



TrueSport®

2019

U.S. ANTI-DOPING AGENCY

WALLET CARD

**EXAMPLES OF PROHIBITED AND PERMITTED
SUBSTANCES AND METHODS**

Effective Jan. 1 - Dec. 31, 2019

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

- **Non-Approved Substances:** investigational drugs and pharmaceuticals with no approval by a governmental regulatory health authority for human therapeutic use.
- **Anabolic Agents:** androstenediol, androstenedione, bolasterone, boldenone, clenbuterol, danazol, desoxymethyltestosterone (madol), dehydrochlormethyltestosterone (DHCMT), Prasterone (dehydroepiandrosterone, DHEA , Intrarosa) and its prohormones, drostanolone, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone (Covaryx, EEMT, Est Estrogens-methyltest DS, Methitest), nandrolone, oxandrolone, prostanazol, Selective Androgen Receptor Modulators (enobosarm, (ostarine, MK-2866), andarine, LGD-4033, RAD-140). stanozolol, testosterone and its metabolites or isomers (Androgel), THG, tibolone, trenbolone, zeranol, zilpaterol, and similar substances.
- **Beta-2 Agonists:** All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited. Most inhaled beta-2 agonists are prohibited, including arformoterol (Brovana), fenoterol, higenamine (norcoclaurine, *Tinospora crispa*), indacaterol (Arcapta), levalbuterol (Xopenex), metaproterolol (Alupent), orciprenaline, olodaterol (Striverdi), pirbuterol (Maxair),

terbutaline (Brethaire), vilanterol (Breo). The only exceptions are albuterol, formoterol, and salmeterol by a metered-dose inhaler when used under a certain dosage, and as long as you are not on diuretics or masking agents. See other side for more information on the very limited permitted use of these three substances.

- **Diuretics and Masking Agents:** (see Diuretic Warning on reverse side): intravenous administration of albumin, dextran, hetastarch and mannitol; acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, chlorothiazide, desmopressin (DDAVP), eplerenone, furosemide, hydrochlorothiazide (HCTZ, aldactazide, Diovan-HCT, Dutoprol, Hyzaar, lopressor-HCT, Maxzide, Zestoretic), indapamide, metolazone, probenecid, spironolactone, tolvaptan, conivaptan, & related plasma expanders or diuretics; **Exceptions:** brinzolamide or dorzolamide eye drops, drosperinone, pamabrom, and local use of felypressin in a dental procedure are permitted.

- **Hormone and Metabolic Modulators:**
Aromatase inhibitors: aminoglutethimide anastrozole (Arimidex), androstenedione (6-oxo), arimistane, exemestane (Aromasin), formestane, letrozole (Femara), testolactone; Selective Estrogen Receptor Modulators (SERMs) and Anti-Estrogens: clomiphene, cyclofenil, fulvestrant, ospemifene, raloxifene, tamoxifen, toremifene; Agents preventing Activin receptor IIB

activation; Metabolic Modulators: activators of the AMP-activated protein kinase (AICAR), and PPAR δ agonists (GW 1516); insulin (Humalog, Lantus, Levemir, Novalog, Regular) and insulin-mimetics; meldonium (Mildronate); trimetazidine.

• **Peptide Hormones, Growth Factors, Related Substances and Mimetics** and all releasing factors: corticotropins (Cortrosyn, Acthar HP), Growth Hormone and its releasing factors and analogues (hGH, GHRH, GH-Releasing Peptides, Growth Hormone Secretagogues, macimorelin, somatropin).

Prohibited in MALES ONLY: chorionic gonadotrophin (CG, hCG, Ovidrel) and luteinizing hormone (LH), goserelin, leuprolide (Lupaneta, Lupron); Erythropoietin-receptor agonists: erythropoietin (EPO, Epogen, Procrit), EPO-Fc, darbepoetin (dEPO, Aranesp), GATA inhibitors, luspatercept, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide (Omontys), sotatercept; Hypoxia-inducible factor (HIF) stabilizers and activators: argon, cobalt, molidustat, xenon; roxadustat; Growth factors: fibroblast (FGF), hepatocyte (HGF), insulin-like (IGF-1, mecasermin), mechano (MGF), platelet-derived, vascular-endothelial, and any other affecting muscle, tendon, or ligament protein synthesis/degradation, vascularization,

energy utilization, regenerative capacity or fiber type switching. Exception: Platelet derived plasma preparations (e.g., PRP) are not prohibited.

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

- **Manipulation of Blood and Blood Components:** a) Blood Doping: The administration or reintroduction of autologous, allogenic 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), intravenous oxygen, and modified hemoglobin products (e.g., hemoglobin-based blood substitutes, microencapsulated hemoglobin products). Exception: Inhalation of supplemental oxygen is permitted.

- **Chemical and Physical Manipulation:**
 - **Tampering**, or attempting to tamper, to alter the integrity or validity of samples: urine substitution and/or adulteration (e.g., proteases added to sample).

– **Intravenous (IV) infusions or injections**

Intravenous (IV) infusions or injections of any substance of more than 100 mL in any 12 hour period are prohibited unless used legitimately during a hospital treatment, surgical procedure, or clinical diagnostic investigation.

• **Gene and Cell Doping:** Gene editing, use of polymers of nucleic acids or nucleic acid analogues and/or use of normal or genetically modified cells to enhance performance.

CATEGORIES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY

• **Stimulants:** epinephrine* (adrenaline) or Epinephrine Auto-Injector use requires the submission of an emergency TUE following treatment; amphetamine, armodafinil (Nuvigil), benzphetamine, cathinone and analogues, cocaine, dexamethylphenidate (Focalin), dextroamphetamine (Adderall, Dexedrine, Mydayis, Procentra, Zenzedi), 1,3-dimethylbutylamine (DMBA, AMP citrate, 4-amino-2-methylpentane), ephedra (MaHuang), ephedrine*, isometheptene, lisdexamphetamine (Vyvanse), methamphetamine (Desoxyn), methylhexanamine (4-methylhexan-2-amine, DMAA, geranamine) and analogues

methylsyneprine (oxilofrine), methylphenidate (Concerta, Daytrana, Metadate, Methylin, Quillivant XR, Ritalin), modafinil, octopamine "Bitter Orange," pemoline, phenethylamine and derivatives, phentermine (Bontril, Adipex), pseudoephedrine*, selegiline (Eldepryl), sibutramine, and related substances.

See Diuretic/Threshold warning on other side.

- **Narcotics:** buprenorphine, (Buprenex, Butrans, Suboxone, Subutex) dextromoramide, fentanyl & derivatives, heroin (diamorphine), hydromorphone, meperidine, methadone, morphine, nicomorphine, opium (B&O suppository), oxycodone (Oxy IR, Oxycontin, Percocet), oxymorphone, pentazocine, pethidine (meperidine, Demerol).

- **Cannabinoids:** natural cannabinoids (e.g., cannabis, hashish, marijuana); synthetic cannabinoids (e.g., synthetic delta-9-THC (Dronabinol)); cannabimimetics (e.g., "Spice," JWH-018, JWH-073, HU-210). Carboxy-THC is subject to a urinary threshold of 150ng/mL. Hemp and CBD products may contain detectable THC. Consume these products at your own risk.

* threshold substance – see [USADA.org/prohibited-list](https://www.usada.org/prohibited-list) for more information on stimulants and the monitoring program

- **Glucocorticoids:** cortisone, dexamethasone, fludrocortisone, methylprednisolone, prednisone; systemic use (i.e. intramuscular, intravenous, oral, rectal/suppository) is prohibited. Topical use, local intra-articular injections (such as a cortisone shot directly into the joint), local epidural injection, and use by inhalation are **not** prohibited (see reverse).

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

CATEGORIES OF SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

(Only prohibited by certain International Federations. Refer to the USADA Athlete Handbook or the current WADA Prohibited List for more information on specific sports.)

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

DIETARY SUPPLEMENTS

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) may contain substances that are on the WADA Prohibited List, and these prohibited substances may not be listed on the Supplement Facts label.

Analytical testing has revealed the presence of many prohibited ingredients in products marketed as dietary supplements. Substance examples include:

AMP, AMP-citrate, 1-Andro, 1-DHEA, 7-keto-DHEA, DMAA, DMBA, DMHA, PEA, N,N-Dimethylphenethylamine and related compounds, higenamine, Methylphenethylamine (oxilofrine), Ostarine, and many more.

Always reference the **High Risk List** on **Supplement411.org** for specific products containing prohibited substances. Use of any supplement is at your own risk.

EXAMPLES OF MEDICATIONS THAT ARE PERMITTED

If only a brand name is listed, the generic is also permitted.

- **Acne:** topical benzoyl peroxide, salicylic acid.

SPIRONOLACTONE IS PROHIBITED

- **Anesthetics:** benzocaine, novocaine, septocaine, lidocaine (Xylocaine), local anesthetic agents containing epinephrine (adrenaline) given by local administration (intradermal, nasal, ophthalmic) are permitted.

- **Antacids/Stomach Ulcer:** Aciphex, Axid, Carafate, Gaviscon, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Tums, Zantac

- **Antianxiety:** alprazolam (Xanax), Atarax, Ativan, Buspar, diazepam (Valium), Librium, Valium, Vistaril

- **Antibiotics:** carbopenems, cephalosporins, doxycycline, fluoroquinolones, erythromycins, metronidazole, penicillins and derivatives, rifampin, sulfas, vancomycin

- **Antidepressant/Mood stabilizers:** Abilify, Celexa, Cymbalta, Elavil, Effexor, Lexapro, Lithium, Paxil, Pristiq, Prozac, Risperdal, Seroquel, Wellbutrin, vitamin B-12, Zoloft

- **Antidiabetic:** exenatide (Byetta), dulaglutide (Trulicity), glimipride (Amaryl), glipizide (Glucotrol), glyburide, metformin (Glucophage), linagliptin, pioglitazone (Actos), Zyprexa
- **Antidiarrheal:** Diphenoxylate/atropine (Lomotil, Lonox), Imodium AD (loperamide), kaolin/pectin, Kaopectate, Pepto-Bismol
- **Antifungal:** clotrimazole (Lotrimin), Cruex, Desenex, Diflucan, Kerydin, ketoconazole, Jublia, terbinafine (Lamisil), Micatin, Monistat, Mycostatin, tolnaftate (Tinactin)
- **Antinausea/Antivertigo:** Compazine, diphenhydramine, Dramamine, Emetrol, meclizine (Antivert, Bonine), Phenergan, scopolamine, Zofran
- **Antiviral:** Abreva, acyclovir, Epclusa, Famvir, stavudine, Tamiflu, Truvada, Valtrex, Zepatier
- **Asthma:** cromolyn sodium (Intal), ipratropium, montelukast (Singulair), nedocromil, theophylline, tiotropium (Spiriva), Xolair

Certain Beta-2 Agonists by metered dose inhaler only. Use of a nebulizer for any beta-2 agonist requires a TUE: Advair, Combivent, Foradil, Perforomist ProAir, Proventil, Ventolin, Dulera, Serevent, Symbicort; Inhaled salbutamol (albuterol): not to exceed 800

micrograms every 12 hours; inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol: maximum 200 micrograms over 24 hours. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic dose (by inhalation) up to the maximum dose indicated above. *Also see Diuretic/Threshold warning.*

⊗ **Attention Deficit (Hyperactivity)**

Disorder (ADD or ADHD): guanfacine (Intuniv), atomoxetine (Strattera)

⊗ **Cannabidiol:** Epidiolex

⊗ **Cholesterol:** statins, Repatha, Tricor

⊗ **Cold/Allergy/Cough:** There are many cold and flu products and their formulations change frequently. It is essential to review the status of each *active ingredient* in the product before you take it. The following are permitted:

dextromethorphan, Flonase, guaifenesin, loratadine, naphazoline eye drop/nose spray, oxymetazoline, phenylephrine, promethazine,

tetrahydrozoline, and Tussinex. **Caution:** see reverse side for pseudoephedrine (often in “non-drowsy” or “D” formulations).

- **Contraceptives:** progestins (desogestrel, dienogest, drospirenone, ethynodiol diacetate, etonogestrel, levonorgestrel, medroxyprogesterone, norethindrone, norgestrel, norgestimate) alone or in combination with estrogens (ethinyl estradiol, estradiol valerate), progestin IUD
- **Ear Preparations:** Auralgan, Auro-Dri, Cerumenex, Ciprodex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- **Eye Preparations:** Alrex, Artificial Tears, Murine Plus, naphazoline eye drops, Naphcon-A, Neo-Synephrine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine, and all ophthalmic antibiotics
- **Heart Medications:** Aspirin, atorvastatin, Avapro, clonidine, clopidogrel, diltiazem, Eliquis, lisinopril, Norvasc, warfarin, Xarelto. Caution, some heart medications contain diuretics like hydrochlorothiazide (HCTZ), which is prohibited.
- **Hemorrhoidal:** Tucks Anti-Itch, Preparation H, topical glucocorticoids. **Caution:** rectally-inserted cream/suppository glucocorticoids are prohibited in-competition.

- **Hormone Replacement Therapy:** estrogens or progestins, alone or in combination

Caution: Hormone replacement therapies containing androgens are prohibited.

- **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot, Senokot-S

- **Muscle Relaxant:** Baclofen, cyclobenzaprine, Norflex, Robaxin, Skelaxin, Soma, Zanaflex

- **Pain/Anti-Inflammatory:** acetaminophen (Tylenol), aspirin, celecoxib (Celebrex), codeine (T#3, T#4), 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, Ativan, Dalmane, diphenhydramine (Compoz, Somnex, zzzQuil), Lunesta, Nytol, Restoril, Rozerem, Sonata, trazodone, Unisom

- **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids

- **Vaccines:** Chickenpox, Diphtheria, H1N1, Hepatitis, HPV (Gardasil), influenza (Fluzone, Flumist), MMR, Meningococcal, Pertussis,

pneumococcal (Pneumovax), Polio, Rabies, rotavirus, TB, Tetanus, Typhoid, DTaP (tetanus, pertussis, diphtheria), Yellow Fever

• **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.

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 TUE 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.

ATHLETE EXPRESS

This card is not a complete version of the World Anti-Doping Agency's (WADA) Prohibited List, but it includes examples of substances that are prohibited, as well as those that are permitted. The list may be subject to change.

Check the status of your products and methods:

1. 2019 Prohibited List ([USADA.org](https://www.usada.org))

2. Research your medication

[GlobalDRO.com](https://www.globaldro.com)

3. Research your supplements

[Supplement411.org](https://www.supplement411.org)

4. Contact Athlete Express®

athleteexpress@USADA.org for more information on prohibited substances, or call **(719) 785-2000** (international) or **(866) 601-2632** (toll free)





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