

# SAFETY ALERT: SARMs CAN HARM

## What you need to know

### 1. SARMs CAN BE DANGEROUS AND ARE ILLEGAL IN SUPPLEMENTS

Selective Androgen Receptor Modulators (SARMs) are potentially dangerous and are illegal for use in performance-enhancing products. SARMs have been found in a number of adulterated products masquerading as “dietary supplements.” SARMs are unapproved drugs, not dietary supplements.

### 2. A RISK FOR CONSUMERS

SARMs can pose a risk when taken for performance enhancement and without consulting a health care professional. SARMs should be avoided, as they can result in potentially life-threatening consequences.

### 3. BUY SUPPLEMENTS FROM REPUTABLE COMPANIES

SARMs may be listed on the product label (with names like “ostarine” and “andarine”). Or they may not be listed in the ingredients at all. That’s why it’s important to purchase dietary supplements from companies you know and trust—those that don’t make drug-like claims.

### 4. A HEALTHY ROLE FOR SAFE SUPPLEMENTS

Sports nutrition dietary supplements can play a beneficial role in your workout routine. But keep this in mind: dietary supplements are not intended to have the same immediate or dramatic effects that you would expect from taking a drug. Labels that sound too good to be true, probably are.



5.

FOR MORE INFORMATION:

[www.usada.org/SARMs](http://www.usada.org/SARMs)

[www.crnusa.org/SARMs](http://www.crnusa.org/SARMs)

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