DOJ: Florida Corporation and Executives Plead Guilty to Conspiracy to Sell Anabolic Steroids and Unlawful Dietary Supplements

Blackstone Labs LLC (“Blackstone”) and two of its executives pleaded guilty to conspiring to sell illegal anabolic steroids and other unlawful products marketed as dietary supplements, the Justice Department announced.
You can use caffeine to boost your mental and physical performance in certain situations. If you’re going to use it, read our handout to learn how.

If needed, you can use caffeine to boost your mental & physical performance in certain situations. If you're going to use it, here's how.

**USE UP TO 200 MG AS FOLLOWS:**

- **ENDURANCE PERFORMANCE**
  - more than 60 minutes of continuous activity 30–60 minutes before activity.

- **MENTAL PERFORMANCE**
  - 15–30 minutes before task.

- **RESTRICTED SLEEP**
  - less than 6 hours of sleep in 24 hours
  - 3 dose on awakening.
  - Re-dose every 3–4 hours only as needed.

- **NIGHT SHIFTS WITH DAYTIME SLEEP**
  - 30–60 minutes before start of shift.
  - Re-dose every 3–4 hours only if needed.

- **SUSTAINED OPERATIONS**
  - no sleep in 24 hours
  - 1st dose at midnight Re-dose every 3–4 hours only as needed.
  - Use during daytime hours only if needed.

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**FEATURED ARTICLES**

**Sea Moss**

Seamoss is marketed to help digestion, cleanse the body (“detox”), promote weight loss, support thyroid health, and boost the immune system.

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**Hordenine**

Hordenine is structurally similar to other natural phenethylamines, which act to stimulate the body.

Products containing hordenine are considered “adulterated,” and the safety of hordenine is unknown.

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