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## CALIFORNIA HORSE RACING BOARD



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CHRB ADVISORY

NOVEMBER 7, 2012

### **CHRB Advisory on DHEA (dehydroepiandrosterone) and similar testosterone precursors.**

Trainers are reminded that they are responsible for the condition of their horses and for medications given to their horses. Trainers must assure themselves that any medication or other substance given to their horse will not result in a prohibited level of any substance in the horse.

Horsemen are advised to exercise extreme caution when administering products containing DHEA (dehydroepiandrosterone) and other testosterone precursors to racing horses or horses in training as these substances can cause a significant increase in testosterone levels in horses of all genders. Testosterone concentrations after administration of DHEA-containing products can easily exceed published regulatory thresholds and thus result in a Class 3 violation.

Trainers should be particular careful with products marketed as over-the-counter alternatives to anabolic steroids, with label claims of increased muscle mass and improved appetite. Horsemen are urged to review the contents of supplements, tonics, and other nutraceuticals prior to purchase, as well as those currently in use in their barns.

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