### Anabolic Androgenic Steroids (AAS)
- **Description**: Human Growth Hormones (hGH), Insulin, Erythropoietin (EPO), 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), suppression of the Hypothalamic-pituitary-testicular-axis (HPTA), liver damage, cardiovascular disease, insulin resistance and musculoskeletal disorders.

#### High-Risk Groups**
- Sports competitors (especially power sports), bodybuilders, gym members, high-school students, occupational users (e.g. security guards, police officers and actors), and ageing men.

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### Weight-Loss Drugs
- **Description**: Drugs used to enhance weight loss.

#### 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.

#### High-Risk Groups**
- Gym members, students, overweight or obese individuals, young and middle-aged women, bodybuilders, sports competitors, and occupational users (e.g. models).

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### Cognitive Enhancers
- **Description**: Cognitive enhancers, also known as ‘smart drugs’, ‘study drugs’ and ‘brain doping’, are used to enhance cognitive functions including short-term memory, concentration, comprehension and alertness.

#### 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.

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### Mood & Social Behavior Enhancers
- **Description**: A drug taken for the purpose of altering and/or improving one’s state of mind or feeling.

#### Intended Effects:
- Suppress physiological sensations, pain relief, relieve anxiety or depression.

#### Side-effects:
- Dizziness, vomiting, insomnia and headache.

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### Sex Enhancers
- **Description**: Drugs used to enhance sexual function and behavior.

#### Intended Effects:
- Increases blood flow to penis causing erection

#### Side-effects:
- Headache and memory problems.

### Image Enhancing Drugs
- **Description**: 'Cosmetics' containing Mercury compounds or Hydroquinone, Steroids, Melanotan I & II, Bimatoprost, Finasteride, Dermal Fillers (e.g. Restylane), Botulinum Toxin (e.g. Botox), Isotretinoin (e.g. Roaccutane).

#### Intended Effects:
- Darken or lighten skin color, increase the growth of eyelashes, increase the growth of scalp hair and reduce wrinkles.

#### Side-effects:
- Nausea, abnormal pigmentation, skin rash and chronic inflammation.

### Weight-Loss Drugs
- **Description**: Drugs used to enhance weight loss.

#### Intended Effects:
- Increases blood flow to penis causing erection

#### Side-effects:
- Headache and memory problems.

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*This table has presented HED categories as ridged and fixed, however it is important to note that many of the drugs classified as examples under specific categories may well appear in others. For instance, Clenbuterol may be used as both a weight loss drug and a muscle enhancer. For the sake of this table we have chosen to include Clenbuterol as an example under the weight loss category as the drug is most often consumed to achieve this goal.

**This table serves as a general guideline and as there are numerous drugs available to meet a variety of performance enhancing goals the effects and side effects will vary widely depending on the type, quantity, duration of use and mix of drugs consumed.

***Studies and/or media reports have reported that the type of enhancer is frequently found within these groups.

****Sources also report the fact that these drugs are often adulterated, wrongly labeled and/or not tested for human consumption.

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MORE INFORMATION IS AVAILABLE AT WWW.HUMANENHANCEMENTDRUGS.COM