

# APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES



***#ALLMEPEDFREE***



Taylor Hooton



@TheTHF



@TheTHF



TAYLOR HOOTON  
FOUNDATION

Text questions to: **401-552-5563**  
(401-55-ALLME)

# Taylor Hooton Foundation

Formed in 2004

Have spoken directly to over 2 million people

National leader on the subject of  
Appearance and Performance  
Enhancing Substances

501(c)3 – non profit

## Mission

Enlighten the world to the truths  
about Appearance and Performance  
Enhancing Substances

## Vision

Eliminate the use of Appearance and  
Performance Enhancing Substances in  
US, Canada, and Latin America middle  
schools, high schools and universities



TAYLOR HOOTON  
FOUNDATION



# 3 questions to ask before you use a supplement



1

Contain banned substances?

2

Necessary?

3

Am I Using it Properly?

# 18-25% of high-risk supplements **spiked with banned substances**



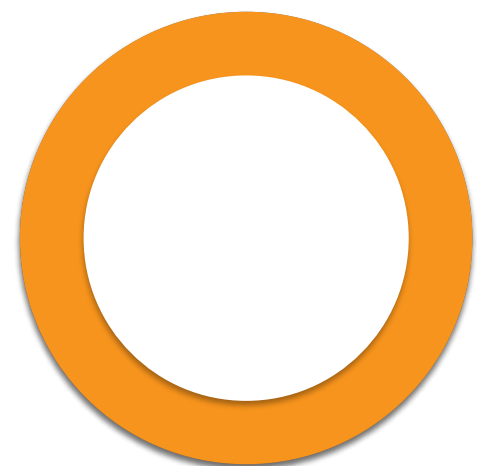
From 2007-2021, **1068** products were adulterated by pharmaceutical ingredients  
*University of Connecticut School of Pharmacy, 2021*



**“25%** of all vitamins and supplements on sale are spiked with anabolic steroids”  
*Int’l. Assoc. of Athletic Federations, 2014*



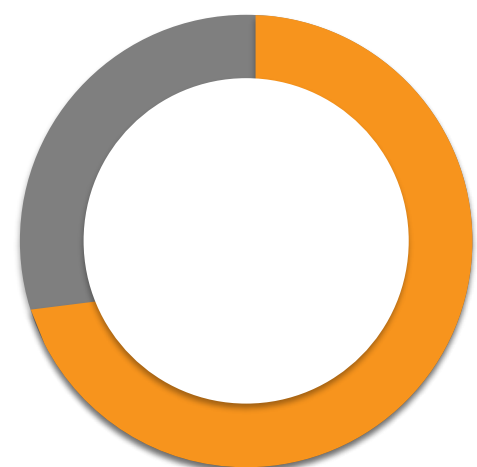
45 of 240 OTC supplements tested **(18%)** contained anabolic steroids  
*Int’l. Olympic Committee*



Of the selected supplements, **63%** were misbranded, **24%** were adulterated, and **56%** contained risky ingredients  
*Consortium for Health and Military Performance, 2022*



Almost **50%** of all testosterone-boosting supplements contain illegal steroids.  
*Military Times, 7/2013*



15 of 58 protein powders tested positive for steroids **(25%)**  
*Informed-Choice.org, 2014*



# How do I know if a supplement is clean?



## NSF Sport

The leader in Dietary Supplement and Ingredient Certification



## Resources:

- <http://taylorhooton.org/dietary-supplements/>
- NSF website: [www.nsfport.com](http://www.nsfport.com), with up to date product listings, supplement related news, and articles.
- *iPhone / Android Application*



TAYLOR HOOTON  
FOUNDATION

Text questions to: **401-552-5563 (401-55-ALLME)**

©THF 2022 All Rights Reserved





# Anabolic Steroids



Text questions to: **401-552-5563** (401-55-ALLME)

# What Are **Anabolic-Androgenic Steroids**?

**Synthetic  
Testosterone**

**Anabolic /  
Androgenic**

Note: not the same as cortico-steroids (Used to treat asthma, arthritis, etc.)

## **Proper Uses**

- Diseases that cause wasting, hypogonadism, delayed puberty
- Hormone Replacement Therapy

**How many types of  
pharmaceutical  
grade steroids?**

**Over 100**

## **Methods of Use:**

**Oral**

**Dermal (Patch or Gel)**

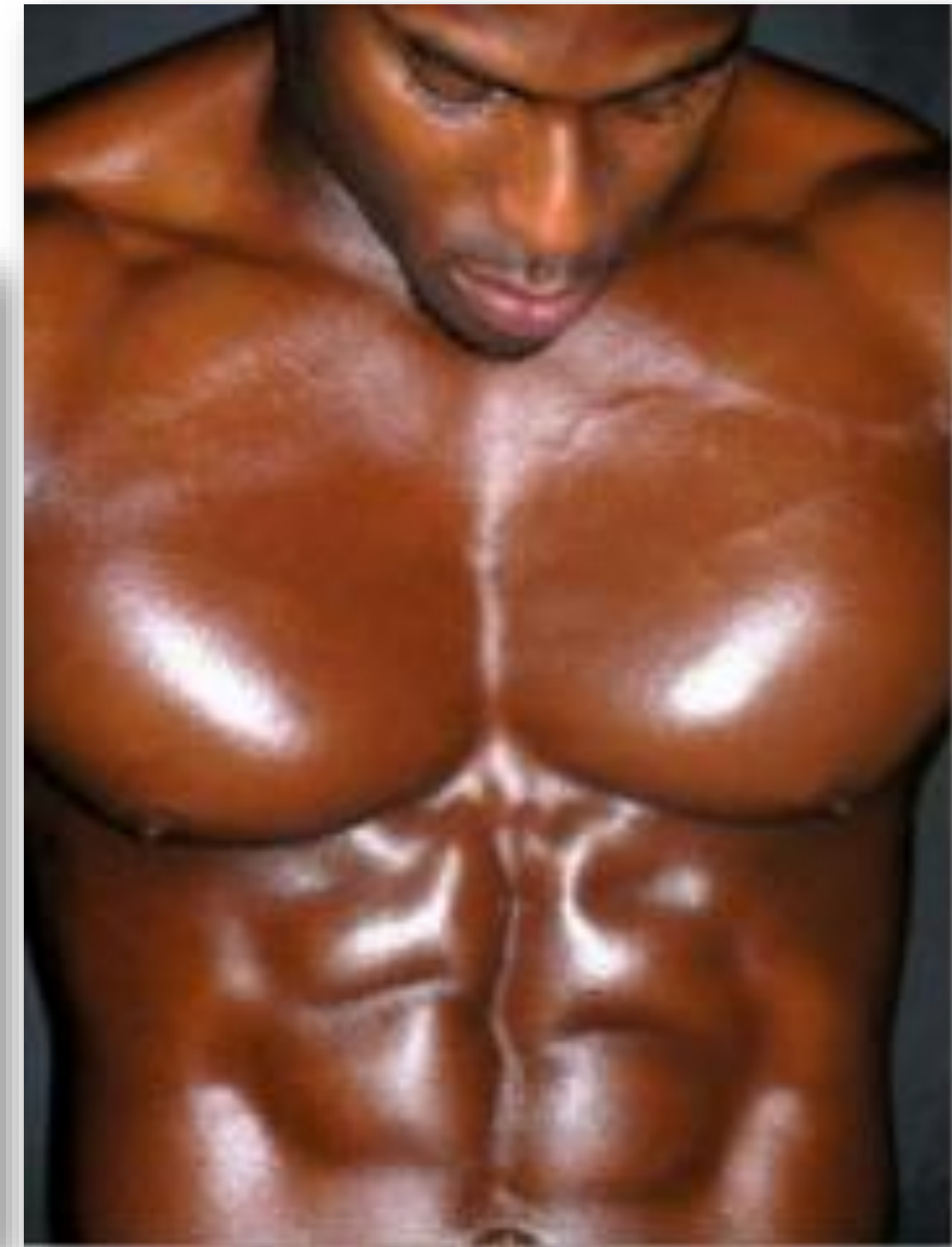
**Injection (Needle and syringe)**



# Who Uses Appearance and Performance Enhancing Substances?

✧ All Genders/Backgrounds/Interests

✧ #1 Reason for Usage: Body Image





# Why Are They Banned?

## ✦ Cheating

- ✦ Changes the fundamental value of competition

## ✦ Illegal drugs

- ✦ Possession Federal Offense
  - ✦ Schedule III Drug (USA)
    - ✦ Like Vicodin and Hydrocodone
- ✦ Selling, distributing, manufacturing is a felony

## ✦ Banned for your protection

- ✦ Dangerous to the user





# Physical Dangers

## + Cardiovascular System

- + Weakens left ventricle (pumps blood)
- + Water & salt retention = High blood pressure
- + Elevated cholesterol and triglycerides
- + Blood clotting disorders





# Physical Dangers - Males

- ✦ Premature balding
- ✦ Testicular atrophy
- ✦ Lower sperm count
- ✦ Sterility, Impotence
- ✦ Potential birth defects in offspring
- ✦ Grow breasts (Gynecomastia)



*Gynecomastia “Man Boobs”*



*Cysts / Infection*



# Physical Dangers - Females

- ✦ Male-type body hair
- ✦ Male pattern baldness
- ✦ Deepened voice
- ✦ Breast shrinkage
- ✦ Abnormal menstrual cycles
- ✦ Potential birth defects
- ✦ Potential Infertility/Miscarriage





# Mind Altering Effects: Mood Swings

## ✦ ROID RAGE

- ✦ Uncontrolled Aggression
- ✦ Sudden Acts of Violence



## ✦ DEPENDENCE

- ✦ Hypogonadism causes sexual dysfunction / depression\*
- ✦ Users self-treat by resuming steroid use\*

## ✦ SEVERE DEPRESSION

- ✦ 29% experience major depressive episodes during withdrawal\*
- ✦ Withdrawn, Thoughts of suicide
- ✦ Giving Away Valuable Possessions
- ✦ Drugs/Alcohol Abuse

\*Harvard Medical Paper: Prolonged Hypogonadism in Males Following Withdrawal from Anabolic-Androgenic Steroids, 2015



# ALL ME **Assembly Programs**

## + Multimedia assembly program

+ Schools, conferences, coaches meetings, any large gathering of youth, parents, or coaches

+ 45 – 60 minutes

+ Speaker, PowerPoint, Video

## + Proven results:

+ SAMHSA (Federal Government)

+ Rhode Island Interscholastic League

+ CEU Credits







**ALL  
ME®**

**Promoting a “PED-Free” lifestyle  
Join the ALL ME League by pledging  
to live and compete PED Free!**

**[www.allmeleague.com](http://www.allmeleague.com)**





**#ALLMEPEDFREE**

# Take the Pledge Today. Here's how.

1. Go to [allmeleague.com](https://allmeleague.com)
2. Enter Name and Email
3. Click "Pledge"

---

**CONGRATS!** You have now pledged  
and joined the **ALL ME League!**



TAYLOR HOOTON  
FOUNDATION

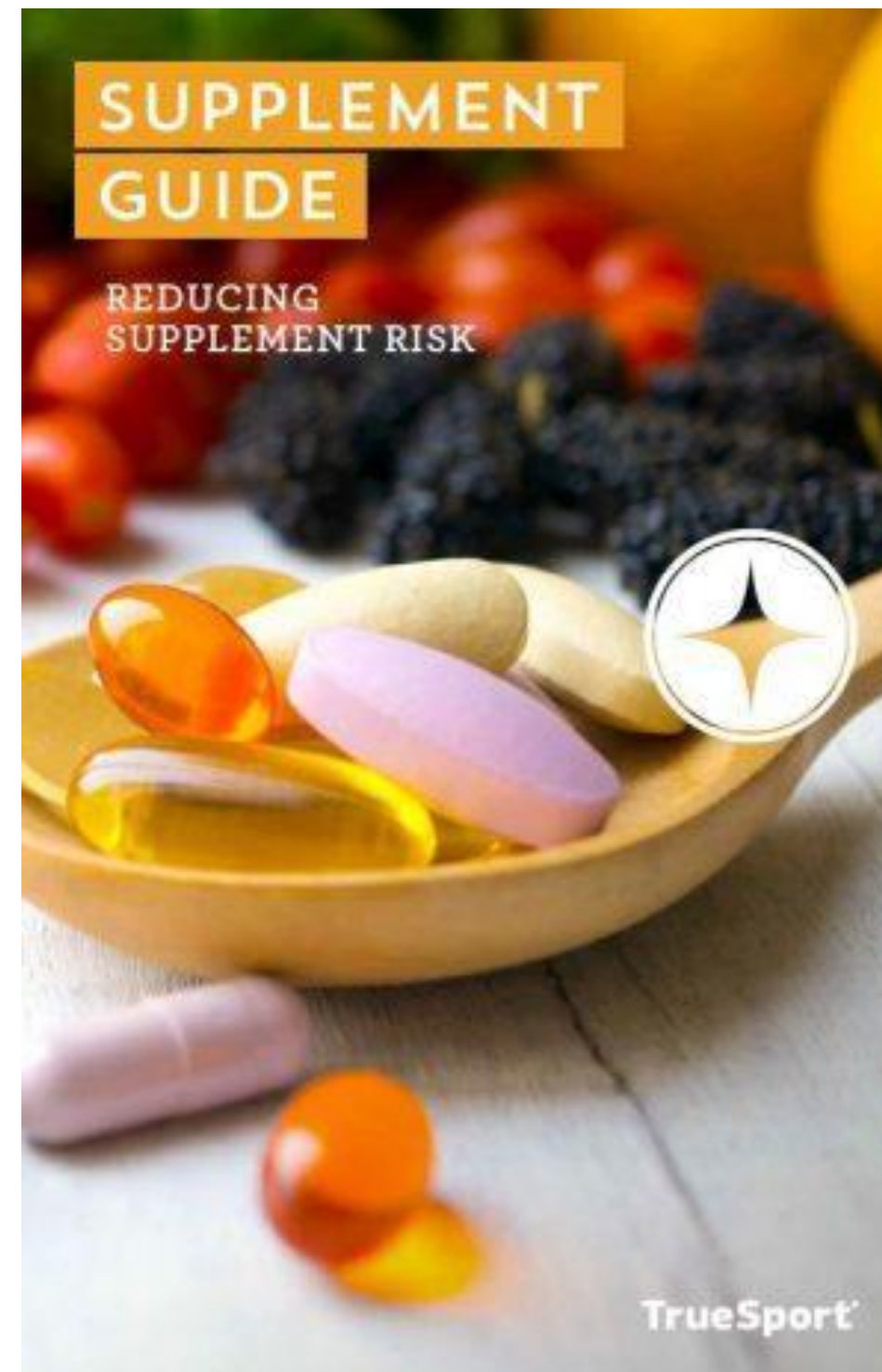


# Resources



**allme.libsyn.com**

**Subscribe and listen!**



**TrueSport Supplement Guide**

**[Download Here](#)**



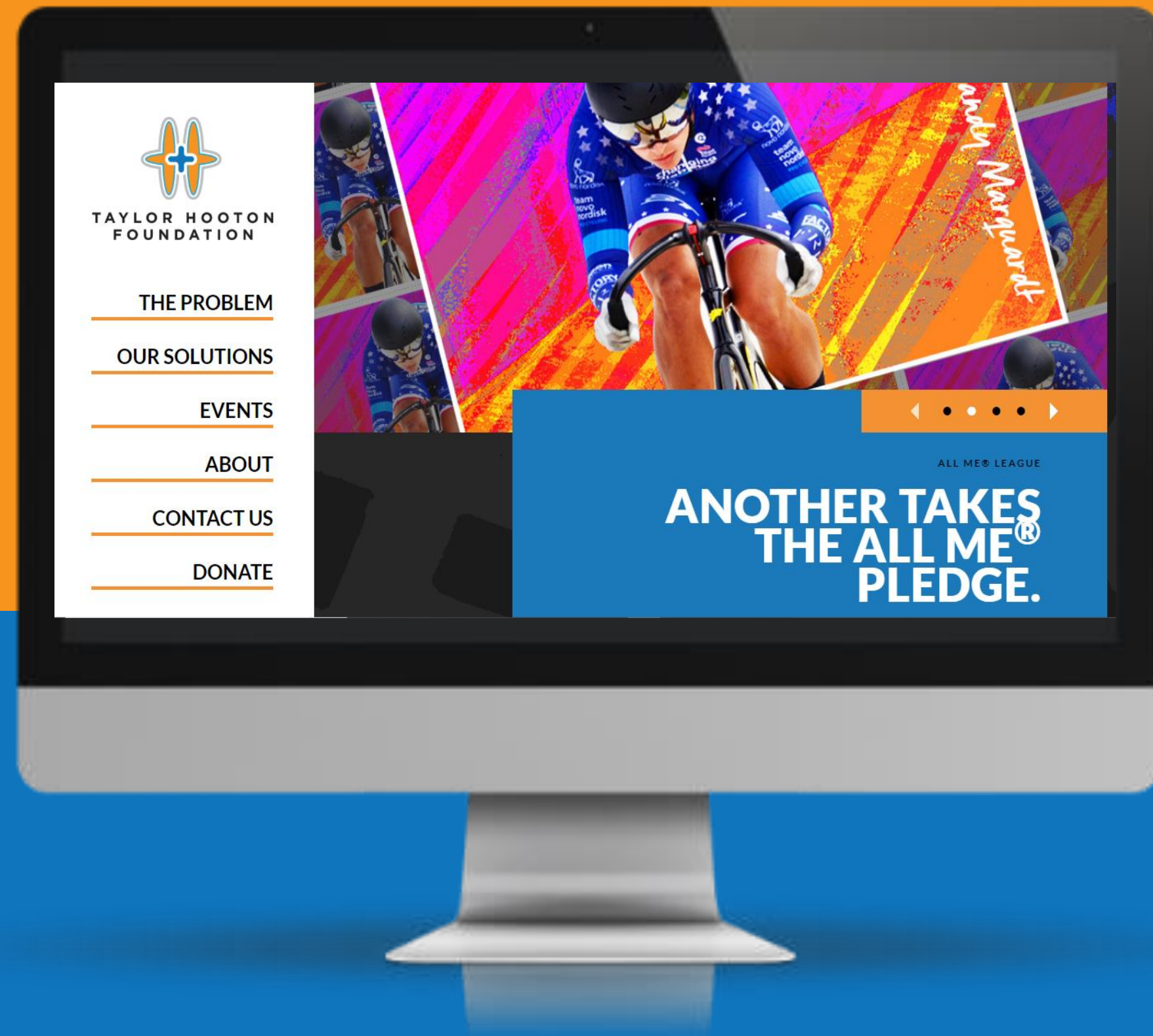
**TrueSport Nutrition Guide**

**[Download Here](#)**



Questions/Book A Program?  
*info@taylorhooton.org*

More Information:  
*taylorhooton.org*



Support us on Social Media

#AllMePEDFree



Taylor Hooton



@TheTHF



@TheTHF



TAYLOR HOOTON  
FOUNDATION

Text questions to: **401-552-5563** (401-55-ALLME)