephedra, which is also listed on the WADA banned substance list.
2. Pre-exercise 'stimulant' supplements – frequently promoted and sold within body building circles as a pre-exercise 'boost' to enhance training.

These products are for sale over the counter in Australia and can be readily obtained over the internet.

Athletes should be aware of the potential risks involved in taking any nutritional supplement and note that under the World Anti-Doping Code strict liability principle, athletes are ultimately responsible for any substance found in their body. This means that even if a failed drug test results from a mistake or a contaminated supplement, the athlete is still at fault.

It is important for all athletes to carefully check the ingredients list of any nutritional supplement, and if unsure check with their sports doctor, sports dietitian or with ASADA.