

[News story: MHRA launch 'DMAA Week of Action'](#)

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MHRA has launched a 'Week of Action' to improve awareness of unlicensed medicines containing the potentially dangerous ingredient DMAA.

The Medicines and Healthcare products Regulatory Agency has launched a 'Week of Action' between 30th January and 5th February aimed at improving awareness of unlicensed medicines containing the potentially dangerous ingredient DMAA.

The week of action aims to improve public awareness and encourages consumers of sports supplements to check to see if their products contain DMAA or any alternative names of the potentially dangerous ingredient. It includes an animated social media campaign, health & fitness bloggers sharing their stories and a video with Dr Chris Jones and weightlifters.

MHRA visited the National Sports Stadium in Crystal Palace with British Weight Lifting, and spoke with Team GB weightlifter [Mercy Brown](#) and Commonwealth medallist [Forrester Osei](#).

A number of leading national organisations have supported the week, including British Weightlifting, UK Anti-Doping, ESSNA, UK Active, National Food Crime Unit and Sporting Integrity Ltd.

[Dr Chris Jones interview](#)

You can check if your supplement contains DMAA by checking the [global DRO list](#), by entering a sport and searching for 'DMAA' and looking at the alternative names of the ingredient.

If you suspect your supplement contains DMAA, or it is being sold in the UK, then please email us at dmaa@mhra.gsi.gov.uk

We will always investigate instances of the sale and supply of unauthorised medicinal products, including those that may be present in sports supplements.

Any offence committed under the Human Medicines Regulations 2012 could lead to prosecution.