



MID-ATLANTIC  
**STRATEGIC PLAN**  
TO REDUCE EQUINE FATALITIES

## **Mid-Atlantic Directive On the Use of Thyroid Supplementation**

The Mid-Atlantic stakeholders and regulators have determined to prohibit thyroid supplementation, effective immediately. Trainers may not have thyroid supplements on their premises on the racetrack or training centers, nor may they administer such supplements, unless:

1. The horse has been diagnosed with hypothyroidism pursuant to a thyroid releasing hormone stimulation test (TRH). A T3 or T4 test without stimulation of the thyroid is insufficient to diagnose hypothyroidism.
2. The results of the TRH stimulation test must be submitted to the Equine Medical Director or State Veterinarian.
3. If approved by the Equine Medical Director or State Veterinarian, the horse may be treated with only FDA- approved medications for hypothyroidism prescribed by a veterinarian. Possession on the grounds of any racetrack or training center of any thyroid supplements that are not pursuant to a veterinary prescription and in accordance with this directive is prohibited and will result in strict disciplinary action.
4. If a horse is currently being administered a thyroid supplement, administration of the supplement should be discontinued and a TRH test conducted after a 30-day washout period.