

Kyle

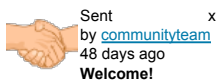


[My Page](#)
[Edit](#)

You have no requests
No new notifications

[My Blog](#)
[Write a Blog post](#)
[My Posts](#)
[My Message Boards](#)

My tokens



Sent x
by [communityteam](#)
48 days ago
Welcome!

To send and receive tokens, make some friends by using the [Friend Finder](#), or participating in a [Group](#).

My status updates

kylestack

Tell people what you are doing right now

[Edit](#)

[See more](#)

What my Friends are up to

Find Friends by checking out our [Friend Finder](#).

My Group updates

Get more involved with the community.

[Find a Group that's right for you!](#)

[Start your own Group here.](#)

My Challenge updates

Make a game of it. [Participate in some of our Challenges.](#)

[Create your own Challenge here.](#)

My Blog updates

Read what other bloggers are talking about. [Check out Blogs.](#)

Stack on Sports

[Edit]

A supplement's undisclosed ingredient

[Edit](#), [Remove](#)

Written by [kylestack](#) on 08/31/2010 10:43:55 AM

As much as supplements are supposed to help athletes on the field, it seems like they can hurt them just as much off it. One of the better known examples is NFL players' involvement with StarCaps, a weight-loss supplement favored by linemen, who often have issues controlling their weight. The problem for the players who have taken StarCaps has been an undisclosed ingredient — bumetanide.

It's an ingredient restricted by the NFL, under its banned substance policy, because of its ability to be a masking agent for steroids. Players who took StarCaps, typically linemen looking to lose weight, consumed bumetanide and, as a result, were handed four-game suspensions for taking a banned substance. Unfortunately for the players, bumetanide wasn't listed as an ingredient in StarCaps. Yet the players allege NFL officials knew that StarCaps contained bumetanide but didn't relate that information to players, the NFL player's union or to the U.S. Food and Drug Administration.

It's an ugly situation which has developed into various accused players filing lawsuits against the NFL to rescind their suspensions, including an August 11 suit filed by former New Orleans Saints lineman Jamar Nesbit against the NFL. Roberta Anding, a dietitian for the Houston Texans, believes the blame should be placed on Balanced Health Products, the maker of StarCaps.

"The StarCaps thing is a tragic example of NFL players being taken advantage of," Anding says. "I honestly believe, after looking at the data on StarCaps, that the company lied. They didn't declare an ingredient, and they left at least six NFL players hanging out to dry."

The situation has inspired her even more to provide healthy food and drink options to players. (Her choices of coconut water, Greek yogurt and fruit juices have been chronicled on this blog.) Taking supplements seems to be growing riskier and riskier, as leagues add substance after substance to their "banned" list. Transparency of ingredients in each supplement is paramount, and in this case, StarCaps doesn't seem to have covered its bases.

"This is an example of athletes who weren't doping," Anding emphasizes. "The players weren't trying to cheat but got caught in a dirty industry."

Categories: [Fitness](#), [Health](#), [Sports](#)

[Report this post](#)

Share:

[Digg](#) [Facebook](#) [Del.icio.us](#) [MySpace](#) [Twitter](#)

Leave a comment:

[see all](#)

[Learn our Ground Rules](#)

ADVERTISEMENT