

Study	Protein	Creatine	Anabolic steroids	Vitamins	NSAIDS	Diuretics/laxatives	Other
(Thorsteinsdottir, Grande, & Garovic, 2006)	Not specified Amino acid supplements	5g- x3/week for 6 months	Denied	Yes	Denied	Denied	multiple herbs & non-herbal supplements
(Taner, Aysim, & Abdulkadir, 2011)	Not specified	Loading = 20g/day for 5 days Maintenance = 1g/day for 6 weeks	Not specified	Not specified	Not specified	Not specified	Not specified
(Ardalan, Samadifar, & Vahedi, 2012)	Not specified	Loading = 20g/day for 3 days Maintenance = 1g/day for 3 weeks	Not specified	Not specified	Not specified	Not specified	Not specified
(Almukhtar, Abbas, Muhealdeen, & Hughson, 2015)	3.2–4.2 g/kg/day of protein: 78–104 g of whey powder + 2-3L/day milk	15g/day – 5g maintenance, 5g pre and 5g post workout	Testosterone propionate +/- or nandrolone deconate IM >400mg weekly	Not specified	Not specified	Not specified	Not specified
(Hartung, Gerth, Fünfstück, Gröne, & Stein, 2001)	High protein diet – 2g/kg/day	Creatine -210g/day	testosterone -750–1000 mg/week 6 week intervals over 18 months	Not specified	Denied	Denied	Not specified
(Herlitz et al., 2010)	Yes – 8/10 550 g/d protein 300-400g/day 500g/day 300g/day  Mean body weight – 107Kg Mean protein- 2.8-5.1g/Kg/day	Yes – dose not specified	Combinations of - testosterone, prohormone, durabolin, stanazolol, sustanon, primobolan, equipoise, and winstrol Specific quantities not specified	Not specified	Not specified	Not specified	Not specified
(El-resheid, El-resheid, Al-bader, Ramadan, & Madda, 2018)	high-protein diet (20–30 g/kg/day)	Not specified	Testosterone ~250mg/day, Growth hormone (up to ~100mg/day)	Not specified	Not specified	Not specified	Not specified
(Akl & Aldabbagh, 2019)	high protein diet – not specified	Yes – not specified	Positive history - Not specified	Not specified	Not specified	Not specified	Energy drinks for rehydration

(Ali et al., 2020)	Yes – 14/15 not specified	Yes – 13/15 not specified	Yes – 12/15 not specified	Yes – 13/15 Oral intake Vit D – 11/15 Injection Vit D – 2/15	Not specified	Not specified	Not specified
(Rocha, Santos, Avila, Neves, & Bahiense-Oliveira, 2011)	Not specified	Not specified	Denied	300mL over the previous year Per 100ml: Vit A- 20,000,000IU Vit D3- 5,000,000IU Vit E- 6,800IU	Denied	Denied	several over- the-counter food supplements – not specified
(Ronsoni et al., 2017)	Not specified	Not specified	Postive history of growth hormone, nandrolone and other testosterone derivatives	150ml over the last 4 months Vit A- 20,000,000IU Vit D3- 5,000,000IU Vit E- 6,800IU	Not specified	Not specified	Not specified
(Libório, Nasseralla, Gondim, & Daher, 2014)	Not specified	Not specified	Not specified	1 x 50mL /month over 2years cholecalciferol- 50,000IU of vitamin D per mL	Not specified	Not specified	Not specified
(De Francesco Daher et al., 2017)	Not specified	Not specified	Positive history of AAS (n=6) Quantity- not specified	positive history Vit A- 20,000,000IU Vit D- 35,000,000IU Vit E- 6,000IU Per 100ml Quantity not specified	Not specified	Not specified	Not specified