

repair, bone growth and ligament and tendon repair. Again they are also used in power based events.

#### Issues

- Joint pain
- Fluid retention
- Risk of diabetes
- Irregular heart rhythms

#### **Beta-Blockers** (precision)

These have a more calming effect on an individual and are used to block the release of adrenaline. They are mainly used in events which would require a large amount of precision under high pressure. Firstly the arteries widen which reduces the heart rate decreasing the blood pressure.

#### Issues

- Impotence
- Dry Eyes
- Dizziness
- Cold hands
- Digestive issues



#### **Diuretics**

These are drugs which cause the body to lose fluid. This is useful in events where we need to lose weight or be of a certain weight for example in horse racing or boxing.

#### Issues

- Dehydration
- Potassium deficiency
- Fatigue
- Cramps