

August 20, 2019

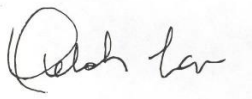
We have been made aware of an adverse analytical finding for a Canadian athlete following an out of competition doping control that took place in late July. At this point, the source of the banned substance is unknown. There are four supplements that the athlete was taking during the timeframe in question and are currently being tested. It will be several weeks until these results are received.

The four supplements are:

1. Precision creatine, Batch # 20161218, Lot # 1716925
2. Power Bar beta-alanine, Batch # 146822, Lot# 8109
3. NutraSea Omega-3 HP + vitamin D capsules, Lot # 20871
4. M.E.G. military caffeine gum:
  - a) Arctic Mint, Batch # AR-00102
  - b) Spearmint, # SP-00101
  - c) Cinnamon, Batch # CN-00103

Until we receive additional information, it is strongly advised that athletes discontinue using these specific supplements plus we appreciate your prompt attention to this matter. We encourage also that if any athlete has any specific concerns or questions regarding this issue to please raise directly with either your Sport Nutritionist (if have one), or IST Lead, or if have neither to email the CSIO Chief Medical Officer – Dr. Doug Richards ( [drichards@csiontario.ca](mailto:drichards@csiontario.ca) ) for further advice. Lastly we will continue to monitor the situation and provide additional information regarding the supplements under review.

Sincerely,



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