

# Banned Substance Update Warning



## Pseudoephedrine

**Has been added to the WADA banned list. Any player caught using Pseudoephedrine is likely to face a 2 year ban.**

Pseudoephedrine is commonly found in cold remedies so be careful which remedies you take when you have a cold. Consult club medical staff before taking any cold remedies. Many cold remedies do not contain Pseudoephedrine and these are often more effective. Therapeutic Use Exemptions will not be granted for cold remedies containing Pseudoephedrine.

Over-using Pseudoephedrine can lead to:

- Fast, pounding, or uneven heartbeat
- Severe dizziness
- Anxiety and restlessness
- Easy bruising or bleeding
- Unusual weakness
- Flu-like symptoms; fever, chills, aches
- Increased blood pressure

Finally, you should ensure that you do not over-use other cold remedies as there may be serious side effects from other substances.

Please read the enclosed leaflet carefully before use

### IMPORTANT

If symptoms persist consult your doctor

Immediate medical advice should be sought in the event of an overdose.

DO NOT EXCEED STATED DOSE

### ABOUT THIS PRODUCT

For the relief of colds and flu symptoms

### INGREDIENTS

eiusmod tempor, incididunt, labore, excepteur, sint, occaecat, cupidatat, eiusmod tempor, **pseudoephedrine**, incididunt, labore, excepteur, sint, occaecat, **ephedrine**, cupidatat, loi

### DOSAGE

For oral use only: Adults, the elderly and children over 12 years: 1 or 2 caplets to be taken up to 4 times a day, as required.

## Ephedrine

**Ephedrine is still a banned substance. Any player found using Ephedrine is likely to face a 2 year ban.**

There are many health risks from taking Ephedrine including:

- Heart attacks
- Abnormal electrical activity in the heart
- One-sided weakness
- High Blood Pressure
- Seizures
- Nervousness
- Dizziness
- Sickness
- Strokes
- Confusion
- Vision problems
- Slurred speech

## Further Information

For further information please either speak to your Club Doctor, the RFL or the 100% ME Education team.

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