



Methyl testosterone	
Methyltestosterone	Android, Estratest, Metandren, Oreton, Methyl, Testred, Virilon, <b>Mixogen</b>
Methyltrienolone	
Mibolerone	Cheque Drops
Nandrolone	Deca-durabolin, Dura bolin, Kabolin, Nandrobolic, Biodebol, Bionabolin, Durabolin, Bolister -D, Decatrilon Duraplon, Deca -Neurabol, Noabolin, Evabolin, Menabol, Metup, Pronabol, Protabol, Grothic, Neurabol, Protadec, Zebol, Metadec, Metabol
19-Nandrostenediol	
19-Norandrostenedione	
Norbolethone	Genabol
Norethandrolone	Nilevar, <b>Orabolin</b>
Oxabolone	
Oxandrolone	Anavar, Lonavar
Oxymetholone	Oranabol 10, <b>Adroyd</b>
Stanozolol	Prostanzol, Stromba, Winstrol, <b>Menabol, Stanopronabol, Neurabol, Stromba</b>
Testosterone(T:E>4:1)	Androderm, Delastestryl, Testim, Aquaviron, Mixogen, Mixogenin Sustanon, Testoviron, Testoviron Depot 110mg, 250mg, Nuvir, Testanon, Injection Testo Rapid Testoviron, <b>TESTOVIRON 100, Testoviron 250</b>
Testrahydrogestrinone	THG, "The Clear"
Trenbolone	Finajet, Parabolan

# Pharmaceutical preparations marked in red are marketed in India

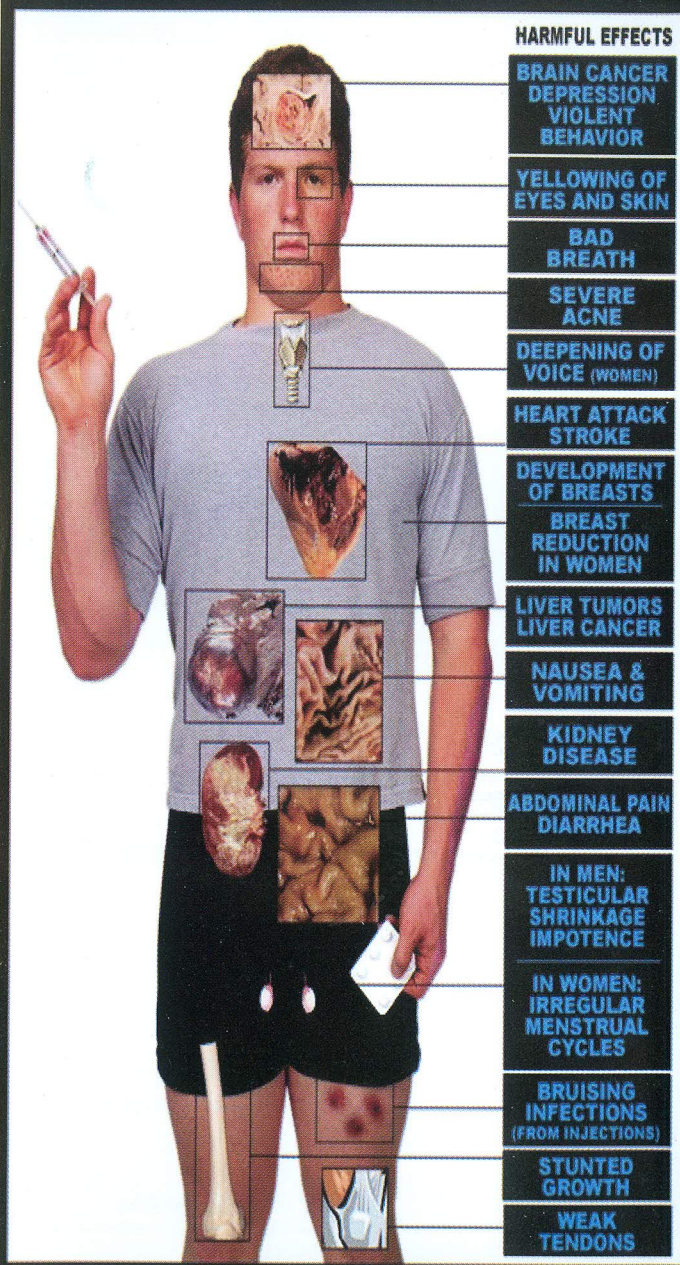
**Play safe, play fair**

Success in sports takes talent, skill, and most of all, practice and hard work. Using steroids is a form of cheating and interferes with fair competition. More importantly, they are dangerous to your health. There are many healthy ways to increase your strength or improve your appearance. If you are serious about your sport and your health, keep the following tips in mind:

- Train safely, without using drugs.
- Eat a healthy diet.
- Get plenty of rest.
- Set realistic goals and be proud of yourself when you reach them.
- Seek out training supervision, coaching, and advice from a reliable professional.
- Avoid injuries by playing safely and using protective gear.

Take a stand against the use of steroids and other drugs. Truly successful athletes combine their natural abilities with hard work to win. There is no quick and easy way to become the best.

# STEROIDS



**HARMFUL EFFECTS**

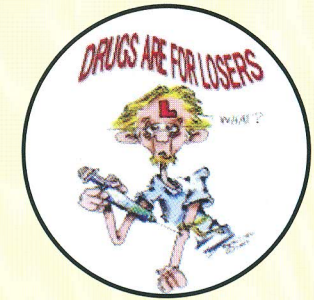
- BRAIN CANCER
- DEPRESSION
- VIOLENT BEHAVIOR
- YELLOWING OF EYES AND SKIN
- BAD BREATH
- SEVERE ACNE
- DEEPENING OF VOICE (WOMEN)
- HEART ATTACK
- STROKE
- DEVELOPMENT OF BREASTS
- BREAST REDUCTION IN WOMEN
- LIVER TUMORS
- LIVER CANCER
- NAUSEA & VOMITING
- KIDNEY DISEASE
- ABDOMINAL PAIN
- DIARRHEA
- IN MEN: TESTICULAR SHRINKAGE
- IMPOTENCE
- IN WOMEN: IRREGULAR MENSTRUAL CYCLES
- BRUISING
- INFECTIONS (FROM INJECTIONS)
- STUNTED GROWTH
- WEAK TENDONS



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**ANDROGENIC ANABOLIC STEROIDS**

Athletes, whether they are young or old, professional or amateur, are always looking to gain an advantage over their opponents. The desire for an "edge" exists in all sports, at all levels of play. Successful athletes rely on practice and hard work to increase their skill, speed, power, and ability. However, some athletes resort to drugs to improve their performance on the field or the court.

Some high school and even middle school students are using steroids to gain an edge, improve their skill level, or become more athletic. Steroid use is not limited to males. More and more females are putting themselves at risk by using these drugs. It is important to know that using anabolic steroids not only is illegal, but it also can have serious side effects.

**What are anabolic steroids?**

Anabolic steroids are powerful drugs that many people take in high doses to boost athletic performance. Anabolic means "building body tissue." Anabolic steroids help build muscle tissue and increase body mass by acting like the body's natural male hormone, testosterone.

Lower doses of anabolic steroids sometimes are used to treat a handful of very serious medical conditions. They should not be confused with corticosteroids, which are used to treat common medical conditions such as asthma and arthritis. Corticosteroids are strong medications, but do not have muscle-building effects. Anabolic steroids are the ones abused by athletes and others who want a shortcut to becoming bigger and stronger.

**Who uses steroids?**

In the past, steroid use was seen mostly in college, Olympic, and professional sports. Today, steroids are being used by athletes as well as nonathletes. Most major professional and amateur athletic organizations have banned steroids for use by their athletes. These organizations include the International Olympic Committee, National Collegiate Athletic Association (NCAA), and the National Football League (NFL).

Most commonly, steroid use can be found among the following groups:

- Athletes involved in sports that rely on strength and size, like football, wrestling, or baseball
- Endurance athletes, such as those involved in track-and-field and swimming
- Athletes involved in weight training or bodybuilding
- Anyone interested in building and defining muscles

**What effect can steroids have on athletes' performance?**

It has not been proven that steroids alone directly increase muscle mass for athletes in training. Gains may be due to psychological effects. Steroids may help some athletes develop bigger muscles if used with rigorous training. However there is no evidence that high doses of steroids taken without exercise will do anything for muscle mass. At the same time, anabolic steroids are used to build up muscle tissue after certain kinds of surgery and cancer in which the patient experiences loss of muscle tissue.

**How are steroids used?**

**Steroids can be taken in the following two ways:**

- By mouth (pills)
- Injected with a needle (Athletes who share needles to inject steroids also are at risk for serious infections including Hepatitis B and HIV, the AIDS virus.). Some athletes take even higher doses, called "megadoses," to produce faster results. Others gradually increase the amount they take over time, which is called "pyramiding." Taking different kinds of anabolic steroids, possibly along with other drugs, is a particularly dangerous practice known as "stacking."

**Will steroids make a better athlete?**

No. Steroids cannot improve an athlete's agility or skill. Many factors help in determining athletic ability, including genetics, body size, age, sex, diet, and how hard the athlete trains. It is clear that the medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass.

Many of these effects are only temporary, which means that once you get off steroids most of the gains disappear. Steroids cause water retention, so steroid users will gain mass very quickly, but most of it will be water not muscles. This will put the body through a lot of stress, losing and gaining weight in cycles.

**What are the adverse effects of anabolic steroid misuse?**

Steroids can cause serious health problems. Many changes take place inside the body and may not be noticed until it is too late. Some of the effects will go away when steroid use stops, but some may not.

<u>Physiological side effects of anabolic steroid abuse</u>	
<ul style="list-style-type: none"> <li>➤ Acne</li> <li>➤ Male pattern baldness*</li> <li>➤ Liver damage*</li> </ul>	<ul style="list-style-type: none"> <li>➤ Premature closure of the growth centres of long bones(in adolescents) which may result in stunted growth</li> </ul>
<u>Psychological</u>	
<ul style="list-style-type: none"> <li>➤ Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as "Roid Rage"</li> <li>➤ Withdrawal from anabolic steroid use can be associated with depression.</li> </ul>	
<u>Males</u>	<u>Females</u>
<ul style="list-style-type: none"> <li>➤ Breast tissue development*</li> <li>➤ Shrinkage of the testicles*</li> <li>➤ Impotence</li> <li>➤ Reduction in sperm production</li> </ul>	<ul style="list-style-type: none"> <li>➤ Deepening of voice*</li> <li>➤ Cessation of breast development</li> <li>➤ Growth of hair on the face , stomach and upper back*</li> <li>➤ Enlarged clitoris*</li> <li>➤ Abnormal menstrual cycles</li> </ul>

\*Note: \* Effects may be permanent and can vary by individual.

**What are Pro-Hormones?**

Pro-hormones are precursors to anabolic steroids. In other words an enzyme in the body will convert the pro-hormone supplement to an active anabolic steroid.

**How are anabolic steroids detected?**

Anabolic steroids may be detected in urine for days to years the last dose taken depending on the individual drug and the amount taken. Some anabolic steroids are metabolized extensively and identification is based on a metabolite rather than the parent drug. Urine samples are randomly collected, processed and analysed

**Examples of anabolic agents**

<b>GENERIC NAMES</b>	<b>PHARMACEUTICAL PREPARATIONS</b>
Androstenediol	4-androstenediol, 5-androstenediol
Androstenedione	Andro
Bolasterone	Dimethyltestosterone
Boldenone	Equipoise, Pace, Vebonol
Boldione	
Clenbuterol	Broncodil, Clenasma, Clenbutol, Contrasma, Monores, Novegam, Prontovent, Spiropent, Ventolase
Clostebol	Steranabol
Danazol	Cyclomen, Dantrol, Danocrine, Danokrin, Danol, Ladogar, Winobanin, Danogen, Endometriyl, Gonablok, Gynazol, Gynol, Ladogal, Ze ndol
Dehydrochlor-Methyltestosterone	Turinabol
Dehydroepitestosterone	DHEA
Delta dihydrotestosterone	1- "1-Testosterone"
Desoxymethyl testosterone	DMT, Madol
Dihydrotestosterone	Stanolone
Dromostanolone	Drolban, Masteril
Fluoxymesterone	Andriod F, Halostin, Ora-Testryl, Ultradren
Formebolone	Esiclene, Hubernol
Gestrinone	Tridomose
Methasterone	
Mesterolone	Androviron, Proviron , Metipan, Provironum, Restore
Methandienone	Danabol, Dianabol, Methandrostenolone
Methenolone	Primobolan, Primonabol -Depot
Methandriol	Stenediol, Trofomone
Methyldienolone	