

Supplement Results In Six Month Sanction For Philippines Player

A six-month sanction has been received by Philippines player Chris Hitch as a result of a positive finding for the prohibited substance Methylhexanamine (MHA) following a doping test at the Hong Kong Sevens tournament in March 2012, according to the International Rugby Board.

It was revealed that Hitch started taking a Dietary Supplement during April 2011 branded as "Mesomorph" that he purchased from a health food shop in Newcastle, Australia. According to the player, he took the recommended dose of the supplement in lieu of "NODoZ" (a caffeine tablet) which the Team Physiotherapist (Mr Raper) distributed to players prior to matches and prior to the Philippines first match of the Tournament, against Canada on 23rd March 2012 as he was suffering from tiredness arising from the demands of his occupations as a scaffolder, delivering furniture and appliances, and his intense fitness and training schedules.

Hitch provided a urine sample (Code Number 2693335) during the In-Competition Test conducted on behalf of the IRB. He failed to declare when providing the sample that he had taken a supplement prior to the match. Subsequently, the sample returned an Adverse Analytical Finding for the substance Methylhexanamine ("MHA"). The player accepted he had not applied for a therapeutic exemption allowing him to use the substance. Chris Hitch also disclosed he had signed the Team Member Consent Form prior to the commencement of the Tournament, on 21st March 2012 and admitted the anti-doping rule violation that he attributed to his ingestion of the supplement.

On the [WADA Prohibited List](#), Methylhexanamine is classified as a specified stimulant and can be found in some nutritional supplements. The stimulant has been responsible for a number of positive cases over the last year within Rugby and other sports and the Philippines player had consumed the supplement Mesomorph.

This case highlights the clear need for players to pay due consideration to the contents of any dietary or nutritional supplement and ensure that they are familiar with the World Anti-Doping Agency's list via the International Rugby Board or their Union's website and only the player can be responsible for what they consume, IRB Anti-Doping Manager Tim Ricketts said.

A zero-tolerance stance is operated by the IRB towards drug cheats in sport and all rugby players are reminded to thoroughly research the ingredients of any supplements before purchasing or consumption to ensure that they do not contain prohibited substances and in particular the various names [Methylhexanamine](#) is known by.

MHA is known by a number of different names including Methylhexaneamine; Methylhexanamine; DMAA (dimethylamylamine); Geranamine; Forthane; Forthan; Floradrene; 2-hexanamine, 4-methyl-; 2-hexanamine, 4-methyl- (9CI); 4-methyl-2-hexanamine; 1,3-dimethylamylamine; 4-Methylhexan-2-amine; 1,3-dimethylpentylamine; 2-amino-4-methylhexane; Pentylamine, 1, 3-dimethyl-; pelargonium graveolens; pelargonium extract; geranium, geranium oil or geranium root extract.

This non-exhaustive list provides examples of some commercial supplements which contain, or have been identified in certain countries to contain, MHA or its variants: Hemo Rage, Jack3d, OxyElite Pro, 1.M.R., Mesomorph, Rocked, Crack, USN Anabolic Nitro, Ergolean Amp 2, DynaPep, Core Zap, C4 Extreme, Nutrimax Burner, NitroX, IBE XForce, Fusion Geranamine, ClearShot, Black Cats, and Musclespeed.