

CLENBUTEROL WARNING FOR MEXICO



The problem of Clenbuterol contaminated food seems to be expanding. A recent study of the Manfred Donike Institute and the Center for Preventive Doping Research at the German Sport University of Cologne has shown an increased risk of unintentional doping with the prohibited substance Clenbuterol in Mexico, too.

NADA Germany therefore recommends, similarly to traveling to China, to be highly cautious with victuals in these countries. On Thursday representatives of NADA Germany and the German Anti-Doping Laboratories will deliberate in Paris about further recommendations for athletes.

The study report shows significantly increased values in the urine samples of two travelers who returned in March 2011 after a three-day trip to Mexico. The urine samples were taken on the first day after their return. The concentrations of Clenbuterol were around 115 pg / ml and 90 pg / ml. Urine samples taken before the trip to Mexico were Clenbuterol-free. These values were even higher than samples analyzed of travelers from China, which had led to a warning by the laboratory in Cologne and NADA Germany in mid-February.

So far, there is no threshold-level for Clenbuterol in the anti-doping-regulations: thus, the concentrations found in the study would result in an adverse analytical finding. As a general rule, athletes are responsible for themselves and should be extremely cautious about any substances which could cause a positive result.

NADA Germany recommends particular vigilance with food when traveling to Mexico or China. As far as possible the consumption of meat products should be omitted. For proposals on alternative protein sources other than meat, please refer to the nutritionists of the Olympic Training Centers, in accordance with the German Olympic Sports Federation recommendation.

The abusive use of Clenbuterol as a growth mediator might be the reason for contaminated food in China and Mexico. Due to strict legal requirements in Europe and North America meat products are considered as safe.

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