

## Tragic Loss of Life Linked With Dietary Supplements for Weight Loss and Muscle Building

- In 2011, two U.S. soldiers, ages 22 and 32, collapsed during training and died soon afterward. Autopsies revealed the presence of dimethylamylamine (DMAA), a stimulant found in muscle-building supplements, in their systems. DMAA has since been banned in dietary supplements.  
<http://www.foxnews.com/us/2012/02/02/soldier-deaths-during-training-sparks-military-probe-into-supplement-use/>
- In 2012, 17-year-old Christopher Herrera suffered severe liver damage after using concentrated green tea extract purchased at a nutrition store as a “fat burning” supplement. Christopher was put on the list for a liver transplant and although doctors were able to save his liver, he can no longer play sports, spend long amounts of time outdoors, or exert himself.  
<http://www.nytimes.com/2013/12/22/us/spike-in-harm-to-liver-is-tied-to-dietary-aids.html>
- In 2013, Michael Lee Sparling, a 22-year-old Army private in excellent physical condition, went into cardiac arrest and died after taking the recommended dose of a workout supplement “Jack3d,” which promises “ultra-intense muscle gorging strength, energy, power, and endurance.” This supplement contains DMAA, which experts say acts similarly to amphetamines.  
<http://www.nytimes.com/2013/03/17/business/a-soldiers-parents-take-aim-at-gnc-and-a-supplement-maker.html>
- In 2014, weight loss supplement OxyElite Pro was linked to 97 cases of acute non-viral hepatitis resulting in 47 hospitalizations, three liver transplants, and the death of a mother of seven. OxyElite Pro has since been recalled.  
<http://www.nejm.org/doi/full/10.1056/NEJMp1315559>
- Twenty-one year old Eloise Aimee Parry died in 2015 after taking weight loss supplements she purchased online to help her lose weight. The supplements Parry took were found to contain dinitrophenol, or DNP, a highly toxic industrial chemical, which left Parry “burning up from within.”  
<http://www.nydailynews.com/news/world/student-died-diet-pills-text-fearing-death-article-1.2302283>
- In 2015, 45-year-old Chris Wilcock suffered a heart attack and died after taking T5, a fat burning supplement available on the internet, in response to being harassed about his weight. Tests revealed that his body had contained as much caffeine as 300 cups of coffee at the time of his death.  
<http://www.techtimes.com/articles/64848/20150630/man-dies-after-allegedly-taking-banned-diet-pills.html>