



**ANTIDOPING  
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# Supplements, SARMs and doping

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## Supplements

- Several studies show a high prevalence of supplement use among elite athletes
- Less studies on supplement use among gym-goers / recreational athletes
- Analyses of supplements reveal contamination of supplements with doping substances is a real concern – in Sweden, in the Nordics and most countries
- Risk of contamination with doping substances varies from low in food supplements (i.e. vitamins) to high in performance enhancing supplements (i.e. PWO's)



## Selective androgen receptor modulators - SARMs

- Drugs which are not approved by the authorities  
– defined as "obehörig läkemedel" in Sweden
- Sold as supplements at the black market for years
- Few data on prevalence of use among elite athletes and gym-goers / recreational athletes
- SARMs are prohibited in sports according to the Doping List, World Anti-Doping Code (WADC)



## Are SARMs included in the Doping Acts in the Nordic countries?

Doping Act	Sweden	Denmark	Norway	Finland
SARMs	NO	YES Prohibited for those who train in gyms that have an agreement with Anti Doping Denmark	YES Since 2022: RAD140 (testolon) LGD4033 (ligandrol) Ostarin (enobosarm)	NO

## Risks with supplements containing doping substances and SARMs

- Supplements contaminated with doping substances will likely make an athlete test positive under the WADC with the result of possibly destroying the career of the athlete
- Possible health risk with the use of supplements containing doping substances – the cocktail effect of several stimulants
- For certain health risks with the use of SARMs
- The US Food and Drug Administration (FDA) has warned SARMs users of potential life-threatening side effects



## Questions to discuss in this session

- What can be done to decrease the widespread problem of illegal supplements marketed towards gym-goers / recreational athletes?
- Should SARMs be included in the Doping Act in Sweden?

