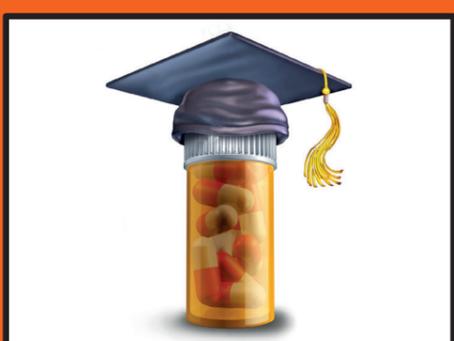




HUMAN ENHANCEMENT DRUGS

INFORMATION PAMPHLET

	Type of HEDs	Description	Examples	General Effects*	High-Risk Groups**
	'Muscle Drugs'	Drugs to enhance the structure and function of skeletal muscle (e.g. increase strength or muscle mass).	Anabolic androgenic steroids (AAS), human growth hormones (HGH), insulin, peptide hormones, non-steroidal selective androgen receptor modulators (SARMs).	Intended effects: Muscle growth and to decrease amount of fat. Side-effects: Changes in mood and behavior (e.g. depression and aggression), vascular complications, liver damage, cardiovascular disease, insulin resistance and musculoskeletal disorders.***	Sports competitors, bodybuilders, weight-trainers, high-school students, occupational users (e.g. security guard, police officers and actors), ageing men and women.
	Weight-Loss Drugs	Drugs used to enhance weight loss.	Sibutramine, DMAA, Dinitrophenol (DNP), ephedrine, Liothyronine sodium (T3), Levothyroxine sodium (T4), Orlistat, Clenbuterol.	Intended effects: Decreases amount of fat and suppresses appetite. Side-effects: Changes in mood and behavior (e.g. anxiety and aggression), insomnia, cardiovascular disease, and reduces absorption of dietary fat.***	Students, overweight or obese individuals, young and middle-aged women, bodybuilders, and sports competitors.
	Image Enhancing Drugs	Drugs used to enhance the appearance of the skin and hair.	'Cosmetics' containing mercury compounds or hydroquinone, corticosteroids, Melanotan I & II, Birnatoprost, finasteride, dermal fillers, isotretinoin.	Intended effects: Darken or lighten skin color, increase the growth of eyelashes, increases the growth of scalp hair and reduce wrinkles. Side-effects: Nausea, abnormal pigmentation, skin rash and chronic inflammation.***	Occupational users (e.g. Erotic dancers, porn actors) bodybuilders, ageing men and women, individuals with dark or light skin type.
	Sexual Enhancers	Drugs used to enhance sexual function and behavior.	Sildenafil citrate (Viagra), Tadalafil, Vardenafil hydrochloride, Melanotan II, Yohimbe and Bremelanotide (PT-141).	Intended effects: Increases blood flow to penis causing erection Side-effects: Headache and memory problems.***	Night clubbers (incl. women), ageing men (in particular popular amongst gay population)
	Cognitive Enhancers	Cognitive enhancers, also known as 'smart drugs' and 'brain doping', are used to enhance cognitive functions including short-term memory, concentration, comprehension and alertness.	Modafinil (Provigil), methylphenidate (Ritalin), amphetamine tablets (Adderall), Piracetam, beta-blockers, propranol and atomoxetine hydrochloride.	Intended effects: Promotes wakefulness, increased concentration and focus, improves short-term memory, and suppress physiological sensations. Side effects: Skin reactions, changes in mood and behavior (e.g. anxiety and agitation), suppressed appetite, headaches, suicidal thoughts, psychosis and mania.***	Students, occupational users (e.g. surgeons, pilots and stock traders), and 'stay-at-home moms'.
	Mood & Social Behavior Enhancers	A drug taken for the purpose of altering and/or improving one's state of mind or feeling.	Paroxetine, Sertraline, betablockers, fluoxetine, diazepam, morphine and oxycontin.	Intended effects: Suppress physiological sensations, pain relief, relieve anxiety or depression. Side-effects: Dizziness, vomiting, insomnia and headache.***	Students, sports competitors, and occupational users (e.g. musicians, public speakers).

* This tables serves as a general guideline and as there are numerous drugs available to meet each performance enhancing goal the effects will vary widely depending on the type of drugs consumed.
 ** Studies and/or media reports have reported that the type of enhancer is frequently found within these groups.
 *** Harms also result from the fact that these drugs often are adulterated, wrongly labeled (under- or over-dosed) and/or untested.

