

# Suspended swimmer Shayna Jack promoted a sports supplement on social media last year

By ABC sport reporter David Mark in Aug 2019

Shayna posted on Dec 21, 2018

The Australian swimmer facing a possible drug ban posted a photo of herself with a sports supplement powder on Instagram last December.

The post shows Shayna Jack posing with a product from the company Extremo Sports Nutrition.

“It’s starting to feel a lot like Christmas,” she wrote. Thanks to @extremo.sports.nutrition for an early gift. #protein #recovery#perfectathletegift #orderonline today.”

Jack, 20, recently tested positive for the banned drug Ligandrol and was forced to miss the recent World Swimming championships.

Ligandrol is a selective androgen receptor modulator (SARM), which was developed to help with the treatment of medical conditions like osteoporosis. It aids the growth of muscle mass and has been detected in drug tests used in sport.



In a 2018 blog post, ASADA warned athletes that not only was LGD-4033 (Ligandrol) prohibited in sport, but it was not yet cleared through clinical trials.

Jack says she does not know how the drug got into her system.

The Extremo website contains little detail on what is in its product, Post Sports Recovery.

The site says of its product: “With the most comprehensive blend of nutrients available including sodium, magnesium, amino acids, carbohydrates and protein, it eliminates fatigue, increases hydration, repairs muscle damage and soreness and gets you back to peak performance faster so you can play better.”

The Swimming Australia Sports Supplement policy lists two websites that audit supplement brands and suggests swimmers only use supplements that have been audited.

Neither of the two auditing websites list Extremo.

ASADA’s website states: “No supplement is safe to use and athletes should not risk their careers by taking a supplement.

“This is because many supplements are contaminated with substances prohibited in sport, which may not be listed on ingredient labels.

“Supplements pose a real risk for athletes, with about half of all anti-doping rule violations [sport bans] in Australia over the last five years a direct result of supplement use.”

The Swimming Australia website says: “Almost one Australian athlete tests positive from a supplement every month.”

Its supplements policy also states, “the majority of supplements have little or no health or performance benefits. In addition, there are potential health and doping risks associated with their use.”

The ABC has contacted the company, asking it for comment on the contents of its product.

The ABC is not suggesting Extremo Post Sports Recovery was the source of the Ligandrol found in Jack’s A and B samples.

But the Instagram post does suggest Jack may have taken sports supplements during her career.

In her original public statement, denying knowingly taking Ligandrol, Jack linked the substance to “contaminated” supplements.

“I had never heard of it before, let alone know how to pronounce it,” she wrote.

“I now know that this can be found in contaminated supplements.”

Her case has given rise to fresh warnings over the use of sports supplements by athletes which may contain banned products not listed on the label.