

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

1. In 2021, Briatney Portillo, a **20-year old woman suffered a heart attack after ingesting a dry scoop of a pre-workout supplement**. After taking the supplement, Portillo experienced intense chest pain that spread to her back and left arm, key symptoms of a heart attack. After being rushed to the hospital by ambulance, doctors confirmed she suffered a heart attack.
<https://www.insider.com/woman-had-heart-attack-after-eating-dry-powder-preworkout-supplement-2021-6>
2. In December 2019, Emily Goss, a 23-year-old woman from Dallas, had to be rushed to the hospital in order to receive a life-saving liver transplant. Doctors believe Goss's **acute liver failure was associated with a weight loss supplement** she had previously been taking for months.
<https://www.nbcdfw.com/news/health/doctors-believe-health-supplement-led-to-23-year-olds-acute-liver-failure/2284635/>
3. In July 2017, young mother Lucero Garza aged **24 years old died after taking the weight loss supplement 'Avitia Cobrax'**, which she bought online via Facebook. The pills were marketed as a natural remedy, but doctors treating her detected inflammation in the brain, which they attributed to the tablets.
<http://www.independent.co.uk/news/health/diet-pills-facebook-dead-young-mother-24-years-old-lucero-garza-mexico-monterrey-avitia-cobrax-a7824206.html>
4. In June 2017, Meegan Hefford, mom of two toddlers, was found unconscious in her home and later **died after consuming a sports supplement that contained the chemical NADB, a substance very similar to methamphetamine**. Reports cite that her death was caused by an undiagnosed protein digestion disorder combined with her consumption of bodybuilding supplements.
<https://metro.co.uk/2019/01/13/probe-finds-fitness-supplements-similar-meth-mum-died-drinking-protein-shakes-8340056/>
5. In Feb 2017, 21-year-old Bethany Shipsey took an **overdose of supplements containing dinitrophenol, or DNP**, which accelerates the metabolism and increases body temperature, **as an act of self-harm** after learning that they had been linked to a number of recent deaths.
<http://metro.co.uk/2017/07/29/young-woman-died-from-diet-pill-overdose-after-hospital-did-nothing-6815432/>
6. In Jan 2017, Anna Phillips, a 20-year-old medical student who had been experiencing mental health difficulties took an **overdose of dietary supplements to end her own life**. A coroner ruled that "urgent action needs to be taken to stop people buying [these] drugs [easily]."
<https://www.thesun.co.uk/news/2709039/medical-student-died-diet-pills-turkey/>
7. In 2016, father Lewis Brown, 25, took a **large amount of supplements containing DNP**, which led to his internal body temperature reading 103.64°F. Doctors put Brown in an induced coma and gave him ice baths, while warning his family to prepare for the worst. Although he survived, Brown had a **leg muscle surgically removed**, as it had died during the toxic event.
<http://www.dailymail.co.uk/news/article-3381099/Father-nearly-died-overdosing-diet-pills-gain-beach-body.html#ixzz4onrxkJbW>

STRATEGIC TRAINING INITIATIVE FOR THE PREVENTION OF EATING DISORDERS

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8. In 2016, a 27-year-old father Matthew Whitby who **experienced liver failure was given two weeks to live after taking popular weight-loss products** that he bought online from a supplements store. Doctors say the substance that most likely caused his condition was green tea extract, a known liver toxin.

<http://www.news.com.au/lifestyle/health/diet/wa-man-matthew-whitby-nearly-died-after-taking-two-popular-dietary-supplements/news-story/33b27e4f5d872815581e43fa50e27f4f>

9. In 2015, 21-year-old Eloise Aimee Parry **died after taking weight loss supplements she purchased online to help her lose weight**. The supplements Parry took were found to contain 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>

10. 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>

11. 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>

12. In 2013, Michael Lee Sparling, a 22-year-old Army private in excellent physical condition, went into **cardiac arrest and died after taking the manufacturer-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>

13. In 2013, medical student Sarah Houston, 23, who had been **battling bulimia bought DNP weight-loss pills and was found to have taken 30 of a 100-pill packet**. The coroner investigating her death reported DNP was “entirely” responsible for Houston’s death.

<http://www.dailymail.co.uk/health/article-2312986/Sarah-Houston-Banned-slimming-drug-DNP-kills-medical-student-coroner-attacks-online-dealers-target-vulnerable.html>

14. 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>

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