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*Preserving the integrity of competition. Inspiring true sport. Protecting the rights of athletes.*

## **ATHLETE ADVISORY** **Meat Contamination**

Clenbuterol is a powerful drug sometimes improperly used by athletes to increase lean muscle mass and reduce body fat. Clenbuterol is on the WADA 2011 Prohibited List and is classified under the category of Anabolic Agents as it promotes muscle growth. Clenbuterol is not legally distributed in the U.S. and is not approved by the Food and Drug Administration (FDA).

USADA urges athletes to use the utmost care and caution if eating meat while traveling abroad and to be aware of the potential for contamination. If possible,

- Choose foods from a reputable food source
- Avoid eating liver or liver derived products while overseas
- Avoid eating unusual or exotic meat products

There have been reports of clenbuterol use to promote growth in livestock, including cattle, lamb, poultry and swine. Such use is illegal in the U.S. and in Europe.

In light of recent media reports regarding the potential for the presence of clenbuterol in meat, particularly in China and Mexico, USADA wants to help athletes and athlete support personnel understand the potential risks.

The risk of a positive drug test from ingesting meat contaminated by clenbuterol is remote. Over the last 10 years, USADA has performed more than 75,000 tests worldwide, and there has been only one clenbuterol positive. That positive test was the result of the use of a contaminated supplement, not from eating contaminated meat.

Worldwide, USADA is aware of only six cases in which athletes have shown their clenbuterol positive test to be from contaminated meat. The athletes in those cases were cleared and were not sanctioned.

WADA has asked the Chinese and Mexican governments to investigate this matter so that anti-doping organizations can further assess any additional precautionary measures.

USADA will continue to keep you aware of new developments regarding this issue. If you have any questions or concerns, please contact USADA at 866-601-2632.

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***United States Anti-Doping Agency***

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