

# The Dummy's Guide to PEDs

WORLD ANTI-DOPING AGENCY KEY

(b) Banned

(cb) Banned in competition only

News of performance-enhancing drugs pops up all too often these days. But to yap about them is not to understand them. Here's a quick (and dirty) cheat sheet for navigating tomorrow's headlines. And please, don't try these at home.

By Shaun Assael | Photographs by Craig Cutler

(b) Banned

(nb) Not banned

## Most Likely to Keep 'Em Hanging

**HCG**

Also known as Human chorionic gonadotropin  
Preferred by Steroid users at the end of a cycle  
Why they risk it They feel like less of a man



When the male body is flooded with synthetic testosterone, the testes stop producing the natural version. Once the faucet is turned off, that leaves a deficit of the all-purpose hormone. Solution: HCG, a female fertility drug that jump-starts natural testosterone production. When Manny Ramírez was found to be in possession of HCG, MLB asked him to sit for 50 games and contemplate his misdeed.

## Most Likely to Be Taken to the Mat

**Furosemide**

Also known as Lasix  
Preferred by Horses, gymnasts  
Why they risk it They feel like a cow



Since trainers discovered in the 1970s that this diuretic helps stem nosebleeds in racehorses, it has been a staple of veterinary pharmacies. But these days it winds up around other horses as well. Furosemide is a favorite of gymnasts looking to shed water weight. Beefy bodybuilders like it too, as a way to relieve unsightly water gain before comps.

## Most Popular for Getting Through the Dog Days

**Methylphenidate**

Also known as Ritalin  
Preferred by Sluggers on another long road trip  
Why they risk it Sometimes coffee and Red Bull don't cut it



Sure, your kid sister uses Ritalin to help her ace algebra. Athletes who need to be "in the zone" dig it too. The attention-deficit drug alters chemicals in the brain that control focus, so (not surprisingly) after MLB banned stimulants, in 2006, requests for therapeutic-use exemptions for Ritalin quadrupled.

## Most Popular Buffet Table Companion

**Metformin Hydrochloride (nb)**

Also known as Glumetza  
Preferred by Carbo loaders  
Why they risk it They need to add weight, fast

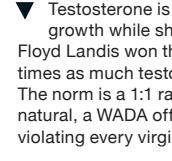


When Coach orders you to bulk up, the problem isn't just the time and focus it takes to down six triple-fudge sundaes; it's also getting the body to absorb that large influx of calories efficiently when you do. Glumetza, which improves blood sugar control in adults with Type 2 diabetes, makes sure the glucose gets into muscles, not fat cells.

## The Mother of All Muscle Builders

**Testosterone**

Also known as T, Test  
Preferred by Pros, Joes  
Why they risk it They want to feel 23 again



▼ Testosterone is a gym favorite because it spurs muscle growth while shortening workout recovery time. After Floyd Landis won the 2006 Tour de France, testers found 11 times as much testosterone as epitestosterone in his system. The norm is a 1:1 ratio. When Landis claimed the level was all natural, a WADA official quipped, "You'd think he'd be violating every virgin within 100 miles."



## Most Popular Mixer

## Most Likely to Help Baldy Medal, Part 1

**Minoxidil**

Also known as Rogaine  
Preferred by Men with comb-overs  
Why they risk it Steroids stress a guy out



Rogaine is sold in pharmacies as a treatment for male-pattern baldness, but it was originally developed as a cure for hypertension. And that just happens to be a common side effect of steroid use. Problem is, a lushest maned pro will have a hard time explaining the minoxidil in his locker to the authorities who view it as an indicator of PED use.

## Most Popular Mixer

**HGH**

Also known as Human growth hormone, somatropin  
Preferred by Olympians, cyclists, slingers, linemen ... you get the idea  
Why they risk it There's no risk; it's undetectable in urine tests



If you ran a bar that served PEDs, HGH would be your tonic; it goes with everything. When combined with steroids, HGH accelerates muscle-building by increasing production of insulin growth factor. Pair it with thyroid hormone, and it speeds metabolism. Chinese versions, like hygetropin, which are cheaper than U.S. products, fuel a thriving black market.

## Quickest Disappearing Act

**Topical Testosterone**

**Most Addictive Painkiller**

**Fentanyl**

Also known as AndroGel, Testim  
Preferred by Juicers on their way to training camp  
Why they risk it The testers are on their way

Also known as Apache, Dance Fever, Goodfella  
Preferred by Druggies  
Why they risk it Two words: They shouldn't

▼ Many steroids linger in the system for weeks, but this topical gel disappears from the body within days. That makes it ideal for athletes who have been forced to taper off longer-lasting steroids because they fear a drug test is imminent (say, when they're about to report to training camp). AndroGel gets the job done, providing fast results and an even absorption rate.



In 1990, this synthetic opiate was approved by the FDA for painkiller-resistant patients. But a dangerous underground market has developed among bodybuilders who use it to blunt the sting of extreme workouts. In 2005, fentanyl contributed to 120 deaths, and the FDA said it "continued to receive reports of death and life-threatening side effects after doctors have inappropriately prescribed" the drug.

## Most Basic Steroid

**Oxandrolone**

Also known as Oxandrin  
Preferred by Beginners  
Why they risk it It Increases strength without weight gain



Introduced to treat unwanted weight loss, this mild anabolic steroid is prescribed by antiaging docs because it has few side effects and quickly boosts muscle gain. Ballplayers like that it doesn't metabolize easily into estrogen, a female hormone that grows the wrong body parts. A monthly supply of commercially available Oxandrin goes for around \$800, but black market versions can cost hundreds less.

## Most, Like, Wow, Man

**PaperBoI**

Also known as PaperStrol, PaperVar, PaperDrol  
Preferred by Smugglers  
Why they risk it U.S. Customs is no picnic

Stepped-up law enforcement has made it riskier than ever to order illegal steroids by mail, so creative juicers have taken a page out of the Woodstock playbook. By soaking sheets of rice paper in anabolics, then cutting them into small squares, overseas pharmacies are creating "blotter steroids." Remember, though, putting drugs on paper doesn't make them any more legal.

## Most Likely to Help Baldy Medal, Part 2

**Finasteride**

Also known as Propecia  
Preferred by Chrome-domed Olympians, among others  
Why they risk it Because they might get away with it



This hair-grower made banner headlines in 2006, when Zach Lund of the U.S. skeleton team was banned from the Winter Games after it turned up in his urine sample. Because it can hide the evidence of anabolic steroid use in urine tests, WADA figured Lund had to be using it as a masking agent. The prematurely balding athlete continues to maintain that he took the pills for his scalp, not his sled.



## Most Popular Way to Keep Guys Out of a C-Cup

## Most Popular Alternative to a Crash Diet

**Liothyronine**

## Most Likely to Appear in an Off-Season Getaway

**Tri-Test**

Also known as Tri-Test 300  
Preferred by Couch potatoes  
Why they risk it There is no testing when the Games end



This steroid blend combines fast-, medium- and long-acting versions of synthetic testosterone, making it a favorite of juicers who want to get back into the swing gradually after a lazy off-season. The fast-acting stuff hits first; five days later the medium- and long-acting portions kick in. With a ramp-up of three weeks, it's ideal for athletes whose leagues have no off-season drug-testing policy (NHL) or a weak one (MLB).