



PERSONNEL AND
READINESS

UNDER SECRETARY OF DEFENSE
4000 DEFENSE PENTAGON
WASHINGTON, D.C. 20301-4000

FEB 17 2023

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS

SUBJECT: Warning Regarding Poppy Seed Consumption and Military Drug Testing

Substance misuse by Service members is a safety and readiness issue, and the Department remains vigilant in addressing new products and sources that could impact drug testing.

Concerns with poppy seeds and drug testing are not new. Poppy seeds are naturally sourced from the poppy plant, a commercial crop cultivated by the pharmaceutical and food industries. Seeds may be contaminated during harvest with morphine and codeine, and the Department of Defense uses drug testing cutoffs to distinguish morphine and codeine use from poppy seed ingestion.

Recent data suggests certain poppy seeds varieties may have higher codeine contamination than previously reported. Consumption of poppy seed products could cause a codeine positive urinalysis result and undermine the Department's ability to identify illicit drug use.

Out of an abundance of caution, I find protecting Service members and the integrity of the drug testing program requires a warning to avoid poppy seeds. As more information becomes available, we will revise this policy accordingly.

The Military Departments are hereby directed to notify Service members to avoid consumption of all poppy seeds to include food products and baked goods containing poppy seeds. Service members are directed to work with their local legal office for any related concerns with urinalysis results.

My point of contact for this action is Captain Erin Wilfong at (571) 236-1766 or erin.r.wilfong.mil@mail.mil

A handwritten signature in black ink, appearing to read "Gilbert R. Cisneros, Jr.", is located below the text.

Gilbert R. Cisneros, Jr.