



**Clarification
Supplements and MSM (Methyl Sulphonyl Methane)**

Tuesday March 13, 2018

Dear Equestrian Canada Members,

It has come to our attention that information regarding supplements causing positive equine medication control tests needs to be clarified, specifically in regards to MSM (Methyl Sulphonyl Methane).

MSM is also known dimethyl sulfone. *This is not to be confused with dimethyl sulfoxide (DMSO) which is not permitted.*

MSM itself is not classified by Equestrian Canada or the FEI as a prohibited substance. When used in a pure form on its own, MSM will not cause a positive analysis on an equine medication control test.

However, many supplements combine MSM with other non-regulated ingredients. **Therefore Equestrian Canada cannot certify that supplements that contain MSM, as well as other ingredients, will not cause a medication control violation.**

It is important to recognize that not all supplements are regulated by Health Canada.

In the absence of regulations, some risks associated with nutritional supplements can include:

- contamination with a substance not listed in the ingredients;
- the supplement containing a prohibited veterinary substance;
- ingredient(s) in the supplement could interfere with the elimination time of a prescribed veterinary medication or metabolize into a prohibited substance.

All of the scenarios above could result in an unexpected positive drug test.

In view of the above, it is not possible for Equestrian Canada to verify that a supplement would “test or not test” on any equine medication control test. Please consult your veterinarian for further advice.

Additional resources are available at: <https://www.equestrian.ca/programs-services/equine-medications/rules-guidelines>.