



## NATIONAL FOOTBALL LEAGUE

### Product Warnings

Certain products pose a greater risk of a positive drug test under the NFL Performance Enhancing Substances Policy. **I strongly urge you NOT to take weight reduction products, male enhancement products or Intravenous (IV) fluid “cocktails”.**

1. **Weight Reduction Products** often contain stimulants for increasing metabolism and suppressing appetite and/or diuretics or water pills for water weight loss that are prohibited by the NFL Policy on Performance Enhancing Substances. These ingredients may not be listed on the label.

**I strongly urge you not to take any products that claim to “burn fat”, “lower weight” or other similar claims.**

2. **Male Enhancement Supplement Products** may contain substances that are prohibited by the NFL Policy on Performance Enhancing Substances. These ingredients may not be listed on the label.

**I strongly urge you not to take any male enhancement supplement products.**

This warning does not apply to the prescription medications: Viagra, Cialis, Levitra.

3. **Intravenous (IV) Fluid “Cocktails”** have been reported by players as the source of positive drug tests. IV fluids prepared either in a medical office or in a compounding pharmacy may contain substances that are prohibited by the NFL Policy on Performance Enhancing Substances. You cannot be certain of the ingredients of IV “Cocktails”. With revelations by players, I am concerned about the potential for a positive drug test as a result of using IV “Cocktails” in preparation for a game or post-game for recovery. This warning is not about IV fluids given by team medical personnel for hydration or IV fluids given in a hospital setting.

If you test positive for a prohibited substance under the NFL Performance Enhancing Substances Policy, it constitutes a positive test regardless of the source. If you have any questions, please contact me via e-mail at [jlombardo@drjalombardo.com](mailto:jlombardo@drjalombardo.com) or via phone at 614-620-6052.

A handwritten signature in cursive script that reads 'John A. Lombardo'.

John A. Lombardo, MD  
Independent Administrator of the NFL Policy on  
Performance Enhancing Substances

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