

SAFETY ALERT 12-012

SAFETY



IRON 6 SENDS



"NO MORE PREVENTABLE DEATHS"



SUPPLEMENT USE HAZARDS

WHILE SOME SUPPLEMENTS PROMOTE WEIGHT LOSS, INCREASED ENERGY, BODY BUILDING/PERFORMANCE ENHANCEMENT- **THEY CAN ALSO CAUSE SEVERE SIDE EFFECTS AS WELL AS POSSIBLE DEATH!**

FACT: IN THE LAST YEAR, 2 SOLDIERS STATIONED IN THE SOUTHWEST HAVE DIED OF HEAT STROKE AFTER CONDUCTING PHYSICAL TRAINING. **POTENTIAL CONTRIBUTING FACTORS INCLUDE THE USE OF SUPPLEMENTS CONTAINING 1,3-DIMETHYLAMYLAMINE (DMAA).**

EXAMPLES OF SOME SUPPLEMENTS CONTAINING DMAA ARE JACK3D, OXYELITEPRO, PRESURGE UNLEASHED, AND MUSCLE SPIKE.

DMAA CAN CAUSE:

- THE INABILITY TO PROPERLY REGULATE BODY TEMPERATURE.
- STRAIN TO CARDIOVASCULAR SYSTEM INCREASING BLOOD PRESSURE.
- INCREASED CELLULAR METABOLISM WHICH CAUSES INCREASED HEARTBEAT AND THE FEELING OF BEING OVERHEATED.

ENSURE WIDEST DISSEMINATION

BRIEF TO SOLDIERS & POST ON BULLETIN BOARDS!

SAFETY FIRST

SOLDIERS ALWAYS

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