

# ASADA Warning Higenamine – August 2017

## Athletics Australia

ASADA has issued a warning about a banned substance called Higenamine which is being found in supplements **sold around Australia**.

In the last year alone, **13 athletes have tested** positive to the substance and have faced anti-doping sanctions as a result.

This is the second-time ASADA has warned athletes about this substance so it is important that you take this seriously.

The full warning is available on the ASADA website – [click here](#).

It includes the names of some supplements known to include Higenamine, as well as ways to reduce the risk of testing positive.

*In line with the Athletics Australia Supplements in Sport policy, we encourage you to seek professional advice BEFORE taking any supplement to minimise the risk of an inadvertent doping infringement*

The AA Supplement in Sport policy can be found on the AA website – [click here](#).

If you have any questions you can contact me at the email below, AA's Integrity Education Officer Lynda Gusbeth, or contact ASADA on 1-3000-ASADA or email: [education@asada.gov.au](mailto:education@asada.gov.au)

Regards,

Dr Paul Blackman  
Chief Medical Officer  
Athletics Australia  
[pblackman3@bigpond.com](mailto:pblackman3@bigpond.com)