

## **NOTICE TO INDUSTRY**

Trainers are warned to be on the lookout for plants that are known to contain the prohibited substance **synephrine** which has been detected in raceday samples taken from racehorses in competing in NSW.

Synephrine is an “adrenergic stimulant” known to affect the metabolism of body fat, and has been demonstrated to cause an increase in blood pressure in human subjects consuming synephrine orally.

Synephrine is traditionally found in the peel extract of bitter orange (also called Seville orange). Bitter orange is an ingredient in a number of herbal preparations and nutritional supplements which are promoted to aid in weight loss and to suppress appetite in humans.

These products are available over-the-counter in pharmacies and in health food and dietary supplement stores, as well as from internet-based suppliers.

However, synephrine has also been detected in certain plants, including the plant known as the common rush (*Juncus usitatus*), also known as the pin rush or mat rush, as well as in the leaves of the mandarin tree.

Trainers are advised to ensure their horses do not have access to the common rush or the leaves of citrus trees if they are allowed access to open yards or are grazing on pasture.

The ingestion of these materials may lead to the detection of the prohibited substance synephrine in a raceday sample.

*Below: *Juncus usitatus* (common rush) which is known to contain synephrine*



(Harness Racing NSW wishes to thank Racing NSW for permission to reprint this article)

If you require any further information please contact HRNSW on (02) 9722 6600.

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