

**MCRC FROST CALL 020-02 DATED 1 MARCH 2002**

From: Commanding General, Marine Corps Recruiting Command

Subj: USE OF DIURETICS FOR USMC APPLICANTS

Ref: (a) USMEPCOM Regulation 40-1

1. Purpose. To inform the Marine Corps Recruiting Command of the regulation pertaining to the use of diuretics for any applicant processing for enlistment or shipping.

2. Background. The use of diuretics as outlined in the reference is temporarily disqualifying. Page E-3, Item E-35 states "**Diuretics, use of.** Applicants who are currently using, or have used diuretics (including over-the-counter diuretic) within the past 6 days to achieve body weight loss or to maintain body weight at an acceptable level, are temporarily disqualified (DoD Directive 6130.3, paragraph KK3, and AR 40-501, paragraph 2-39c, regardless of the current body weight. These applicants can be re-weighed when 7 days have elapsed since the last use of the diuretic."

3. Information. MCRC was recently approached via the MCRC Webmaster of "spamming" email traffic sent to all recruiters within MCRC, soliciting a Diuretic product for use by Marines and Marine applicants. This email was from a retired Marine LtCol. The MCRC Webmaster has taken action to block future email transactions from this cite.

4. Action. Uses of diuretics as outlined in the reference are strictly prohibited. Any member of MCRC in receipt of this email traffic will delete the unsolicited message. Recruiters will not direct or advise any applicant or poolee to use any type of diuretic for any purpose.

5. Point of contact is M. Styka, MCRC G-3, at commercial (703)-784-9403 or DSN 278.9403.

  
S. B. WITTLE  
By direction