EXAMPLES OF MEDICATIONS THAT ARE NOT PROHIBITED

(effective January 1, 2014)

If only a brand name is listed, the generic is also not prohibited.

- **Anesthetics:** Novacaine, septocaine, Xylocaine (lidocaine). Local anesthetic agents containing epinephrine (adrenaline) given by local administration (intradermal, nasal, ophthalmic) are not prohibited.
- **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- **Antianxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- **Antibiotics:** carbopenems, cephalosporins, fluoroquinolones, erythromycins, metronidazole, penicillins and derivatives, rifampin, vancomycin
- **Antidepressant/Mood stabilizers:** Abilify, Celexa, Cymbalta, Elavil, Effexor, Lexapro, Lithium, Paxil, Pristiq, Prozac, Risperdal, Seroquel, Wellbutrin, Zoloft
- **Antidiabetic:** glimipride (Amaryl), glipizide (Glucotrol), glyburide, metformin (Glucophage), pioglitazone (Actos), rosiglitazone (Avandia)
- **Antidiarrheal:** Diphenoxylate w/ atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- **Antifungal:** clotrimazole (Lotrimin), Cruex, Desenex, Lamisil (terbinafine), Micatin, Monistat, Mycostatin, Tinactin (tolnaftate)
- **Antinausea/Antivertigo:** compazine, diphenhydramine, Dramamine, Emetrol, meclizine (Antivert, Bonine), Phenergan, scopolamine, Tigan
- **Antiviral:** acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- **Asthma:** cromolyn sodium (Intal), ipratropium, montelukast (Singulair), nedocromil, theophylline, tiotropium (Spiriva)
- **Beta-2 agonists (by inhalation only):** Albuterol (salbutamol or isomers): not more than 1600 micrograms in 24 hours, formoterol (or isomers): not more than 54 micrograms in 24 hours and salmeterol (e.g, Advair, Combivent, Foradil, ProAir, Proventil, Ventolin, Dulera, Serevent, Symbicort, Xolair, Xopenex). ***See Diuretic/Threshold warning below.***
- **Attention Deficit (Hyperactivity) Disorder (ADD or ADHD):** guanfacine (Intuniv), atomoxetine (Strattera)
- **Cold/Allergy/Cough:** There are many cold and flu products; their formulations change frequently. It is essential to review the status of each *active ingredient* in the product before you take it. The following ingredients are Not Prohibited: codeine, dextromethorphan, guaifenesin, hydrocodone, loratadine, naphazoline, oxymetazoline, phenylephrine, promethazine, tetrahydrozoline. ***Caution: see reverse for pseudoephedrine (often "non-drowsy" or "D" formulations).***
- **Contraceptives:** Progestins (desogestrel, dienogest, drospirenone, ethynodiol diacetate, etonogestrel, levonorgestrel, medroxyprogesterone, norethindrone, norgestrel, norgestimate, norethindrone) acetate alone or in combination with Estrogens (ethinyl estradiol, estradiol valerate).
- **Ear Preparations:** Auralgan, Auro, Cerumenex, Ciprodex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- **Eye Preparations:** Alrex, Artificial Tears, Murine Plus, Naphcon-A, Neo-Synephrine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine, and all ophthalmic antibiotics
- **Hemorrhoidal:** Tucks anti-itch, Preparation H. Topical glucocorticosteroids creams. ***Caution: Glucocorticosteroids suppositories/ rectal cream are prohibited in-competition.***
- **Hormone Replacement Therapy:** Estrogens or progestins, alone or in combination. **Caution: Hormone replacement therapies containing androgens are prohibited (e.g. Estratest).**
- **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot, Senokot-S
- **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids
- **Muscle Relaxant:** Baclofen, cyclobenzaprine, Norflex, Skelaxin, Soma, Zanaflex
- **Pain/Anti-Inflammatory:** Acetaminophen (Tylenol), aspirin, celecoxib (Celebrex), codeine (T3, T4), diclofenac (Voltaren), gabapentin, hydrocodone (Norco, Vicodin), ibuprofen (Advil), ketorolac (Toradol), meloxicam (Mobic), naproxen (Aleve), pregabalin (Lyrica), tapentadol (Nucynta), tramadol (Ultram, Ultracet) piroxicam (Feldene)
- **Sedative/Sleep Aids:** Ambien, Ambien CR, alprazolam (Xanax), Ativan, Compoz, Dalmane, diazepam (Valium), diphenhydramine, (Compoz, Sominex, zzzQuil), Lunesta, Nytol, Restoril, Rozerem, SSonata, trazodone, Unisom
- **Stomach/Ulcer:** Aciphex, Axid, Carafate, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix Tagamet, Tums, Zantac
- **Vaccines:** Chickenpox, Diptheria, H1N1, Hepatitis, HPV, influenza (Fluzone, Flumist), MMR, Menigococcal, Pertussis, pneumococcal (pneumonia), Polio, Rabies, rotavirus, TB, Tetanus, Typhoid, d-tap (tetanus, pertussis, diphtheria)
- **Vaginal Preparations:** AVC, Femstat, Gyne-Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat.

THERAPEUTIC USE EXEMPTIONS

An approved Therapeutic Use Exemption (TUE) is required before using a prohibited substance or method in sport in order to avoid an anti-doping rule violation. Please review WADA, USADA, and your respective International Federation rules and procedures for filing TUE applications.

DIETARY SUPPLEMENTS

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) may contain ingredients not listed on the label or other substances that are on the Prohibited List. Any athlete who takes a dietary supplement does so at the risk of an anti-doping rule violation and health consequences.

For more information on the supplement industry, check out www.supplement411.org

Supplement 411

Features of Supplement411.org:

1) An interactive video that shows how to decode a dietary supplement label,
2) Examples of products that pose an increased risk of containing prohibited substances (see High Risk List)
3) Guidelines about third-party testing agencies
4) Truth in labeling - Supplement manufacturers misleading consumers

Diuretic/Threshold Warning: The use of any quantity of a substance subject to threshold limits (i.e. formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or masking agent requires a Therapeutic Use Exemption for both the threshold substance AND the diuretic or masking agent. This is true even if you are using a "threshold substance" under the permitted threshold and/or as prescribed.

Effective January 1, 2014

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USADA

WALLET CARD

U.S. ANTI-DOPING AGENCY

Examples of Prohibited Substances & Methods

Effective January 1 - December 31, 2014

WWW.USADA.ORG

Scan with a smartphone for a PDF of this card

athlete express™ USADA

This card is not a complete version of the Prohibited List but includes examples of substances that are prohibited as well as those that are not prohibited. List may be subject to change.

To check the status of medications:

1. 2014 Prohibited List **(www.USADA.org),**
2. Research your medication on **www.GlobalDRO.com** or
3. Contact Athlete Express™ by email at **(athleteexpress@usada.org)** for more information on prohibited substances or by phone at **(719) 785-2000** (outside of the USA) or **866-601-2632.**

CATEGORIES OF SUBSTANCES PROHIBITED IN- AND OUT-OF-COMPETITION (AT ALL TIMES)

❯ **Non-Approved Substances**: pharmaceuticals with no approval by governmental regulatory health authority for human therapeutic use.

❯ **Anabolic Agents:** androstenedione, bolandiol, bolasterone (dimethyltestosterone, Madol), boldenone, clenbuterol, danazol, DHEA and its metabolites, drostanolone, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone (Estratest, Covaryx), nandrolone, norboletone, oxandrolone, prostanozol, selective androgen receptor modifiers (SARMs) like Ostarine (Enobosarm, MK-2866) stanozolol, testosterone or its metabolites or isomers, tetrahydrogestrinone (THG), tibolone, trenbolone, zeranol, zilpaterol, and similar substances.

❯ **Beta-2 agonists** All beta-2 agonists are prohibited orally (taken by mouth and swallowed). Inhaled Beta-2 agonists are also prohibited including Bambuterol, fenoterol, metaproternol (Alupent), orciprenaline, pirbuterol (Maxair), reproterol, terbutaline (Brethaire). See other side for information on inhaled albuterol, formoterol and salmeterol which have uses that are not prohibited.

❯ **Diuretics and Other Masking Agents** (see Diuretic Warning on reverse side): acetazolamide, albumin, amiloride, bumetanide, chlorthalidone, chlorothiazide, desmopressin (DDAVP), dextran, eplerenone water pill, furosemide, glycerol, hydrochlorothiazide, hydroxyethyl starch, indapamide, mannitol, metolazone, probenecid, spironolactone (found in a few oral acne medications), tolvaptan, conivaptan, & related plasma expanders or diuretic substances.
Exception: Drosperinone, local use of felypressin in a dental procedure, pamabrom, topical dorzolamide and topical brinzolamide are not prohibited.

❯ **Hormone and Metabolic Modulators:**
Insulins; Aromatase inhibitors: aminoglutethimide (Cytadren), anastrozole (Arimidex), andro-stenetrione (6-oxo), androstatrienedione, bicalutamide (Casodex), exemestane (Aromasin), formestane, letrozole (Femara), testolactone (Teslac); **Selective Estrogen Receptor Modulators (SERMS) and Anti-estrogens:** clomiphene, cyclofenil, fulvestrant, raloxifene, tamoxifen, toremifene **Agents Modifying Myostatin Functions** and PPAR delta AMPK-axis agonists (GW1516).

❯ **Peptide Hormones, Growth Factors and Related Substances** and all releasing factors: hormone and metabolic modulators, corticotropins (Cortrosyn & Acthar HP), Growth hormone (hGH, GH, Humatrope, Nutropin, Serostim), growth hormone variants (A0D9604), and growth hormone-releasing peptide (CJC-1295, GHRP-2, GHRP-6, Hexarelin).
Prohibited in Males Only: chorionic gonadotrophin (CG, hCG), Thymosin (TB-500) and Luteinizing hormone (LH).
Erythropoiesis-stimulating agents: erythropoietin (EPO, Epogen, Procrit), darbepoetin (dEPO, Aranesp), Continuous Erythropoietin Receptor Activator (CERA, Micera), peginesatide (Hematide), hypoxia-inducible factor stabilizers
Growth factors: fibroblast (FGF), hepatocyte (HGF), insulin-like (IGF-1), mechano (MGF), platelet-derived, vascular-endothelial, and any others affecting muscle/tendon/ligament protein synthesis/degradation, vascularization, energy utilization, regenerative capacity or fiber type switching.
Exception: Platelet derived preparations (such as PRP) are not prohibited, unless infused intravenously.

WARNING: USADA cannot predict the clearance time of medications from urine and/or blood. If uncertain whether medications prohibited in-competition only will be cleared from your system by the time you compete, you are encouraged to apply for a TUE prior to competition.

METHODS PROHIBITED IN- AND OUT-OF-COMPETITION (AT ALL TIMES)

❯ **Manipulation of Blood and Blood Components:** a) Blood Doping: The administration or reintroduction of autologous, homologous or heterologous blood or red blood cells of any origin. Any form of intravascular manipulation of the blood or blood components by physical or chemical means. b) Oxygen Transport: Artificially enhancing the uptake, transport or delivery of oxygen, including, but not limited to, perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).
Exception: Supplemental oxygen not prohibited.

❯ **Chemical and Physical Manipulation:**
– **Catheterization** with intent to compromise a sample, adulterants, substitution, and tampering/attempting to tamper with the specimen or the collection form.
– **Intravenous (IV) infusions,** regardless of the status of medication added to the fluid: all injections of more than 50 mL per 6 hour period are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations.

❯ **Gene Doping:** The transfer of polymers of nucleic acids or nucleic acid analogues and/or the use of normal or genetically modified cells.

CATEGORIES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY

❯ **Stimulants:** epinephrine (adrenaline, Epinephrine Auto-Injectors) (use requires an Emergency TUE submission following treatment); adrafinil, amphetamine-dextroamphetamine (Adderall), armodafinil (Nuvigil), benzphetamine, bromantan, cathinone and analogues, cocaine, dextroamphentamine (Dexedrine), exmethylpheni- date (Focalin), ephedra (MaHuang), ephedrine, isometheptene, lisdexamphetamine (Vyvanse),methamphetamine (Dexosyn), methylhexaneamine (DMMA, geranamine, pentylamine, forthane, other names), methylsynephrine (oxilofrine), methylphenidate (Concerta, Daytrana, Metadate-CD, Methylin, Ritalin), modafinil, pemoline, phentermine (Bontril, Adipex), pseudoephedrine*, selegiline (Eldepryl), sibutramine (Meridia), trimetazidine, and related substances.
See Diuretic/Threshold warning on other side.

❯ **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl & derivatives, hydromorphone, meperidine (pethidine), methadone, morphine, opium, oxycodone, oxymorphone, pentazocine.

* threshold substance – see usada.org/prohibited-list for more information

❯ **Cannabinoids:** Cannabis, hashish, marijuana, Marinol, THC, and cannabimimetics ("Spice," JWH018, JWH073, HU-210). Hemp products may contain detectable THC. Consuming products containing hemp is at your own risk.

❯ **Glucocorticosteroids:** methylprednisolone, dexamethasone, prednisone; Systemic use (oral, rectal (i.e. suppository), intravenous or intramuscular) is prohibited. Topical use, local injections into or around joints and tendons, local epidural injection, and use by inhalation are not prohibited (see reverse).

CATEGORIES OF SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

(Prohibited by certain International Federations)

❯ **Alcohol** (ethanol)

❯ **Beta-Blockers**: Acebutolol, atenolol, bisoprolol, carvedilol, esmolol, labetalol, metoprolol, nadolol, pindolol, propranolol, sotalol, timolol, and related substances