



NATIONAL FOOTBALL LEAGUE

Product Warnings

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

1. **Weight Reduction and Energy Boosting products** often contain stimulants for increasing metabolism, decreasing fatigue and suppressing appetite and **Weight Reduction products** often contain 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”, “to boost energy” or other similar claims.

2. **Male Enhancement and Testosterone Boosting Supplement Products** may contain substances 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 and testosterone boosting supplement products.

This warning does not apply to 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 Policy on Performance-Enhancing Substances, it constitutes a violation regardless of the source. If you have any questions, please contact me via e-mail at jlombardo@drjalombardo.com or via phone at 614-620-6052.

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

June, 2024