

Alert for all Players using Supplements: Higenamine

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FIBA has learned that an alarmingly high number of Adverse Analytical Findings (AAF) for the Prohibited Substance 'Higenamine' were recently reported in Basketball. These findings were reported from various geographical regions.

At the same time, other sports have a similar spike in reported Higenamine positives.

FIBA places the welfare of its players as a first priority and is committed to ensuring a Clean Game. For this reason FIBA issues an alert to all players with respect to the prohibited substance Higenamine.

If you are a player who consumes supplements we strongly recommend that you thoroughly review the below information on Hegenamine together with your team doctor and make sure your sporting career is not at risk.

About Higenamine

Higenamine is a Beta-2 Agonist (these types of substances allow for a greater intake and capacity of oxygen in the lungs) and is prohibited in- and out-of-competition. Today it is found in many popular supplements, including:

- OxyShred
- Alpha T2
- PES Amphetamine Advanced
- as well as a number of other products.

It is often described as 'natural', and has also been listed as an ingredient on supplement labels as:

- Nandina domestica
- Demethylcoclaurine
- Norcoclaurine
- Tinospora crispa
- Aconitum japonicum
- Gnetum Parvifolium
- Asarum hetertropoides

What can you do?

There are a number of things you can do to prevent a positive test.

1. Don't take supplements.

All supplements are risky, and no supplement manufacturer or supplier can 100% guarantee that their products are free from prohibited substances. Supplements can be accidentally cross-contaminated with other substances made in the same factory. It may also be the case that prohibited substances are deliberately included in the supplement by the manufacturer in order to ensure that users get results, while failing to list the ingredient on labels or websites.

Before you take any supplements, seek the advice of your team doctor or sports dietician about whether you really need them, or whether changes to your diet or training program could get the same or better results instead.

2. If you decide to take supplements, choose a low-risk, tested supplement

If, despite the risk, you choose to take supplements consider using one that has been tested by an independent auditing company. In any event, please note that tested supplements do not give you a 100% guarantee, but are less risky than other non-tested supplements.

Importantly, because of the nature of the manufacturing process, the contents of supplements can vary from batch-to-batch and may contain substances prohibited in sport regardless of what is listed on the label. As such, neither FIBA nor WADA endorse any supplements.

3. Check the ingredients

DO NOT take a supplement if you do not know the ingredients. You can check some ingredients on [GlobalDro](#), but since ingredients can have more than 20 different names, not every version is listed. And, as above, not every ingredient is always listed.

4. Conduct an internet search of the supplement

As part of your basic duties under the World Anti-Doping Code and FIBA Anti-Doping Regulations, it is expected that you will try to gather as much information about the supplement as possible before taking it. In many cases, additional information regarding a supplement can be found through a simple internet search of the product, including but not limited to checking the website of the manufacturer.

5. Consult your National Anti-Doping Agency

The ingredients of supplements (and medications) can change from country to country. Consequently, we encourage you to also always liaise with the National Anti-Doping Agency (NADO) of your country of residence. Many NADOs have very efficient and useful online tools or phone applications which may help you to decide whether it is worthwhile taking a supplement, and how to reduce your risk.

The word from the IOC

The International Olympic Committee (IOC) Medical & Scientific Commission recently held a summit where it was concluded that while “diet significantly influences athletic performance... the use of supplements does not compensate for poor food choices and an inadequate diet.” It was also noted at the summit that “quality assurance in supplement manufacture, storage and distribution is sometimes not strictly enforced, leading to products that are of poor quality or contaminated.”

