



Manuel Gomez [REDACTED]

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**Follow up re: banned substance question**

2 messages

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**Manuel Gomez** [REDACTED]@gmail.com  
To: BobL [REDACTED]

Thu, Nov 8, 2018 at 1:13 PM

Good afternoon Mr. Lenaghan,

I called and left a message yesterday in regards to a piece I plan to publish tomorrow, Friday, November 9th at noon. The piece is about IGF-1, a substance that appears in baseball's prohibited list.

IGF-1 is naturally occurring in many of the products we consume almost daily, like meat, milk, and whey protein. It can even be boosted by some of the vegetables that we consume almost daily.

I would imagine that players come to you with questions about IGF-1 regularly since it is so vaguely defined in MLB's banned substance list. So, I wanted to clarify a few things:

Are ALL forms of IGF-1 (natural and synthetic) banned from baseball?

If I wanted to get ready to play baseball for the upcoming season, am I not allowed to consume ANY products that contain (natural occurring and synthetic) IGF-1 according to MLB?

Is deer antler spray banned by MLB?

If so, has it always been banned?

How about whey protein?

I plan on publishing this piece on Friday, November 9 at 12pm. Your response could be helpful in clarifying this.

I look forward to hearing from you soon!

Best,  
Manny

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**Manuel Gomez** [REDACTED]@gmail.com  
To: BobL [REDACTED]

Fri, Nov 9, 2018 at 8:13 AM

Good Morning,

Just wanted to follow up once more before we publish. Your comment would be essential to clearing the air on IGF-1.

1.) are all forms (natural and synthetic) of IGF-1 banned in baseball?

2.) are supplements such as deer antler spray and whey protein banned in baseball?

Look forward to hearing from you soon.

Best,  
Manny

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