

Do You Take Any of These Supplements?



Whey Protein, Creatine, Anabolic Androgenic Steroids

WHEY PROTEIN

What is it?

Whey protein is a protein supplement made from milk. It helps repair and build muscles after exercise and is often used to improve athletic performance.

What to watch out for?

Common side effects: acne, bloating or gas, headache, reduced appetite, tiredness, upset stomach or nausea

Avoid whey protein if you:

- Are pregnant or breastfeeding
- Have a milk allergy or a lactose intolerance
- Have liver or kidney problems



CREATINE

What is it?

Creatine is naturally made in the body and helps to provide energy to your muscles. It is also found in foods such as red meat and seafood. Creatine is often used to improve exercise performance and build muscle.

What to watch out for?

Common side effects: dehydration, muscle cramps, upset stomach, weight gain

Avoid creatine if you:

- Are pregnant or breastfeeding
- Have bipolar disorder, Parkinson's disease, or kidney problem



TESTOSTERONE, ANABOLIC ANDROGENIC STEROIDS (AAS), AND SELECTIVE ANDROGEN RECEPTOR MODULATORS (SARMs)

What are they?

Synthetic testosterone, AAS, and SARMs are man-made substances that mimic the male hormone, testosterone. They are often used to increase muscle mass and strength.

AAS: androstenedione, clenbuterol, fluoxymesterone, oxandrolone, oxymetholone, nandrolone, testosterone, stanozolol

SARMs: andarine, astatine, cardarine, LGD-4033, MK-677, ostarine, RAD-140, YK-11

What to watch out for?

Common side effects: acne, deepened voice and facial hair growth in females, enlarged breast tissue in males, heart attack, liver damage, male infertility or shrinkage of testes, mood changes or aggression, stroke

Avoid Testosterone, AAS, and SARMs if you:

- Are pregnant or breastfeeding
- Have liver disease, heart problems, or mental health issues

SPECIAL CONSIDERATIONS

- Some supplements can interact with antiretroviral medications (ARVs)
- These interactions may cause your ARVs to work less effectively
- Supplements can also add or worsen side effects, such as kidney or liver damage, or other health issues
- Always let your doctor or pharmacist know about any supplements you are taking
- Your healthcare team can help ensure your supplements are safe to use with your medications

Tell us about your supplement use!

| Name of product | Amount used? (grams, scoops) | How do you take it? (powder, capsule) | How often? (daily, cycles) | How long have you been using it? | Why are you taking this supplement? |
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Last Updated: November 26, 2024 by S. Bahl (APPE Student, University of Toronto)