

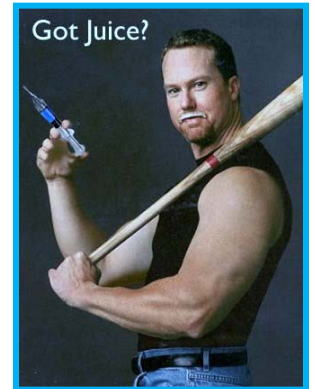


## CHI -eNews

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### Inconvenient Truth

Mark McGwire admitted recently that he used anabolic steroids on and off for nearly a decade, including during the 1998 season when he broke the then single-season home run record. McGwire said he also used human growth hormone (hGH). Did his use of performance enhancing drugs contribute to the injuries that led to his retirement, at age 38, in 2001? Did Mark ever deny their use?



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### Supplement Fraud

VMG Global, a sports nutrition company in California, pleaded guilty this month to selling products under the guise of dietary supplements that had been illegally spiked with steroids, according to court documents.

From 2005 through the middle of 2009, according to the documents, VMG Global, which also does business as American Cellular Labs, knowingly deceived consumers and the government by marketing two illegal drug products that each contained a synthetic anabolic steroid under the guise of dietary supplements.

During this time period, the illegal products, called Tren Xtreme and Mass Xtreme, generated revenue of about \$5.6 million, the documents said. Mass Xtreme, for example, contained Madol, a designer steroid first identified six years ago during the investigation into the Bay Area Laboratory Co-operative, the documents said. As part of the plea agreement, the company agreed to pay penalties of up to \$500,000. It also agreed to destroy its remaining inventory of the two products.



There are many synonyms for the word "deceive" including cozen, dupe, fool, gull, hoodwink, trick, defraud, outwit, entrap, ensnare, betray and cheat. Which one do you prefer? Ever been duped, cheated or betrayed? Like it? No, of course not. Who does?

I guess we have to be a good judge of character. A good judge of people. Supplements are essential but so is quality. In fact QC is numero uno above all. Like the Prime Directive. Like the Law of Life. The training, nutrition and supplements we take are all about staying well. This is our lifelong obligation.



### Audio Excerpt SNU V8N7 (part 3)

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### CSNA Graduate Quote

*Essentially, a certified sports nutrition advisor has the power to enlighten others to change their lifestyle and improve their quality of life.*

~ Orlando Hamm CSNA – Saskatoon Saskatchewan Canada



As always...stay well and live free!

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