



NATIONAL FOOTBALL LEAGUE

Weight Reduction Products

Weight reduction products often contain stimulants for increasing metabolism and suppressing appetite and/or diuretics or water pills for water weight loss. There is a list of prohibited stimulants and diuretics by the NFL in the Policy on Performance Enhancing Substances. However, remember that the contents of supplements may not match what is listed on the label of the bottle.

If you test positive for a banned stimulant or diuretic or water pill, this constitutes a positive test.

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

If you have any questions, please contact me via e-mail at 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