

memo

DATE 5 July 2016

TO Team Leaders & Nutrition Leads

FROM Dr David Hughes

SUBJECT Shotz Cappuccino Energy Gel

TO TEAM LEADERS AND NUTRITION LEADS

In an effort to assure the integrity of sports foods and fluids provided to Australian athletes, we recently Had Human and Supplement Testing Australia (HASTA) undertake third-party testing on several supplements. **Shotz Cappuccino Energy Gel** was found to contain Phenylethylamine, a stimulant (S6) that is banned in competition. It was only the 'Cappuccino-flavoured' energy gel that had the issue. Others flavours of Shotz Energy Gel were found to be safe on testing.

It is important that you ensure that none of your athletes are taking this supplement. Your athletes should make certain they undertake due process if they are using any supplements, to minimise the risk of inadvertently consuming a prohibited substance.

It is also important to understand that Phenylethylamine has a very short half-life (<60 minutes). This means that it is cleared from the body within a day, after which the athlete would not be at risk of failing a doping test. Athletes therefore do not need to be concerned if they think they may have taken this supplement at some time in the distant past.

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