

Office of the Commissioner  
MAJOR LEAGUE BASEBALL



M E M O R A N D U M

**TO:** All Major League and Minor League Players  
**FROM:** Office of the Commissioner of Baseball  
**DATE:** August 19, 2019  
**RE:** Sexual or Male Enhancement Products

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As you know, to the extent players covered under Major League Baseball's Drug Programs choose to use supplements, they should only use supplements that have been certified under the NSF Certified for Sport program. The use of any supplement other than those that are NSF Certified for Sport carries with it the real risk that the supplement will cause you to test positive for a prohibited substance, and subject you to discipline.

Although all non-NSF-certified supplements carry some risk of contamination, certain categories of products pose a greater risk of causing a positive drug test under MLB's Drug Programs. In addition to muscle-building and weight-loss products, these "high risk" categories include so-called "sexual enhancement" or "male enhancement" products. Over the past decade, the U.S. Food and Drug Administration (FDA) has posted hundreds of public warnings related to supplements that claim to enhance sexual performance. We know from experience that a number of these sexual or male enhancement products – which are sold online, at retail stores, and on the black market, both in the United States and internationally – contain anabolic steroids and other prohibited substances. These products often do not indicate on the label that they contain a banned substance and claim to be "all natural" or "safe," when, in fact, these products are often contaminated with prohibited and unsafe ingredients.

**Please be aware that if you test positive for a prohibited substance as a result of your use of one of these sexual or male enhancement products, you will be subject to discipline under the applicable MLB Drug Program, regardless of whether you were aware that the product you took contained a prohibited ingredient. For this reason, we strongly urge players against taking any sexual or male enhancement product, from any source.**

If you suffer from erectile dysfunction or other legitimate issues related to sexual performance, we encourage you to speak to a licensed physician about the various prescription medications (*e.g.*, Viagra, Cialis, Levitra) available to treat those conditions. As regulated pharmaceuticals, these medications do not carry anywhere near the same risk of contamination.

Sexual or male enhancement products present a very real risk for drug-tested players, and the high likelihood for contamination or unidentified ingredients in these products underscores the importance of consuming only those products that are NSF Certified for Sport. A searchable directory of NSF Certified for Sport products is available at [www.NSFsport.com](http://www.NSFsport.com). **If you do choose to take any supplement that is not NSF Certified for Sport, you do so at your own risk.**