

Drug Status Report

Drug: Human Growth Complex

Drug Status Name: Human Growth Complex is the brand name.

The product is marketed as a supplement for bodybuilding purposes and is claimed to consist of the following:

I - Somatotrophin

II- IGF-1

III - Rhus toxicodendron

Chemical Name:

I - Somatotrophin

II- Insulin-like Growth Factor 1

III - *Toxicodendron pubescens*

Other Names:

I - Pituitary growth hormone; Adenohypophyseal growth hormone; anterior pituitary hormone; Growth Hormone

II- Somatomedin C; Sulfation factor C

III - Poison Ivy

Canadian Status:

Somatotrophin is a polypeptide protein hormone that simulates growth. The substance is on the list of banned substances established by the World Anti-Doping Agency and is regulated under the *Food and Drugs Regulations*. Somatotrophin is not listed specifically in the CDSA and because the substance is not a steroid, it cannot be included under Item 23 “Anabolic steroids and their derivatives” of Schedule IV to the CDSA.

IGF-1 is a primary mediator of the Growth Hormone and is also considered as a banned substance by the World Anti-Doping Agency. A review of the substance was recently performed and it was not considered to be a controlled substance under the CDSA.

Rhus toxicodendron, which is more commonly known as poison ivy, is used in homeopathy for its anti-inflammatory properties¹ and is considered a natural health product under the *Natural Health Product Regulations*. The substance is not listed in the CDSA and is not similar to any of the substances listed in the Schedules to the CDSA.

Recommendation: Human Growth Complex does not contain any substances that are included in

¹Dos Santos, AL. *et al.* (2007) In vivo study of the anti-inflammatory effect of Rhus Toxicodendron, Homeopathy, **96**:95-101.

the Schedules to the CDSA and is not a controlled substance.

March 17th, 2010