



High5 Drug Free Statement 2011

We take the following steps to ensure High5 products do not contain any substance on the WADA (World Anti Doping Association) prohibited list 2011, with the exception of EnergyBar - see discussion opposite.

As well as the regular microbe and nutritional profile testing, selected High5 products are randomly batch tested by HFL Sport Science Laboratory for WADA banned substances.

We have never had a positive test.

In addition to HFL testing, a large number of Professional and elite athletes and teams who are regularly drug tested rely on High5 products. We have never had a positive drugs test.

We have never had a complaint.

At High5 we manufacture on site and use a small number of carefully selected contract food manufacturers. These companies produce "normal"

food products for sale into supermarket and are either part of informed sport www.informedsport.com, or we have written confirmation that no WADA banned substances are used on site to eliminate any possibility of cross contamination during manufacturing. The only exception is EnergyBar.

Energy Bar, ingredient - Glycerine

Glycerol/ Glycerine was added to the 2010 WADA Prohibited List as a plasma expander. At high levels Glycerine can potentially be used to hide traces of other substances.

It should be noted, however, that glycerine is added at low levels to a large number of common foods; in fact we found in excess of 30 items which contain glycerine after a recent ten minute supermarket visit. It is recognised by WADA that Glycerine forms part of the normal diet and a threshold is set to acknowledge this. There is a urinary threshold published in the scientific

literature to distinguish dietary intake of glycerol/ glycerine from its use as a plasma expander. EnergyBar contains Glycerine at low levels.

For clarification we contacted WADA and after considering the amount of glycerine in each EnergyBar, they stated that "*regarding your Energybar and based upon the information you provided below, the risk of a positive anti-doping test based on normal consumption is negligible.*"

We therefore consider the risk from EnergyBars as too small to warrant attention. However, if you have any concerns at all please contact us at info@highfive.co.uk or simply don't use Energybars.

Some of our products contain caffeine. Although this is not on the WADA prohibited list, some sporting bodies have their own rules on caffeine in addition to those of WADA. Please refer to your sporting body for guidance.

Tim Atkinson (Director - High5 Sports Nutrition)