



# 2009 Substance Classification Booklet

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## Helping Athletes Compete Doping-Free

The Canadian Centre for Ethics in Sport (CCES) promotes ethical conduct in all aspects of sport in Canada. It is a distinct privilege to be able to contribute to the value of sport in this way. Through its work, the CCES seeks to ensure that sport makes a positive contribution to individuals and communities in Canadian society. To truly safeguard the value of sport however, all of us share an obligation to promote ethical values in sport. Together we have a responsibility to ensure that our sport system is one in which all Canadians can share a sense of trust, confidence, respect and pride as we pursue athletic excellence.

The CCES is committed to promoting a fair and doping-free sport environment for all Canadian athletes. We believe that athletes compete because they love their sport, they respect the game and they want to achieve excellence. Collectively, Canadian athletes have called on the CCES to provide services and programs to achieve fair and ethical sport.

This booklet provides athletes and their support personnel with a complete overview of the 2009 World Anti-Doping Agency (WADA) Prohibited List and its application to the Canadian Anti-Doping Program. **The information in this publication is provided for reference purposes only. The prohibited categories and lists of examples in this booklet are subject to change by WADA. WADA may, and does, make modifications to the Prohibited List periodically. The information in this publication is based on the WADA Prohibited List (available at [www.wada-ama.org](http://www.wada-ama.org), version date January 1, 2009).**

All athletes are responsible for ensuring that they comply with the rules and regulations of competition, which include any sport federation restrictions and the WADA Prohibited List. If you are in doubt about any substance or product, avoid its use.

The CCES provides information services to any individual or organization seeking to know whether or not a particular substance or method is prohibited for use in sport. Please note, however, that the CCES does not “clear” or “endorse” consumer products for consumption by Canadian athletes.

If you are ever unsure or have any questions about a medication, please contact the CCES for further information.

Telephone: 1-800-672-7775

Email: [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca)



## 1.0 Permitted Substances

It is important to know that most substances are not prohibited and therefore are available if needed to treat a legitimate medical condition. Drugs in this category may be prescription or non-prescription drugs. This list is not exhaustive but is meant to provide suggestions of drugs that are permitted. There are other permitted substances that are not listed here.

This list should not be taken as a recommendation concerning the relative efficacy of various substances or as a recommendation to use them. Athletes must rely on the advice of doctors or pharmacists about the safety or efficacy of a medication.

Generic medications are often named by the abbreviation of the company followed by the chemical name of the substances. For example: Apo-, CO-, Gen-, Lin-, Novo-, Nu-, PMS-, Ran-, Rho-, Riva-, Sandoz and Taro-. For instance, Apo-Salbutamol is salbutamol.

**This list provides examples of permitted substances in the following categories:**

Acne Therapy	Antispasmodics
Anaesthetics	Antivirals
Analgesics/Anti-inflammatories	Anxiolytics/Sedatives
Antacids	Cholesterol
Anti-anginals	Contraceptives
Antiarrhythmics	Cough and Cold Preparations
Antiasthmatics/Bronchial Anti-inflammatory	Creams/Ointments/Lotions/Balms/Sprays
Antibiotics/Antibacterials	Decongestants
Anticonvulsants	Eye/Ear
Antidepressants	Gastric Ulcer
Antidiabetics	Hair Loss
Antidiarrheals	Laxatives
Antifungals	Lozenges (Throat)
Antihistaminics	Mania Therapy
Antihypertensives	Muscle Relaxant
Anti-inflammatory	Premenstrual Syndrome and Dysmenorrhea
Antimigraine	Sedatives
Antinauseants/Antiemetics	Smoking Cessation Aids
Antiparasitic	Vaginal
Antipsychotics	Other Medications
Anthelmintics	
Antimalarials	
Antiprotozoals	



## ACNE THERAPY

Accutane Roche (isotretinoin)  
 Acetoxyl (benzoyl peroxide)  
 Adacept B.P 5 Acne Gel (benzoyl peroxide)  
 Adapalene  
 Benoxyl (benzoyl peroxide)  
 Benzac (benzoyl peroxide)  
 Benzagel (benzoyl peroxide)  
 Benzamycin (benzoyl peroxide, erythromycin)  
 Benzoyl Peroxide  
 Cetaphil Acne Principles (benzoyl peroxide)  
 Clarus (isotretinoin)  
 Clear Acne Treatment Cream (benzoyl peroxide)  
 Clindamycin  
 Clindoxyl (benzoyl peroxide, clindamycin)  
 Clinique Acne Solutions Clearing Moisturizer -  
 Emergency Solution (benzoyl peroxide)  
 Dalacin T Topical Solution (clindamycin)  
 Diane-35 (cyproterone, ethinylestradiol for females  
 only)  
 Differin, XP (adapalene)

Erythromycin  
 Isotretinoin  
 Isotrex (isotretinoin)  
 Meted (salicylic acid, sulfur)  
 Minocycline  
 Oxyderm (benzoyl peroxide)  
 Panoxyl (benzoyl peroxide)  
 Pernox (salicylic acid, sulfur)  
 Retisol-A (tretinoin)  
 Salicylic Acid  
 Sebulex (salicylic acid, sulfur)  
 Solugel (benzoyl peroxide)  
 Stevia-A (tretinoin)  
 Stievamycin (erythromycin, tretinoin)  
 Sulfur  
 Tarazotene  
 Tazorac (tazarotene)  
 Tetracycline  
 Tretinoin  
 Triclosan

## ANAESTHETICS

Ametop (tetracaine)  
 Anbesol (benzocaine)  
 Articaïne  
 Astracaine (articaine)  
 Auralgan (benzocaine)  
 Benzocaine  
 Bupivacaine  
 Carbocaine (mepivacaine)  
 Chloroprocaine  
 Citanest (prilocaine)  
 Emla cream and patch (lidocaine)  
 Lidocaine  
 Lidomax 5 (lidocaine)

Marcaine (bupivacaine)  
 Mepivacaine  
 Naropin (ropivacaine)  
 Nesacaine-CE (chloroprocaine)  
 Novocaine (prilocaine)  
 Polocaine (mepivacaine)  
 Pontocaine (tetracaine)  
 Prilocaine  
 Ropivacaine  
 Sensorcaine (bupivacaine)  
 Tetracaine  
 Xyllocaine (lidocaine)

## ANALGESICS/ANTI-INFLAMMATORIES

222 Tablets (ASA, codeine)  
 642 Tablets (propoxyphene)  
 692 Tablets (propoxyphene, ASA)  
 Abenol (acetaminophen)  
 Acetaminophen  
 Acetylsalicylic acid (ASA)  
 Advil (ibuprofen)

Alka Seltzer (ASA, sodium bicarbonate, citric acid)  
 Alka Seltzer Morning Relief (ASA, caffeine)  
 Anacin, -Extra Strength (ASA)  
 Anaprox (naproxen)  
 Ansaid (flurbiprofen)  
 Apo-Diclo, -SR (diclofenac)  
 Apo-diflunisal



Apo-Etodolac (etodolac)  
 Apo-Keto, -E, -SR (ketoprofen)  
 Apo-Ketorolac  
 Apo-Mefenamic  
 Apo-Meloxicam  
 Apo-Napro-Na, -DS (naproxen)  
 Apo-Oxaprozin  
 Apo-Sulin (sulindac)  
 Apo-Tenoxicam  
 Arthritis pain extended relief (acetaminophen)  
 Arthrotec (diclofenac, misoprostol)  
 Asaphen, -EC (ASA)  
 Aspirin 81mg, Quick Chews (ASA)  
 Aspirin Night-Time (ASA, methocarbamol)  
 Atasol plain, -8, -15, -30, codeine (acetaminophen)  
 Bextra (valdecoxib)  
 Brexidol 20 (piroxicam)  
 Celebrex (celecoxib)  
 Coated Aspirin (ASA)  
 Codeine  
 Codeine Contin  
 Codeine Phosphate  
 Darvon-N (propoxyphene)  
 Daypro (oxaprozin)  
 Diclofenac  
 Disalcid (salsalate)  
 Emtec-30 (acetaminophen, codeine)  
 Entrophen (ASA)  
 Exdol-8, -15, -30 (acetaminophen, codeine)  
 Extra strength acetaminophen caplet  
 (acetaminophen)  
 Feldene (piroxicam)  
 Fexicam (piroxicam)  
 Fiorinal (ASA, butalbital, caffeine)  
 Fiorinal C1/4, -C1/2 (ASA, codeine, butalbital)  
 Froben, -SR (flurbiprofen)  
 Gen-nabumetone  
 Ibuprofen  
 Idarac (floctafenine)  
 Indotec (indomethacin)  
 Lyrica (pregabalin)  
 Mersyndol with codeine (acetaminophen, codeine,  
 doxylamine)  
 Mobicox (meloxicam)  
 Motrin IB (ibuprofen)  
 MSD Enteric Coated ASA (ASA)  
 Nalfon (fenoprofen)  
 Naprosyn (naproxen)  
 Naxen (naproxen)  
 Novasen (ASA)  
 Novo-5 ASA (ASA)  
 Novo-Flurprofen (flurbiprofen)  
 Novo-Gesic C8, -C15, -C30 (acetaminophen,  
 caffeine, codeine)  
 Novo-Keto, -EC (ketoprofen)  
 Novo-Methacin (indomethacin)  
 Novo-Naprox, -SR, -Sodium, -Sodium DS  
 (naproxen)  
 Novo-Pirocam (piroxicam)  
 Novo-Profen (ibuprofen)  
 Novo-Sundac (sulindac)  
 Novo-Tiaprofenic  
 Novo-Tenoxicam  
 Nu-Diclo, -SR (diclofenac)  
 Nu-Indo (indomethacin)  
 Nu-Naprox (naproxen)  
 Nu-Pirox (piroxicam)  
 Orafen (ketoprofen)  
 Orudis SR (ketoprofen)  
 Oruvail (ketoprofen)  
 Phenaphen with codeine (ASA, codeine,  
 phenobarbital)  
 PMS-Naproxen EC  
 Ponstan (mefenamic acid)  
 Prexige (lumiracoxib)  
 Pyridium (phenazopyridine)  
 Ralivia (tramadol)  
 Ratio-Benzylamine  
 Ratio-Codeine  
 Ratio-Flurbiprofen  
 Ratio-Indomethacin  
 Ratio-Lenoltec N°1, 2 & 3 (acetaminophen, caffeine,  
 codeine)  
 Ratio-Lenoltec N°4 (acetaminophen, codeine)  
 Rhodis, -EC, -SR (ketoprofen)  
 Sandoz-nabumetone  
 Surgam, -SR (tiaprofenic acid)  
 Synflex, -DS (naproxen)  
 Taminol Caplets (acetaminophen)  
 Toradol (ketorolac)  
 Tramacet (acetaminophen, tramadol)  
 Triatec-8, -8 strong (acetaminophen, codeine)  
 Triatec-30 (acetaminophen, codeine)



Tridural (tramadol)  
 Trilisate (choline salicylate, magnesium salicylate)  
 Tylenol plain (acetaminophen)  
 Tylenol Aches and Strains (acetaminophen, chlorzoxazone)  
 Tylenol Elixir with codeine (acetaminophen, codeine)  
 Tylenol Ultra Relief (acetaminophen, caffeine)

Tylenol with codeine N°1, -N°1 Forte, -N°2, -N°3  
 (acetaminophen, caffeine, codeine)  
 Tylenol with codeine N°4 (codeine, acetaminophen)  
 Ultradol (Etodolac)  
 Voltaren (diclofenac)  
 Voltaren Rapide (diclofenac)  
 Zytram XL (tramadol)

### ANTACIDS

Amphojel (aluminum)  
 Diovol (aluminum, magnesium)  
 Gaviscon (aluminum, sodium)  
 Gelusil (aluminum, magnesium)  
 Mylanta (aluminum, magnesium, simethicone)

Riopan (magaldrate)  
 Rolaid's Antacid Tablets (magnesium, calcium)  
 Rolaid's Ultra Strength Plus Gas  
 (calcium carbonate, simethicone)  
 TUMS Tablets (calcium)

### ANTI-ANGINALS

Apo-ISDN (isosorbide 5-mononitrate)  
 Cardizem, -SR, -CD (diltiazem)  
 Cedocard-SR (isosorbide 5-mononitrate)  
 Chronovera (verapamil)  
 Covera-HS (verapamil)  
 Diltiazem  
 Imdur (isosorbide 5-mononitrate)  
 Ismo (isosorbide 5-mononitrate)  
 Isoptin (verapamil)  
 Isordil (isosorbide 5-mononitrate)  
 Minitran (nitroglycerin)  
 Nitro-Dur (nitroglycerin)

Nitrolingual Pumpspray (nitroglycerin)  
 Nitrong SR (nitroglycerin)  
 Nitrostat (nitroglycerin)  
 Norvasc (amlodipine)  
 Novo-Nifed (nifedipine)  
 Novo-Veramil, SR (verapamil)  
 Nu-Diltiaz, -CD (diltiazem)  
 Nu-Nifed (nifedipine)  
 Nu-Verap (verapamil)  
 Transderm-Nitro (nitroglycerin)  
 Tinipatch (nitroglycerin)

### ANTIARRHYTHMICS

Adenocard (adenosine)  
 Amiodarone Hydrochloride for I.V. infusion  
 Apo-Procaïnamide  
 Apo-Quinidine  
 Biquin Durules (quinidine)  
 Bretylium Tosylate Injection USP  
 Cardioquin (quinidine)  
 Cardizem injectable (diltiazem)  
 Cordarone (amiodarone)  
 Isoptin (verapamil)  
 Mexitil (mexiletine)

Novo-Mexiletine  
 Novo-Veramil, -SR (verapamil)  
 Nu-Verap (verapamil)  
 Procan, -SR (procainamide)  
 Quinidine  
 Ratio-Amiodarone  
 Rythmodan, -LA (disopyramide)  
 Rythmol (propafenone)  
 Tiazac XC (diltiazem)  
 Tambocor (flecainide)



### ANTI-ASTHMATICS/BRONCHIAL ANTI-INFLAMMATORIES

Accolate (zafirlukast)	Intal (sodium cromoglycate)
Aminophylline (theophylline)	Novo-Theophyl-SR (theophylline)
Apo-Cromolyn Sterules (cromolyn sodium)	Singulair (montelukast)
Apo-Ipravent (ipratropium)	Theo-Bronc (theophylline, guaifenesin, mepyramine)
Apo-Oxtripylline (theophylline)	Theochron SR (theophylline)
Apo-Theo LA (theophylline)	Theo-Dur (theophylline)
Atrovent (ipratropium)	Tilade (nedocromil)
Choledyl (oxtriphylline)	Xolair (omalizumab)
Choledyl Expectorant (oxtriphylline, guaifenesin)	

### ANTIBIOTICS/ANTIBACTERIALS

All antibiotics are permitted	Cefoxitin
Ampicillin	Ceftin (cefuroxime axetil)
Amikacin	Ceftriaxone for injection UPS (ceftriaxone)
Apo-Amoxi (amoxicillin)	Ceptaz (ceftazidime)
Apo-Amoxi-Clav (amoxicillin/clavulanate potassium)	Ceporacin (cephalothin)
Apo-Ampi (ampicillin)	Chloromycetin injection (cloramphenicol)
Apo-Cefaclor	Ciloxan (ciprofloxacin)
Apo-Cefadroxil	Ciprofloxacin, injection USP
Apo-Cefprozil	Claforan (cefotaxime)
Apo-Cephalex (cephalexin)	Clarithromycin
Apo-Cloxi (cloxacillin)	Clavulin (amoxicillin, clavulanate potassium)
Apo-Cefuroxime	Clindasol (clindamycin)
Apo-Clarithromycin	Cloxacillin
Apo-Doxy (doxycycline)	Colistimethate for injection (sodium colistimethate)
Apo-Erythro-Base, -EC, -S, -ES (erythromycin)	Coly-Mycin M parental (sodium colistimethate)
Apo-Metronidazole	Coptin (sulfadiazine, trimethoprim)
Apo-Nitrofurantoin	Crystapen (penicillin)
Apo-Norfloxac (norfloxacin)	Dalacin (clindamycin)
Apo-Oflox (ofloxacin)	Declomycin (demeclocycline)
Apo-Pen VK (penicillin)	Doxycin (doxycycline)
Apo-Sulfatrim (trimethoprim, sulfamethoxazole)	Doxytec (doxycycline)
Apo-Tetra (tetracycline)	Duricef (cefadroxil)
Apo-Trimethoprim	EES (erythromycin)
Avelox (moxifloxacin)	Enca (minocycline)
Avlosulfon (dapson)	Erybid (erythromycin)
Azithromycin	Eryc (erythromycin)
Bacject (bacitracin)	Erythrocin, -IV (erythromycin)
Bacitracin	Erythromid (erythromycin)
Biaxin (clarithromycin)	Factive (gemifloxacin)
Ceclor (cefaclor)	Florazole (metronidazole)
Cefazolin	Floxin (ofloxacin)
Cefizox (ceftizoxime)	Fortaz (ceftazidime)
Cefotan (cefotetan)	Fucidin, -IV (sodium fusidate)



Gentamycin Injection USP  
 Gen-Clarithromycin  
 Gentamycin Sulfate Injection  
 Humatin (paromomycin)  
 Keflex  
 Kefurox (cefuroxime)  
 Ketek (telithromycin)  
 Levaquin (levofloxacin)  
 Lincocin (lincomycin)  
 Macrobid (nitrofurantoin)  
 Macrochantin (nitrofurantoin)  
 Mandelamine (methamine)  
 Maxipime (cefepime)  
 Mefoxin (cefoxitin)  
 Merrem (meropenem)  
 Metronidazole Injection  
 Minocin (minocycline)  
 Mupirocin  
 Mycobutin (rifabutin)  
 Nadopen-V (penicillin)  
 Nebcin (tobramycin)  
 Neg Gram (nalidixic acid)  
 Norfloxacin  
 Novamoxin (amoxicillin)  
 Novo-Furatoin (nitrofurantoin)  
 Novo-Levofloxacin  
 Novo-Lexin (cephalexin)  
 Novo-Pen-VK (penicillin)  
 Novo-Rythro Encap (erythromycin)

Novo-Trimel (trimethoprim, sulfamethoxazole)  
 Nu-tetra (tetracycline)  
 Nyaderm (nystatin)  
 PCE (erythromycin)  
 Penicillin  
 Penglobe (bacampicillin)  
 PHL-Doxycycline  
 Pipracil (piperacillin)  
 PMS-Clarithromycin  
 PMS-Minocycline  
 PMS-Polytrimethoprim (trimethoprim, sulfamethoxazole)  
 Pondocillin (pivampicillin)  
 Primaxin (imipenem, cilastatin)  
 PVF K (penicillin)  
 Rocephin (ceftriaxone)  
 Rovamycine (spiramycin)  
 Selexid (pivmecillinam)  
 Septra Injection (trimethoprim, sulfamethoxazole)  
 Streptomycin Sulfate  
 Suprax (cefexime)  
 Synercid (quinupristin, dalfopristin)  
 Tazidime (ceftazidime)  
 Tazocin (piperacillin, tazobactam)  
 Tygacil (tigecycline)  
 Timentin (ticarcillin)  
 Tobramycin sulphate injection USP  
 Zithromax (azithromycin)  
 Z-Pak (zithromax, azithromycin)

### ANTICONSULSANTS

Apo-Carbamazepine  
 Apo-Clonazepam  
 Apo-Divalproex  
 Apo-Gabapentin  
 Apo-Lamotrigine  
 Apo-Primidone  
 Ativan (lorazepam)  
 Celontin (methsuximide)  
 CO-Topiramate  
 Cerebyx (fosphenytoin)  
 Clonapam (clonazepam)  
 Depakene (valproic acid)  
 Diazepam  
 Dilantin (phenytoin)  
 Epival (valproic acid)

Epject I.V. (valproic acid)  
 Frisium (clobazam)  
 Keppra (levetiracetam)  
 Lamictal (lamotrigine)  
 Levetiracetam  
 Lorazepam  
 Neurontin (gabapentin)  
 Novo-Carbamaz (carbamazepine)  
 Phenobarbital  
 PHL-Divalproex (valproic acid)  
 PMS-Levetiracetam  
 Ratio-Valproic (valproic acid)  
 Taro-Phenytoin  
 Tegretol (carbamazepine)  
 Topamax (topiramate)



Valium Roche (Diazepam)

Zarontin (ethosuximide)

### ANTIDEPRESSANTS

Amineptine  
 Anafranil (clomipramine)  
 Apo-Amitriptyline  
 Apo-Clomipramine  
 Apo-Desipramine  
 Apo-Doxepin  
 Apo-Fluoxetine  
 Apo-Fluvoxamine  
 Apo-Imipramine  
 Apo-Moclobemide  
 Apo-Paroxetine  
 Apo-Nortriptyline  
 Apo-Sertraline  
 Apo-Trazodone  
 Apo-Trimip (trimipramine)  
 Asendin (amoxapine)  
 Aventyl (nortriptyline)  
 Celexa (citalopram hydrobromide)  
 Cipralex (escitalopram)  
 Desyrel (trazodone)  
 Effexor XR (venlafaxine)  
 Elavil (amitriptyline)  
 Etafron (amitriptyline, perphenazine)

Ludiomil (maprotiline)  
 Luvox (fluvoxamine)  
 Manerix (moclobemide)  
 Mirtazapine  
 Nardil (phenelzine)  
 Norpramin (desipramine)  
 Norventyl (nortriptyline)  
 Novo-Bupropion SR  
 Novo-Maprotiline  
 Novo-Tripamine (trimipramine)  
 Novo-venlafaxine XR (venlafaxine)  
 Parnate (tranlycypromine)  
 Paxil (paroxetine)  
 Prozac (fluoxetine)  
 Ran-Citalo (citalopram)  
 Rhotrimine (trimipramine)  
 Remeron (mirtazapine)  
 Sinequan (doxepin)  
 Tofranil (imipramine)  
 Triptil (protriptyline)  
 Wellbutrin-SR (bupropion)  
 Zoloft (sertraline)

### ANTIDIABETICS

Albert Glyburine  
 Avandia (rosiglitazone)  
 Avandaryl (glimepiride, rosiglitazone)  
 Diabinese (chlorpropamide)  
 DiaBeta (glyburide)  
 Diamicron (gliclazide)  
 Euglucon (glyburide)  
 Glimepiride

GlucNorm (repaglinide)  
 Glumetza (metformin)  
 Glucobay (acarbose)  
 Glucophage (metformin)  
 Sandoz-Glimepiride  
 Sulfonylureas (chlorpropamide, gliclazide,  
 glimepiride, glyburide, tolbutamide)

### ANTIDIARRHEALS

Apo-Doxy (doxycycline)  
 Bacid (lactobacillus)  
 DDAVP (desmopressin acetate)  
 Gastrolytes (electrolytes, dextrose)  
 Imodium (loperamide)  
 Imodium Advanced (loperamide, simethicone)  
 Kaopectate (attapulgit)

Lomotil (diphenoxylate)  
 Loperacap (loperamide)  
 Maalox (aluminum, magnesium, simethicone)  
 Novo-Cholamine, -Light (cholestyramine resin)  
 Pepto Bismol (bismuth subsalicylate)  
 PHL-Loperamide (loperamide)



## ANTIFUNGALS

Antibiotics	Micatin (miconazole)
Amphotec (amphotericin B)	Monistat (miconazole)
Apo-Ketoconazole	Mycamine (micafungin sodium)
Cancidas (caspofungin acetate)	Mycostatin (nystatin)
Candistatin (nystatin)	Nizoral (ketoconazole)
Canesten (clotrimazole)	Nyaderm (nystatin)
Dequadin Oral Paint (dequalinium)	Oxizole (oxiconazole)
Diflucan, -150 (fluconazole)	Ratio-Nystatin
Ecostatin (econazole)	Spriafil (posaconazole)
Fluconazole	Sporanox (itraconazole)
Fulvicin U/F (griseofulvin)	Terbinafine
Fungizone (amphotericin)	ZeaSORB (chloroxylone)
Lamisil (terbinafine)	ZeaSORB AF (tolnaftate)
Loprox (ciclopirox)	

## ANTI-HISTAMINICS

See also Cough and Cold Preparations and Decongestants	Claritin plain (loratadine)
Actifed Tablets (triprolidine, pseudoephedrine)	Claritin Allergy and Sinus (loratadine, pseudoephedrine)
Aerius (desloratadine)	Coricidin (chlorpheniramine, ASA)
Allegra 12h, 24h (fexofenadine)	Diphenhydramine
Allegra D (fexofenadine, pseudoephedrine)	Dristan, Extra Strength (acetaminophen, pheniramine, phenylephrine)
Allernix (diphenhydramine)	Drixoral (dextbrompheniramine, pseudoephedrine)
Allerdyl (diphenhydramine)	Emadine (emedastine)
Apo-Cetirizine	Liberator (loratadine, pseudoephedrine)
Apo-Loratadine	Loratadine
Atarax (hydroxyzine)	Optimine (azatadine)
Benadryl (diphenhydramine)	Panectyl (trimeprazine)
Benadryl Allergy/Sinus/Headache (acetaminophen, diphenhydramine, pseudoephedrine)	Periactin (cyproheptadine)
Benadryl Extra Strength Nighttime (diphenhydramine)	Phenergan tablets (prometazine)
Brompheniramine	Promethazine Hydrochloride Injection USP
Caladryl (calamine, diphenhydramine)	Reactine (cetirizine)
Chlorpheniramine	Sinutab Sinus and Allergy, Extra Strength (acetaminophen, chlorpheniramine, pseudoephedrine)
Chlor-Tripolon (chlorpheniramine)	Zaditen (ketotifen)
Chlor-Tripolon Decongestant (chlorpheniramine, pseudoephedrine)	Zyrtec (cetirizine)
Chlor-Tripolon ND (loratadine, pseudoephedrine)	

## ANTI-HYPERTENSIVES

Adalat (nifedipine)	Apo-Diltiaz
Altace (ramipril)	Apo-Hydralazine
Apo-Benazepril	Apo-Methyldopa
Apo-Clonidine	Apo-Nifed PA (nifedipine)



APO-Perindopril  
 Apo-Ramipril (ramipril)  
 Apo-Verap (verapamil)  
 Apresoline (hydralazine)  
 Atacand (candesartan cilexetil)  
 Avapro (irbesartan)  
 Capoten (captopril)  
 Catapres (clonidine)  
 Chronovera (verapamil)  
 CO Cilazapril  
 Coversyl (perindopril)  
 Cozaar (losartan)  
 Diovan (valsartan)  
 Hyperstat IV Injection (diazoxide)  
 Inhibace (cilazapril)  
 Isoptin (verapamil)  
 Loniten (minoxidil)  
 Lotensin (benazepril)  
 Mavik (trandolapril)  
 Micardis (telmisartan)  
 Minipress (prazosin)

Monopril (fosinopril)  
 Nifedipine PA  
 Nipride (sodium nitroprusside)  
 Novo-Hylazin (hydralazine)  
 Novo-Ramipril  
 Novo-Veramil, -SR (verapamil)  
 Nu-Capto (captopril)  
 Nu-Diltiaz-CD (diltiazem)  
 Nu-Hydral (hydralazine)  
 Nu-Prazo (prazosin)  
 Nu-Verap (verapamil)  
 Plendil (felodipine)  
 Prinivil (lisinopril)  
 Ratio-Captopril  
 Ran-Fosinopril  
 Ratio-Lisinopril  
 Sandoz- Enalapril  
 Sandoz-Ramipril  
 Verelan (verapamil)  
 Zestril (lisinopril)

### ANTI-INFLAMMATORIES

All non-steroidal anti-inflammatories are permitted

Apo-Nabumetone  
 Apo-Phenylbutazone  
 Asacol (5-ASA)  
 Dipentum (olsalazine)  
 Indocid P.D.A. (indomethacine)  
 Indocin (indomethacine)  
 Mesasal (ASA enteric coated)  
 Mezavant (mesalazine)  
 Naprelan (naproxen)

Pamprin Ibuprofen Formula (ibuprofen)  
 Pentasa (5-ASA)  
 Plaquenil (hydroxychloroquine)  
 Quintasa (5-ASA)  
 Ratio-Sulfasalazine  
 Relafen (nabumetone)  
 Salazopyrin, En-Tabs (sulfasalazine)  
 Salofalk (5-ASA)  
 Viva ASA (ASA)

### ANTIMIGRAINE

Amerge (naratriptan)  
 Cafegot, -PB (belladonna)  
 Dihydroergotamine (DHE)  
 Ergodryl (ergotamine)  
 Ergomar (ergotamine)  
 Fiorinal (ASA, butalbital)  
 Fiorinal C1/4, C1/2 (ASA, codeine, butalbital)  
 Gravergol (ergotamine, dimenhydramine)  
 Imitrex (sumatriptan)  
 Maxalt, -RPD (rizatriptan)

Megral (ergotamine, cyclizine)  
 Migranal (dihydroergotamine)  
 Ratio-Tecnal (ASA, butalbital)  
 Ratio-Tecnal C1/4, C1/2 (ASA, butalbital, codeine)  
 Sandomigran, -DS (pizotifen)  
 Sansert (methysergide)  
 Sumatriptan  
 Topiramate  
 Trianal C1/4, C1/2 (ASA, codeine, butalbital)  
 Zomig (zolmitriptan)



### ANTINAUSEANTS/ANTIEMETICS

Anzemet (dolasetron)	Gravol (dimenhydrinate)
Apo-Dimenhydrinate	Kytril (granisetron)
Apo-Metoclopramide (metoclopramide)	Metoclopramide Hydrochloride Injection
Biltricide (praziquantel)	Metoclopramide Omega Injection
Bonamine (meclizine)	Ondansetron
Dimenhydrinate (suppositories, injection)	Vermox (mebendazole)
Dimenhydrinate Injection, -USP	Zofran, -ODT (ondansetron)
Emend, Tri-Pack (aprepitant)	

### ANTIPARASITIC

ANTHELMINTICS	ANTIMALARIALS
Combantrin (pyrantel pamoate)	Daraprim (pyrimethamine)
Entacyl (piperazine)	Lariam (mefloquine)
	Malarone (atovaquone)
ANTIPROTOZOALS	Paludrine (proguanil)
Flagyl (metronidazole)	Plaquenil (hydroxychloroquine)
Florazole (metronidazole)	Primaquine
Mepron (atovaquone)	Quinine Sulfate
Pentacarinat (pentamidine)	

### ANTISPASMODICS

Albert Oxybutynin	Kemadrin (procyclidine)
Apo-Oxybutynin	Levsin (hyoscyamine)
Apo-Temazepam	Lomine (dicyclomine)
Apo-Trihex (trihexyphenidyl)	Modulon (trimebutine)
Bentylol (dicyclomine)	Oxybutyn (oxybutynin)
Buscopan (hyoscine)	Unidet (tolterodine-tartrate)
Detrol (tolterodine)	Uromax (oxybutynin)
Ditropan (oxybutynin)	Urispas (flavoxate)
Formulex (dicyclomine)	Vesicare (solifenacin)
Ipratropium	

### ANTIPSYCHOTICS

Apo-Clozapine	Loxapine
Apo-Methoprazine (methotrimeprazine)	Majeptil (thiopropazine)
Apo-Peram (perphenazine)	Methotrimeprazine
Apo-Prochlorazine	Navane (thiotixene)
Apo-Risperidone	Nozinan INJ (methotrimeprazine)
Chlorpromazine	Novo-Mepazine (methotrimeprazine)
Clopixol, - Acuphase (zuclopenthixol)	Novo-Olanzapine
Clozaril (clozapine)	Novo-Peridol (haloperidol)
Fluphenazine	Novo-Trifluzine (Trifluoperazine)
Haloperidol	Nu-Prochlor (prochlorazine)
Loxapac IM Injection (loxapine)	Perphenazine



Piportil (pipotiazine)  
 PMS-Levazine (perphenazine)  
 Prochlorperazine Mesylate INJ  
 Promazine HCL INJ  
 Risperda, - Consta, -M (risperidone)

Risperidone  
 Terfluzine (Trifluoperazine)  
 Trifluoperazine  
 Seroquel, -XR (quetiapine)  
 Zyprexa; -Zydis (olanzapine)

### ANTIVIRALS

Acyclovir  
 Apo-famciclovir  
 Atripla (emtricitabine, efavirenz, tenofovir disoproxil fumarate)  
 Beraclude  
 Combivir (lamivudine, zidovudine)  
 Cytovene (ganciclovir)  
 Denavir (penciclovir)  
 DPT Polio  
 DT Polio  
 Famvir (famciclovir)  
 Flu vaccine  
 Gammagard Liquid (immune globulin human)  
 Gardasil (HPV vaccine)  
 Hepagam B (hepatitis B immune globulin human)

Herplex-D (idoxuridine)  
 Immunization Injections (Hepatitis, polio, typhoid, tetanus)  
 Relenza (zanamivir)  
 Reyataz (atazanavir)  
 Sandoglobulin NF Liquid (immune globulin - human)  
 Sandoz-Trifluridine  
 Symmetrel (amantadine)  
 Tamiflu (oseltamivir)  
 Twinrix  
 Valtrex (valacyclovir)  
 Virazole (ribavirin)  
 Vivaglobin (immunoglobulin B - human)  
 Zovirax Oral (acyclovir)

### ANXIOLYTICS/SEDATIVES

Apo-Buspirone  
 Apo-Chlorax (chlordiazepoxide)  
 Apo-Clorazepate  
 Apo-Diazepam  
 Apo-Hydroxyzine  
 Apo-Zopiclone  
 Atarax (hydroxyzine)  
 Ativan (lorazepam)  
 BuSpar (buspirone)  
 Buspirex (buspirone)

Bustab (buspirone)  
 Diazemuls (diazepam)  
 Effexor XR (venlafaxine)  
 Imovane (zopiclone)  
 Librax (chlordiazepoxide)  
 Lorazepam  
 Ratio-Alprazolam  
 Serax (oxazepam)  
 Starnoc (zaleplon)  
 Valium Roche Oral (diazepam)

### CHOLESTEROL

Advicor (nicotinic acid, lovastatin)  
 Fenomax (fenofibrate)  
 Lipitor (atorvastatin)

Ran-Pravastatin (pravastatin sodium)  
 Sandroz- Fenofibrate (fenofibrate)

### CONTRACEPTIVES

Permitted in females only  
 Alesse 21, -28 (ethinyl estradiol, levonorgestrel)  
 Brevicon 0.5/35, -1/35 (ethinyl estradiol, norethindrone)  
 Cyclen (ethinyl estradiol, norgestimate)

Demulen-30 (ethinyl estradiol, ethynodiol diacetate)  
 Diane 35 (ethinyl estradiol, cyproterone acetate)  
 Ethinyl Estradiol  
 Evra (ethinyl estradiol, norelgestromin)



Levonorgestrel  
 Linessa 21, 28 (desogestrel, ethinyl estradiol)  
 Marvelon (ethinyl estradiol, desogestrel)  
 Min-Ovral 21, -28 (ethinyl estradiol, levonorgestrel)  
 Mirena (levonorgestrel)  
 Norethidrone  
 NuvaRing (ethinyl estradiol, etonogestrel)  
 Ortho 1/35, -0.5/35, -7/7/7 35 (ethinyl estradiol, norethidrone)

Plan B (levonorgestrel)  
 Portia 21, 28 (ethinyl estradiol, levonorgestrel)  
 Select 1/35 (ethinyl estradiol, norethidrone)  
 Synphasic (ethinyl estradiol, norethidrone)  
 Tri-cyclen, Low 21,-28 (ethinyl estradiol, norgestimate)  
 Triphasil 21, -28 (ethinyl estradiol, levonorgestrel)  
 Triquilar 21, -28 (ethinyl estradiol, levonorgestrel)  
 Yasmin 21, -28 (drospirenone, ethinyl estradiol)

## COUGH AND COLD PREPARATIONS

See also Antihistaminics, Decongestants and Lozenges  
 Balminil Codeine + Decongestant + Expectorant (codeine, guaifenesin, pseudoephedrine)  
 Balminil Codeine Night-Time + Expectorant (codeine, diphenhydramine, ammonium chloride)  
 Balminil Cough & Flu (acetaminophen, dextromethorphan, guaifenesin, pseudoephedrine)  
 Balminil DM (dextromethorphan)  
 Balminil DM + Decongestant (dextromethorphan, pseudoephedrine)  
 Balminil DM + Expectorant (dextromethorphan, guaifenesin)  
 Balminil DM + Decongestant + Expectorant (dextromethorphan, guaifenesin, pseudoephedrine)  
 Balminil Expectorant (guaifenesin)  
 Benylin 1 All-In-One Cold and Flu Day Night combination pack (*Day*: acetaminophen, dextromethorphan, pseudoephedrine; *Night*: acetaminophen, pseudoephedrine, diphenhydramine)  
 Benylin All-In-One Cold and Flu Nighttime (acetaminophen, chlorpheniramine, dextromethorphan, guaifenesin, pseudoephedrine)  
 Benylin 4 Flu (acetaminophen, dextromethorphan, guaifenesin, pseudoephedrine)  
 Benylin DM (dextromethorphan)  
 Benylin DM-D (dextromethorphan, pseudoephedrine)  
 Benylin DM-D-E, Extra Strength (dextromethorphan, guaifenesin, pseudoephedrine)  
 Benylin DM-E, Extra Strength (dextromethorphan, guaifenesin)  
 Benylin E Extra Strength (guaifenesin)

Buckley's Congestion and Cough (guaifenesin, menthol)  
 Buckley's Cough, Cold & Flu Daytime Relief Extra Strength (acetaminophen, dextromethorphan, pseudoephedrine)  
 Buckley's DM (dextromethorphan, pseudoephedrine)  
 Calmylin with Codeine (codeine, guaifenesin, pseudoephedrine)  
 Cheracol (codeine, guaifenesin)  
 Chest congestion, cough & cold syrup; Extra Strength (guaifenesin, pseudoephedrine, dextromethorphan)  
 Codeine  
 Codeine Phosphate  
 Cold and allergy liquid (phenylephrine, brompheniramine)  
 Cold and flu relief syrup (pseudoephedrine, dextromethorphan, acetaminophen, guaifenesin)  
 Cold Syrup; Extra Strength (phenylephrine, brompheniramine)  
 Contac Cold – Nasal Congestion (acetaminophen, chlorpheniramine, phenylephrine, pseudoephedrine)  
 Contac Cold & Sore Throat, Extra Strength (acetaminophen, phenylephrine hydrochloride)  
 Contac Cold & Sore Throat, Nighttime Extra Strength (phenylephrine hydrochloride, chlorpheniramine maleate, acetaminophen)  
 Contac Complete (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)  
 Contac Cough, Cold & Flu Day (acetaminophen, dextromethorphan, pseudoephedrine)  
 Contac Head & Chest Congestion (guaifenesin, pseudoephedrine)  
 Cough Syrup DM Expectorant (guaifenesin, dextromethorphan)



Dayquil (acetaminophen, dextromethorphan, pseudoephedrine)	Neo Citrin Nighttime Extra Strength Cold and Flu Liquid (acetaminophen, phenylephrine, diphenhydramine)
Daytime Cold/Flu Medicine (dextromethorphan, acetaminophen, phenylephrine)	Neo Tuss (chlorpheniramine, dextromethorphan, guaifenesin, phenylephrine)
Delsym (dextromethorphan)	Nighttime Extra Strength Contac Cold & Sore Throat (acetaminophen, chlorpheniramine, phenylephrine)
Dextromethorphan	Novahistex DH (hydrocodone, phenylephrine)
Dimetane Expectorant-C (brompheniramine, codeine, guaifenesin, phenylephrine)	Phenylephrine
Dimetapp Cold Liquid (brompheniramine, phenylephrine)	Pseudoephedrine
Dimetapp Cold Liquid Dye-Free (brompheniramine, phenylephrine)	Ratio-Coristex DH (phenylephrine, hydrocodone)
Dimetapp-C Syrup (brompheniramine, codeine, phenylephrine)	Ratio Cotridin (tripolidine, pseudoephedrine, codeine)
Dimetapp Cough & Congestion Liquid (dextromethorphan, guaifenesin, pseudoephedrine)	Ratio Cotridin Expectorant (tripolidine, pseudoephedrine, codeine, guaifenesin)
Dimetapp Daytime Cold, Extra Strength (acetaminophen, pseudoephedrine)	Robitussin, Extra Strength (guaifenesin)
Dimetapp DM Cough & Cold Liquid (brompheniramine, dextromethorphan, phenylephrine)	Robitussin Honey Cough & Cold (dextromethorphan, pseudoephedrine)
Dimetapp DM Cough & Cold Liquid Dye-free (brompheniramine, dextromethorphan, phenylephrine)	Robitussin Honey Cough DM (dextromethorphan)
Dimetapp Nighttime Cold, Extra Strength (acetaminophen, chlorpheniramine, phenylephrine)	Robitussin Honey Flu (acetaminophen, dextromethorphan, pseudoephedrine)
DM Cough and cold liquid: (phenylephrine, brompheniramine, dextromethorphan)	Robitussin Cough & Cold, Liqui-Gels, Extra Strength (dextromethorphan, guaifenesin, pseudoephedrine)
DM Cough and cold syrup; Extra Strength (phenylephrine, brompheniramine, dextromethorphan)	Robitussin Cough, Cold & Flu Liqui-Gels (acetaminophen, dextromethorphan, guaifenesin, pseudoephedrine)
Dry cough syrup (dextromethorphan)	Robitussin DM, Extra Strength (dextromethorphan, guaifenesin)
Extra Strength Contac Cold & Sore Throat (phenylephrine, acetaminophen)	Sinutab Sinus Non Drowsy (acetaminophen, pseudoephedrine)
Formula 44 D (dextromethorphan, pseudoephedrine)	Sudafed Cold & Cough Extra Strength (acetaminophen, dextromethorphan, pseudoephedrine)
Guaifenesin	Sudafed Cold & Flu (acetaminophen, dextromethorphan, guaifenesin, pseudoephedrine)
Histenol II (guaifenesin, dextromethorphan, phenylephrine, acetaminophen)	Sudafed Head Cold & Sinus Extra Strength (acetaminophen, pseudoephedrine)
Hycodan (hydrocodone)	Total Cold and Flu, Extra Strength (pseudoephedrine, dextromethorphan, acetaminophen, guaifenesin)
Hycomine, -S (hydrocodone, phenylephrine)	Triaminic Cold and Cough (chlorpheniramine, dextromethorphan, pseudoephedrine)
Hydrocodone	Triaminic Cold, Cough and Fever (acetaminophen, chlorpheniramine, dextromethorphan, pseudoephedrine)
Koffex DM (dextromethorphan)	Triaminic Cold & Nighttime Cough (chlorpheniramine, dextromethorphan, pseudoephedrine)
Neo Citran, Extra Strength (acetaminophen, pheniramine, phenylephrine)	
Neo Citran Thin Strips Cough and Cold (dextromethorphan, phenylephrine)	
Neo Citran Thin Strips Nighttime Cough and Cold (phenylephrine, diphenhydramine)	



Triaminic Cough and Congestion  
(dextromethorphan, pseudoephedrine)

Triaminic Cough and Sore Throat (acetaminophen,  
dextromethorphan, pseudoephedrine)

Triaminic Nighttime Cough and Cold  
(phenylephrine, diphenhydramine)

Triaminic Softchews Cold and Cough  
(chlorpheniramine, dextromethorphan,  
pseudoephedrine)

Triaminic Softchews Throat Pain and Cough  
(acetaminophen, dextromethorphan,  
pseudoephedrine)

Triaminic Cough and Sore Throat Softchews  
(acetaminophen, dextromethorphan)

Triaminic Vapor Patch (camphor, menthol,  
eucalyptus oil)

Tylenol Cold and Flu Daytime (dextromethorphan,  
acetaminophen, phenylephrine)

Tylenol Cold and Flu Nighttime (dextromethorphan,  
acetaminophen, phenylephrine, doxylamine)

Tylenol Cold Caplets Daytime, Extra Strength  
(acetaminophen, dextromethorphan,  
pseudoephedrine)

Tylenol Cold Caplets Nighttime, Extra Strength  
(acetaminophen, chlorpheniramine,  
dextromethorphan, pseudoephedrine)

Tylenol Cold, Regular Strength (phenylephrine,  
dextromethorphan, chlorpheniramine,  
acetaminophen)

Tylenol Cough (acetaminophen, dextromethorphan)

Tylenol Decongestant (acetaminophen,  
pseudoephedrine)

Tylenol Flu (acetaminophen, dextromethorphan,  
pseudoephedrine)

### CREAMS/OINTMENTS/LOTIONS/BALMS/SPRAYS

Benadryl Itch Relief Stick, Spray (zinc acetate,  
diphenhydramine)

Bengay Arthritis Extra Strength (methyl salicylate,  
menthol)

Bengay Ice Extra Strength (menthol)

Bengay Muscle Pain Regular Strength (methyl  
salicylate, menthol)

Bengay Muscle Pain Ultra Strength (methyl  
salicylate, menthol, camphor)

Capsaicin

Caribbean Breeze Burn Relief (lidocaine)

Clinda-T (clindamycin)

Clotrimaderm (clotrimazole)

Dermatix Fitocream (extract of *T. vulgare*)

Dermatix Si Gel (polyliloxane, silicone dioxide)

Elidel (pimecrolimus)

Fucidin (fusidic acid)

Garamycin Topical Preparations

Gentamycin Sulfate

Ketoderm (ketokonazole)

Lidosporin Cream (polymyxin B, gramicidin,  
lidocaine)

MetroCream (metronidazole)

MetroGel (metronidazole)

Myoflex, deep therapy (triethanolamine salicylate)

Neosporin Ointment (polymyxin B)

Neotopic (polymyxin B, neomycin)

Noritate (metronidazole)

Ozonol Preparations (Polymyxin B sulphate,  
bacitracin, lidocaine)

Pennsaid (diclofenac)

Polysporin Complete Antibiotic Ointment  
(bacitracin, gramicidin, lidocaine, polymyxin)

Polysporin Lip Treatment (pramoxine, allantoin)

Polysporin Preparations (polymyxin B, gramicidin or  
bacitracin)

Polysporin Plus Pain Relief Cream (polymyxin B,  
gramicidin, lidocaine)

Prevex (petrolatum)

Psoriasis Ointment (coal tar)

Raptiva (efalizumab)

Ratio-Gentamicin

Sarna-P (pramoxine)

Spectro Gram "2" (chlorhexidine)

Sun-Benz (benzylamine)

Tantum (benzylamine)

Teejel (choline salicylate)

Zovirax Cream, Ointment (acyclovir)

### DECONGESTANTS

See also Antihistaminics and Cough and Cold  
Preparations

Advil Cold and Sinus (ibuprofen, pseudoephedrine)

Advil Cold and Sinus Nighttime (chlorpheniramine,  
ibuprofen, pseudoephedrine)

Apo-Cromolyn Nasal Spray



Avamys (fluticasone, nasal spray)  
 Buckley's Sinus Pain Relief (acetaminophen, pseudoephedrine)  
 Cold and Sinus Caplets (ibuprofen)  
 Dayquil Sinus and Pain Relief (acetaminophen, pseudoephedrine)  
 Decongestant Nasal Mist/Spray (xylometazoline)  
 Dristan Long Lasting Nasal Mist/Spray (oxymetazoline)  
 Dristan Nasal Mist/Spray, Mentholated (pheniramine, phenylephrine)  
 Dristan ND, Extra Strength (acetaminophen, pseudoephedrine)  
 Drixoral Decongestant Nasal Spray (oxymetazoline)  
 Flonase (fluticasone, nasal spray)  
 Livostin Nasal Spray (levocabastine)  
 Mydrin (phenylephrine)  
 Nasonex (mometasone, nasal spray)  
 Neo Citran Extra Strength Sinus (acetaminophen, phenylephrine)  
 Otrivin Decongestant Nose Drops/Nasal Spray (xylometazoline)  
 Pseudoephedrine  
 Rhinaris Lubricating (polyethylene, propylene)  
 Rhinaris Saline Solution (sodium)  
 Salinex  
 Salinol  
 Secaris (carbowax, propylene)  
 Sudafed Decongestant (pseudoephedrine)  
 Tylenol Decongestant (acetaminophen, pseudoephedrine)  
 Tylenol Sinus, Extra Strength (acetaminophen, pseudoephedrine)  
 Vicks Sinez decongestant (oxymetazoline)  
 Xylometazoline

## EYE/EAR

Alcomycin (gentamicin)  
 Alocril (nedocrimil sodium)  
 Alomide (iodoxamide)  
 Auralgan (antipyrine, benzocaine)  
 Cetamide (sulfacetamide)  
 Cromolyn  
 Diochloram (chloramphenicol)  
 Diogent Ointment solution (gentamicin)  
 Diomycin (erythromycin)  
 Diopentolate (cyclopentolate)  
 Diophenyl-T (phenylephrine, tropicamide)  
 Diosulf (sulfacetamide)  
 Diotrope (tropicamide)  
 Duratears Naturale  
 Erythromycin  
 Eyestil (sodium hyaluronate)  
 Eye-Stream (salt solution)  
 Garamycin Ophthalmic Otic Prep. (gentamicin)  
 Garasone Ophthalmic Otic Prep. (gentamicin)  
 Garatec (gentamicin)  
 Gentamicin Sulfate  
 Genteal  
 Genteal geldrops  
 Hypotears Eye Ointment  
 Hypotears Ophthalmic S/L  
 Isopto Tears  
 Lacrinorm  
 Lidospirin Ear Drops  
 Lid-Pack  
 Liquifilm Tears  
 Livostin Eye Drops (levocabastine)  
 Naphcon (naphazoline)  
 Naphcon-A (naphazoline, pheniramine)  
 Naphcon Forte (naphazoline)  
 Neosporin Preparations (polymyxin B)  
 Noroxin Ophthalmic Solution (norfloxacin)  
 Ocufen (flurbiprofen)  
 Ocuflox (ofloxacin)  
 Opticrom (sodium cromoglycate)  
 Optimyxin, -Plus (polymyxin B)  
 Patanol (olopatadine)  
 Pentamycetin (chloramphenicol)  
 Polycidin Eye/Ear Drops (polymyxin B, bacitracin)  
 Polycidin Ophthalmic Ointment (polymyxin B, bacitracin)  
 Polysporin (antibiotic)  
 Polytrim (trimethoprim, polymyxin B)  
 Refresh Celluvisc (carboxymethylcellulose sodium)  
 Refresh Lacri-Lube S.O.P. (white petrolatum, mineral oil, lanolin alcohols)  
 Refresh Plus Tears  
 Refresh Ultra (boric acid, castor oil, glycerin)  
 Tobramycin  
 Tobrex (tobramycin)



Tomycine (tobramycin)  
Visine Allergy Eye Drops (tetrahydrozoline, zinc sulfate)

Voltaren Optha (diclofenac)  
V6Sol (benzethonium chloride)  
Zymar (gatifloxacin)

### GASTRIC ULCER

Apo-Cimetidine  
Apo-Ranitidine  
Axid (nizatidine)  
Carafate (sucralfate)  
Glycopyrrolate  
Losec (omeprazole)  
Losec 1-2-3-A (omeprazole, amoxicillin, clarithromycin)  
Losec 1-2-3-M (omeprazole, clarithromycin, metronidazole)  
Nizatidine  
Nexium (esomeprazole)  
Novo-Famotidine (famotidine)  
Novo-Misoprostol  
Nu-Cimet (cimetidine)

Nu-Ranit (ranitidine)  
Panto IV (pantoprazole)  
Pantoloc (pantoprazole)  
Pariet (rabeprazole)  
Pepcid AC (famotidine)  
Pepcid, IV (famotidine)  
Prevacid (lansoprazole)  
Pylorid (ranitidine)  
Ran-Rabeprazole  
Sandoz-Omeprazole  
Tagamet (cimetidine)  
Ulcidine (famotidine)  
Zantac, -Maximum strength nonprescription (ranitidine)

### HAIR LOSS

Avodart (dutasteride)  
Dutasteride  
Finasteride

Propecia (finasteride)  
Proscar (finasteride)

### LAXATIVES

Apo-Bisacodyl  
Benefibre (soluble fibre)  
Colace (docusate sodium)  
Dulcolax (bisacodyl)  
Duphalac (lactulose crystals)  
Ex-lax (sennosides)  
Euro-docusate capsules (docusate sodium)  
Glycerin suppositories  
Klean-Prep  
Lansoyl (mineral oil)  
Limonade Aseptia (sodium tartrate)

Maalox (aluminum, magnesium, simethicone)  
Metamucil (psyllium hydrophilic)  
Milk of magnesia USP (magnesium hydroxide)  
Normacol (sterculia)  
Novo-Mucilax (plantago seed)  
Phosphates Solution  
PHL-Docusate Sodium  
PHL-Sennosides  
PMS-Sennosides  
Senokot Preparation (sennosides)

### LOZENGES (THROAT)

Antiseptic Throat Lozenges (hexylresorcinol)  
Bentasil Lozenges (anethole, menthol, eucalyptus)  
Bradosol (4-hexylresorcinol)  
Cepacol (cetylpyridinium)  
Cepastat Lozenges (phenol)  
Dequadin Lozenges (dequalinium)

Fisherman's Friend (menthol)  
Halls (eucalyptus oil, menthol)  
Strepsils (hexylresorcinol)  
Sucrets, Sucrets Complete (dyclonine)  
Sucrets DM Cough Suppressant (dextromethorphan hydrobromide)



### MANIA THERAPY

Lithium Salts	Lithane
Carbolith	Lithium
Duralith	

### MUSCLE RELAXANT

282 MEP (ASA, meprobamate)	Methoxisal-C (methocarbamol, ASA, codeine)
Acetazone Forte (acetaminophen, chlorzoxazone)	Norflex (orphenadrine)
Acetazone C8 (acetaminophen, chlorzoxazone, codeine)	Norgesic, -Forte (orphenadrine, ASA)
Apo-Baclofen	Novo-cycloprine (cyclobenzaprine)
Apo-Cyclobenzaprine	Nu-Baclo (baclofen)
Aspirin Backache (ASA, methocarbamol)	Parafon Forte (acetaminophen and chlorzoxazone)
Dantrium Capsules (dantrolene)	Ratio-Baclofen
Flexeril (cyclobenzaprine)	Ratio-Cyclobenzaprine
Glycopyrrolate	Robaxacet, -Extra Strength (methocarbamol, acetaminophen)
Lioresal (baclofen)	Robaxin, -750 (methocarbamol)
Liotec (baclofen)	Robaxisal, -Extra Strength (methocarbamol, ASA)
Methoxacet (methocarbamol, acetaminophen)	Robaxisal-C (methocarbamol, ASA, codeine)
Methoxacet-C (methocarbamol, acetaminophen, codeine)	Soma (carisoprodol)
Methoxisal (methocarbamol, ASA)	Tylenol Aches and Strains (acetaminophen, chlorzoxazone)

### PREMENSTRUAL SYNDROME AND DYSMENORRHEA

Estrace (estradiol)	Midol Teen Complete (acetaminophen, caffeine, pyrilamine)
Midol Regular, Traditional (ASA, caffeine)	Pamprin Ibuprofen Formula (ibuprofen)
Midol Extra Strength (acetaminophen, caffeine, pyrilamine)	PMS-Paroxetine (paroxetine)
Midol Night-time (methocarbamol, acetaminophen)	

### SEDATIVES

Apo-Alpraz (alprazolam)	Restoril (temezepam)
Apo-Bromazepam	Serax (oxazepam)
Nembutal (pentobarbital)	Starnoc (zaleplon)
Novo-Alprazol (alprazolam)	Tranxene (clorazepate)
Nu-Alpraz (alprazolam)	Unisom Extra Strength/Extra Strength Sleepgels (diphenhydramine)
Nu-Loraz (lorazepam)	Valium Roche Oral (diazepam)
Nytol plain, Extra Strength (diphenhydramine)	Xanax (alprazepam)
PHL-Lorazepam (lorazepam)	Zopiclone
PHL-Temazepam (temazepam)	
PMS-Chloral Hydrate	



### SMOKING CESSATION AIDS

Champix (varenicline)  
Habitrol (nicotine)  
Nicoderm (nicotine)

Nicorette, -Plus (nicotine)  
Nicotrol (nicotine)  
Zyban (bupropion)

### VAGINAL

AVC (sulphanilamide)  
Betadine (povidone iodine)  
Canesten Vaginal (clotrimazole)  
Clotrimaderm (clotrimazole)  
Dolacin Vaginal Cream (clindamycin)  
Flagyl (metronidazole)  
Flagystatin (metronidazole, nystatin)  
Gynecure (tioconazole)

Micozole (miconazole)  
Monistat (miconazole)  
Mycostatin Vaginal Cream (nystatin)  
Nidagel (metronidazole)  
Nilstat (nystatin)  
Nyaderm (nystatin)  
Taro-Terconazole  
Terazol (terconazole)

### OTHER VARIOUS MEDICATIONS

Actonel (risedronate)  
Amatine (midodrine)  
Arava (leflunomide)  
Cialis (tadalafil)  
Copaxone (glatiramer)  
Dicetel (pinaverium)  
Domperidone  
Dostinex (cabergoline)  
Duofilm (salicylic acid)  
Durolane (hyaluronic acid)  
Eltroxin (levothyroxine)  
Enbrel (etanercept)  
Euthyrox (levothyroxine)  
Imuran (azathioprine)  
Lipitor (atorvastatin)  
Loxapine

Methotrexate  
Ostenil (sodium hyaluronate)  
Parathormone (parathyroid)  
Ran-Tamsulosin  
Rofact (rifampin)  
Sandoz Alendronate (alendronate sodium)  
Sandoz Tamsulosin  
Sebivo (telbivudine)  
Seroquel XR (quetiapine fumarate)  
Sterixin 0.05% (chlorhexidine gluconate)  
Strattera (atomoxetine)  
Synthroid (levothyroxine)  
Thyroid  
Vaniqa (eflornithine)  
Vinorelbine tartrate  
Zelnorm (tegaserod)

## 2.0 The 2009 WADA Prohibited List

The World Anti-Doping Agency (WADA) seeks to foster a doping-free culture in sport. It combines the resources of sport and government to enhance, supplement and coordinate existing efforts to educate athletes about the harms of doping, reinforce the ideal of fair play and sanction those who cheat themselves and their sport.

WADA created the World Anti-Doping Program which encompasses all the elements needed in order to ensure optimal harmonization and best practice in international and national anti-doping programs. It includes three main elements: The Code, International Standards and Models of Best Practices.

The purposes of the World Anti-Doping Program and the World Anti-Doping Code are:

- To protect athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for athletes worldwide; and
- To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to detection, deterrence and prevention of doping.

International Standards are developed for different technical and operational areas within an anti-doping program and their purpose is harmonization among Anti-Doping Organizations (ADO), such as the CCES and International Sport Federations, responsible for specific technical and operational parts of anti-doping programs. The International Standard for the Prohibited List was developed by the WADA Prohibited List and Health, Medical and Research Committees based on extensive input from Signatories (entities signing the Code and agreeing to comply with the Code) and governments.

The principal purpose of the WADA Prohibited List is to establish under the rules of the World Anti-Doping Code the substances and methods which are prohibited in sport.

The Code (4.3) states:

*4.3 WADA shall consider the following criteria in deciding whether to include a substance or method on the Prohibited List.*

*4.3.1. A substance or method shall be considered for inclusion on the Prohibited List if WADA determines that the substance or method meets any two of the following three criteria:*

*4.3.1.1. Medical or other scientific evidence, pharmacological effect or experience that the substance or method, alone or in combination with other substances or methods, has the potential to enhance or enhances sport performance;*

*4.3.1.2. Medical or other scientific evidence, pharmacological effect or experience that the Use of the substance or method represents an actual or potential health risk to the athlete;*

*4.3.1.3. WADA's determination that the Use of the substance or method violates the spirit of sport described in the Introduction of the Code*

*4.3.2. A substance or method shall also be included on the Prohibited List if WADA determines there is medical or other scientific evidence, pharmacological effect or experience that the substance or method has the potential to mask the Use of other Prohibited Substances and Prohibited Methods.*

*4.3.3. WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List and the classification of substances into categories on the Prohibited List is final and shall not be subject to challenge by an Athlete or other Person based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk, or violate the spirit of sport.*

The following is extracted from 2009 WADA Prohibited List. It is divided in the following sections:

- Substances (S) and Methods (M) Prohibited at all times (In- and Out-of-Competition)
- Substances (S) and Methods (M) Prohibited In-Competition
- Substances Prohibited in Particular Sports
- Specified Substances
- The 2009 Monitoring Program.

For specific examples of Prohibited Substances, refer to Section 3.0.

Although most national sport governing bodies and international sport federations prohibit the use of substances and methods outlined by WADA, it is important to note that some of the Prohibited Substances may vary from sport to sport. It is the athlete's responsibility to know their sport's anti-doping regulations. In cases of uncertainty, it is recommended to check with the appropriate relevant governing body and/or international sport federations.

## **SUBSTANCES (S) AND METHODS (M) PROHIBITED AT ALL TIMES (IN- AND-OUT-OF-COMPETITION)**

### **PROHIBITED SUBSTANCES**

#### **S1. Anabolic agents**

Anabolic agents are prohibited.

##### **1. Anabolic Androgenic Steroids (AAS)**

###### **a) Exogenous<sup>1</sup> Anabolic Androgenic Steroids**

Exogenous AAS and other substances with similar chemical structure or similar biological effect(s), including but not limited to those identified by "S1.1a", are prohibited.

###### **b) Endogenous<sup>2</sup> Anabolic Androgenic Steroids when administered exogenously**

Endogenous AAS as well as their metabolites and isomers, including but not limited to those identified by "S1.1b", are prohibited.

Where an anabolic androgenic steroid is capable of being produced endogenously, a Sample will be deemed to contain such Prohibited Substance and an *Adverse Analytical Finding* will be reported where the concentration of such Prohibited Substance or its metabolites or markers and/or any other relevant ratio(s) in the Athlete's Sample so deviates from the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. A Sample shall not be deemed to contain a Prohibited Substance in any such case where an Athlete proves that the concentration of the Prohibited Substance or its metabolites or markers and/or the relevant ratio(s) in the Athlete's Sample is attributable to a physiological or pathological condition.

In all cases, and at any concentration, the Athlete's sample will be deemed to contain a Prohibited Substance and the laboratory will report an Adverse Analytical Finding if, based on any reliable analytical method (e.g., IRMS), the laboratory can show that the Prohibited Substance is of exogenous origin. In such case, no further investigation is necessary.

<sup>1</sup> Exogenous refers to a substance which is not ordinarily capable of being produced by the body naturally.

<sup>2</sup> Endogenous refers to a substance which is capable of being produced by the body naturally.

When a value does not so deviate from the range of values normally found in humans and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, but if there are indications, such as a comparison to endogenous reference steroid profiles, of a possible *Use of a Prohibited Substance*, or when a laboratory has reported a T/E ratio greater than four (4) to one (1) and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation shall be conducted by the relevant *Anti-Doping Organization* by reviewing the results of any previous test(s) or by conducting subsequent test (s).

When such further investigation is required the result shall be reported by the laboratory as atypical and not adverse. If a laboratory reports, using an additional reliable analytical method (e.g. IRMS), that the *Prohibited Substance* is of exogenous origin, no further investigation is necessary, and the *Sample* will be deemed to contain such *Prohibited Substance*. When an additional reliable analytical method (e.g. IRMS) has not been applied, and the minimum of three previous test results are not available, a longitudinal profile of the *Athlete* shall be established by performing three no-advance notice tests in a period of three months by the relevant *Anti-Doping Organization*. The result that triggered this longitudinal study shall be reported as atypical. If the longitudinal profile of the *Athlete* established by the subsequent tests is not physiologically normal, the result shall then be reported as an *Adverse Analytical Finding*.

In extremely rare individual cases, boldenone of endogenous origin can be consistently found at very low nanograms per millilitre (ng/mL) levels in urine. When such a very low concentration of boldenone is reported by a laboratory and the application of any reliable analytical method (e.g., IRMS) has not determined the exogenous origin of the substance, further investigation may be conducted by a review of previous tests or by conducting subsequent test(s).

For 19-norandrosterone, an Adverse Analytical Finding reported by a laboratory is considered to be scientific and valid proof of exogenous origin of the Prohibited Substance. In such case, no further investigation is necessary.

Should an Athlete fail to cooperate in the investigations, the Athlete's Sample shall be deemed to contain a Prohibited Substance.

## 2. Other Anabolic Agents

Other anabolic agents, including but not limited to:

- Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol (identified by "S1.2")

## S2. Hormones and Related Substances

The following substances and their releasing factors are prohibited:

- Erythropoiesis-Stimulating Agents (e.g. erythropoietin (EPO), darbepoietin (dEPO), hematide) (identified by "S2.1");
- Growth hormone (hGH), Insulin-like Growth Factors (e.g. IGF-1), Mechano Growth Factors (MGFs) (identified by "S2.2");
- Chorionic Gonadotrophins (CG) and Luteinizing Hormone (LH) in males (identified by "S2.3");
- Insulins (identified by "S2.4");
- Corticotrophins (identified by "S2.5");
- And other substances with similar chemical structure or similar biological effect(s).

Unless the Athlete can demonstrate that the concentration was due to a physiological or pathological condition, a Sample will be deemed to contain a Prohibited Substance (as listed above) where the concentration of the Prohibited Substance or its metabolites and/or relevant ratios or markers in the Athlete's Sample satisfies positivity criteria established by WADA or otherwise so exceeds the range of values normally found in humans so as not to be consistent with normal endogenous production.

If a laboratory reports, using a reliable analytical method, that the Prohibited Substance is of exogenous origin, the Sample will be deemed to contain a Prohibited Substance and shall be reported as an Adverse Analytical Finding.

### S3. Beta-2 Agonists

All Beta-2 agonists, including their D- and L- isomers are prohibited.

Therefore, formoterol, salbutamol, salmeterol and terbutaline when administered by inhalation also require a Therapeutic Use Exemption in accordance with the relevant section of the International Standard for Therapeutic Use Exemptions.

Despite the granting of a Therapeutic Use Exemption, the presence of salbutamol in urine in excess of 1000 ng/mL will be considered an Adverse Analytical Finding unless the Athlete proves, through controlled pharmacokinetic study, that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

### S4. Hormone Antagonists and Modulators

The following classes are prohibited:

- Aromatase Inhibitors, including but not limited to those identified by "S4.1", are prohibited: anastrozole, letrozole, aminoglutethimide, exemestane, formestane, testolactone.
- Selective Estrogen Receptor Modulators (SERMs), including but not limited to those identified by "S4.2", are prohibited: raloxifene, tamoxifen, toremifene.
- Other anti-estrogenic substances, including but not limited to those identified by "S4.3", are prohibited: clomiphene, cyclofenil, fulvestrant.
- Agents modifying myostatin function(s) including but not limited to: myostatin inhibitors.

### S5. Diuretics and Masking Agents

Masking agents are prohibited. They include:

**Diuretics, probenid, plasma expanders** (e.g. intravenous administration of **albumin, dextran, hydroxyethyl starch and mannitol**) and other substances with similar biological effect(s).

Diuretics include:

**Acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides** (e.g. **bendroflumethiazide, chlorothiazide, hydrochlorothiazide**), **triamterene**, and other substances with a similar chemical structure or similar biological effect(s) (except for drosperinone and drosperinone and topical dorzolamide and brinzolamide, which are not prohibited).

A Therapeutic Use Exemption is not valid if an Athlete's urine contains a diuretic in association with threshold or sub-threshold levels of an exogenous Prohibited Substance(s).

## PROHIBITED METHODS

### M1. Enhancement of Oxygen Transfer

The following are prohibited:

- a. Blood doping including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
- b. 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).

### M2. Chemical and Physical Manipulation

- a. Tampering, or attempting to tamper, in order to alter the integrity and validity of Samples collected in Doping Controls is prohibited. These include but not limited to catheterisation, urine substitution and/or alteration.
- b. Intravenous infusions are prohibited except in the management of surgical procedures, medical emergencies or clinical investigations.

### M3. Gene Doping

The transfer of cells or genetic elements or the use of cells, genetic elements or pharmacological agents to the modulating expression of endogenous genes having the capacity to enhance athletic performance, is prohibited.

Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR  $\delta$ ) agonists (e.g. GW 1516) and PPAR  $\delta$ -AMP-activated protein kinase (AMPK) axis agonists (e.g. AICAR) are prohibited.

## SUBSTANCES (S) AND METHODS (M) PROHIBITED IN-COMPETITION

### S6. Stimulants

All stimulants (including both their (D- & L-) optical isomers where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2009 Monitoring Program<sup>3</sup>.

Stimulants include:

#### a) Non Specified Stimulants:

Adrafinil, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, benzylpiperazine, bromantan, clobenzorex, cocaine, cropropamide, crotetamide, dimethylamphetamine, etilamphetamine, famprofazone, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, mefenorex, mephentermine, mesocarb, methamphetamine (D-), methylenedioxyamphetamine, methylenedioxymethamphetamine, p-methylamphetamine, modafinil, norfenfluramine, phendimetrazine, phenmetrazine, phenpromethamine, phentermine, 4-phenylpiracetam (carphedon), prolintane. A stimulant not expressly listed in this section is a Specified Substance.

#### b) Specified Stimulants (examples):

Adrenaline<sup>4</sup>, cathine<sup>5</sup>, ephedrine<sup>6</sup>, etimivan; etilefrine; fenutrazate, fencamfamin, heptaminol, isometheptene; levmetamphetamine; meclofenoxate, methlephedrine<sup>6</sup>, methylphenidate, nikethamide, norfenefrine, octopamine, oxilofrine, parahydroxyamphetamine, pemoline,

<sup>3</sup> The following substances included in the 2009 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, pseudoephedrine, synephrine) are not considered as *Prohibited Substances*.

pentetrazol, phenpromethamine, propylhexedrine, selegiline, sibutramine, strychnine, tuaminoheptane and other substances with similar chemical structure or similar biological effect(s).

#### **S7. Narcotics**

Narcotics, identified by “S7.”, are prohibited: Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

#### **S8. Cannabinoids**

Cannabinoids (e.g., marijuana, hashish) are prohibited.

#### **S9. Glucocorticosteroids**

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

In accordance with the International Standard for Therapeutic Use Exemptions (ISTUE), a Declaration of Use must be completed by the Athlete for glucocorticosteroids administered by intraarticular, periarticular, peritendinous, epidural, intradermal and inhalation routes except as noted below.

Topical preparations when used for auricular, buccal, dermatological (including iontophoresis/phonophoresis), gingival, nasal, ophthalmic and perianal disorders are not prohibited and neither require a Therapeutic Use Exemption nor a Declaration of Use.

Substances of this type are identified in Section 3.0, Prohibited Substances, with a ⚡.

Table 1: Status of glucocorticosteroids based on routes of administration<sup>4</sup>

Route of administration	Prohibited Require a TUE	Require a Declaration of Use $\neq$	Not Prohibited
Oral (e.g., pill form)	●		
Rectal (e.g., suppository, enema, inside the anus)	●		
Intravenous injection	●		
Intramuscular injection	●		
Local injection		●	
Intra-articular injection		●	
Inhalation (e.g., pump)		●	
Periarticular		●	
Peritendinous		●	
Epidural		●	
Intradermal		●	
Aural (e.g., ear drop)			●
Buccal cavity			●
Nasal (e.g., nasal spray)			●
Ophthalmic (e.g., eye drops)			●
Topical (e.g., cream, lotion, ointment, iontophoresis/phonophoresis)			●
Gingival (i.e., the gums)			●
Perianal (i.e., around the anus)			●

## SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

### P1. Alcohol

Alcohol (ethanol), identified by “P1.” is prohibited in-competition only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold (haematological values) is 0.10 g/L.

- Aeronautic (FAI)
- Archery (FITA, IPC)
- Automobile (FIA)
- Boules (IPC bowls)
- Karate (WKF)
- Modern Pentathlon (UIPM) (for disciplines involving shooting)
- Motocycling (FIM)
- Ninepin and Tenpin Bowling (FIQ)

<sup>4</sup> This table is a summary of information in the 2009 WADA Prohibited List, and compiled by the CCES.

- Powerboating (UIM)

## P2. Beta-Blockers

Unless otherwise specified, beta-blockers, including but not limited to those identified by “P2.”, are prohibited in competition only, in the following sports:

- Aeronautic (FAI)
- Archery (FITA, IPC) (also prohibited out-of-competition)
- Automobile (FIA)
- Billiards and Snooker (WCBS)
- Bobsleigh (FIBT)
- Boules (CMSB, IPC bowls)
- Bridge (FMB)
- Curling (WCF)
- Golf (IGF)
- Gymnastics (FIG)
- Modern Pentathlon (UIPM) (for disciplines involving shooting)
- Motorcycling (FIM)
- Ninepin Bowling and Tenpin Bowling (FIQ)
- Powerboating (UIM)
- Sailing (ISAF) (for match race helms only)
- Shooting (ISSF, IPC) (also prohibited out-of-competition)
- Skiing/Snowboarding (FIS) (in ski jumping, free style aerials/halfpipe and snowboard halfpipe/big air)
- Wrestling (FILA)

Beta-blockers include, but are not limited to, the following:

Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.

## SPECIFIED SUBSTANCES

WADA states that “the Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an athlete can establish that the use of such a specified substance was not intended to enhance sport performance, a doping violation may result in a reduced sanction.”

The WADA Code (4.2.2) states: “*For the purposes of the application of Article 10 (Sanctions on Individuals), all Prohibited Substances shall be “Specified Substances” except substances in the classes of anabolic agents and hormones and those stimulants and hormone agonists and modulators so identified on the Prohibited List. Prohibited Methods shall not be Specified Substances.*”

**THE 2009 MONITORING PROGRAM**

The WADA Code (4.5) states “WADA, in consultation with other Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect patterns of misuse in sport.”

The following substances are placed on the 2009 Monitoring List:

- **Stimulants<sup>5</sup>:** ***In-Competition Only:*** Bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradrol, pseudoephedrine, synephrine
- **Narcotics:** ***In-Competition Only:*** morphine/codeine ratio

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<sup>5</sup> These stimulants are not considered to be Prohibited Substances.



### 3.0 Prohibited Substances

The following is a **non-exhaustive** list in alphabetical order of Prohibited Substances. It includes substances that are prohibited in particular sports only and those that require an Abbreviated Therapeutic Use Exemption (refer to Section 4.0, Therapeutic Use Exemptions.) Please note that this **non-exhaustive** list does not contain any examples of Prohibited Methods.

Generic medicines are often named by the abbreviation of the company followed by the chemical name of the substance e.g., Apo-, CO-, Depo-, Gen-, Lin-, Neo-, Novo-, Nu-, PMS-, Ratio-, Rho-, Riva-, Sab-, Sandoz-, Solu-, and Taro-. For example, Apo-Salbutamol is salbutamol.

The first letter and number (e.g., S8) indicate the class of Prohibited Substances the product falls into (as described in Section 2.0 of this booklet.) Generic names or non-proprietary names are written in normal text and brand names are in **bold**. For each brand name the Prohibited Substance is indicated in (brackets.)

S1.1a.	†1-testosterone	S6.	<b>Adderall XR</b> (amphetamine)
S1.1a.	1-androstendiol	S6.	Adrafinil
S1.1a.	1-androstendione	S6.	<b>Adrenalin</b> (epinephrine)
S7.	3-methylfentanyl	S6.	Adrenaline
S1.1b.	†4-androstenedione	S2.5.	Adrenocorticotrophin
S1.1a.	†4-hydroxy-19-nortestosterone	S3/S9.	<b>Advair Diskus/Inhalation Aerosol</b> (salmeterol, fluticasone by inhalation)
S1.1a.	†4-hydroxytestosterone	S3.	<b>Airomir</b> (salbutamol by inhalation)
S6.	4-phenylpiracetam	S5.	Albumin
S1.1b.	† <b>5AD-androstenediol</b> (androstenediol)	S5.	<b>Albuminar</b> (albumin)
S1.1b.	† 5-androstenedione	S5.	<b>Albutein</b> (albumin)
S5.	6 Extran 70 in 0.9 sodium chloride injection (dextran)	S3.	Albuterol (by inhalation)
S5.	10 Extran 40 in 0.9 sodium chloride injection (dextran)	P1.	Alcohol
S5.	10 Extran 40 in dextrose injection (dextran)	S5.	<b>Aldactone</b> (spironolactone)
S1.1a.	†19-norandrostenediol	S5.	<b>Aldactazide -25, -50</b> (hydrochlorothiazide, spironolactone)
S1.1a.	†19-norandrostenedione	S6.	<b>Alertec</b> (modafinil)
S6.	<b>A2</b> (benzylpiperazine)	S7.	<b>Alfenta</b> (alfentanil)
S5.	<b>Accuretic</b> (hydrochlorothiazide)	S7.	Alfentanil
P2.	Acebutolol	S5.	<b>Almizide</b> (amiloride, hydrochlorothiazide)
S5.	Acetazolam	S7.	Alpha-methylfentanyl
S5.	Acetazolamide	P2.	Alprenolol
S2.5.	ACTH	S5.	Altace-HCT (hydrochlorothiazide)
S2.5.	<b>Acthar</b> (corticotrophin)	S9.	<b>Alvesco</b> (ciclesonide by inhalation)
S6.	Adam	S9.	Amcinonide

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S6.	Amfepramone	S6.	<b>Apo-Methylphenidate</b> (methylphenidate)
S6.	Amfetamine	P2.	<b>Apo-Metoprolol SR</b> (metoprolol tartrate)
S6.	Amfetaminil	P2.	<b>Apo-Nadolol</b> (nadolol)
S6.	† <b>Amidrine</b> (isometheptene)	S3.	☞ ☹ ☒ <b>Apo-Salvent Ipravent Sterrules</b> (salbutamol by inhalation)
S6.	Amifenazole	S4.2.	<b>Apo-Tamox</b> (tamoxifen)
S5.	<b>Ami-Hydro</b> (amiloride, hydrochlorothiazide)	S2-1.	<b>Aranesp</b> (erythropoietin)
S5.	Amiloride	S4.1.	<b>Arimidex</b> (anastrozole)
S4.1.	Aminoglutethimide	S9.	☹ ☹ <b>Aristocort</b> (triamcinolone)
S6.	Amiphenazole	S9.	☹ ☹ <b>Aristospan</b> (triamcinolone)
S5.	Amipramizide	S4.1.	<b>Aromasin</b> (exemestane)
S6.	Amphetamine	S4.1.	Aromatase Inhibitors
S6.	Amphetaminil	S5.	<b>Atacand Plus</b> (hydrochlorothiazide)
S1.1a.	† <b>Anadur</b> (nandrolone)	P2.	Atenolol
S4.1.	Anastrozole	S5.	<b>Avalide</b> (hydrochlorothiazide)
S1.1a.	† <b>Anavar</b> (oxandrolone)	S9.	☹ ☹ <b>Barriere HC</b> (hydrocortisone)
S1.1b.	<b>Andriol</b> (testosterone)	S9.	☹ ☹ Beclomethasone
S1.1b.	<b>Androderm</b> (testosterone)	S5.	Bendrofluazide
S1.1b.	† <b>Androdiol</b> (androstenediol)	S5.	Bendroflumethiazide
S1.1a.	Androfurazanol	S5.	<b>Benuryl</b> (probenecid)
S1.1b.	<b>AndroGel</b> (testosterone)	S6.	Benzfetamine
S1.1a.	† <b>Android</b> (methyltestosterone)	S5.	Benzhydrofluemethiazide
S1.1a.	† <b>Androlone-D</b> (nandrolone)	S6.	Benzphetamine
S1.1b.	Androstanolone	S6.	Benzpiperazine
S1.1b.	† <b>Androstene, -50, -100</b> (androstenedione)	S3.	☹ ☒ <b>Berotec Inhalation Aerosol/Solution</b> (fenoterol by inhalation)
S1.1b.	Androstenediol	S9.	☹ ☹ <b>Betaderm</b> (betamethasone)
S1.1b.	Androstenedione	P2.	<b>Betagan</b> (levobunolol)
S9.	☹ ☹ <b>Anodan HC</b> (hydrocortisone)	S9.	☹ ☹ <b>Betaject</b> (betamethasone)
S9.	☒ <b>Anugesic HC</b> (hydrocortisone, rectal)	P2.	<b>Betaloc</b> (metoprolol)
S9.	☒ <b>Anusol HC</b> (hydrocortisone, rectal)	S9.	☹ ☹ Betamethasone
S5.	<b>Apo-Atenidone</b> (atenolol, chlortalidone)	P2.	Betaxolol
S5.	<b>Apo-Cilazapril/HCTZ</b> (hydrochlorothiazide)	S9.	☒ <b>Betnesol</b> (betamethasone, rectal)
S9.	☹ ☹ <b>Apo-Fluticasone</b> (fluticasone)	P2.	<b>Betoptic S</b> (betaxolol)
S5.	<b>Apo-Hydro</b> (hydrochlorothiazide)	S6.	<b>Biphentin</b> (methylphenidate)
P2.	<b>Apo-Labetalol</b> (labetalol)	P2.	Bisoprolol
S5.	<b>Apo-Methazide</b> (hydrochlorothiazide)	S9.	☹ ☹ <b>Blephamide</b> (prednisolone)
S6.	Apo-Methylphenidate SR (methylphenidate)	S1.1a.	Bolandiol
		S1.1a.	Bolasterone

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S1.1a.	Boldenone	S1.2.	Clenbuterol
S1.1a.	Boldione	S1.1b.	<b>Climacteron</b> (testosterone)
P2.	<b>Brevibloc</b> (esmolol)	S6.	Clobenzorex
S3.	<b>Bricanyl Turbuhaler</b> (terbutaline by inhalation)	S9.	Clobex Lotion, Shampoo (clobetasol)
S6.	Bromantan	S9.	Clobetasol
S9.	Budesonide	S9.	Clobetasone
S5.	<b>Buminat</b> (albumin)	S4.3.	<b>Clomid</b> (clomiphene)
S5.	Bumetanide	S4.3.	Clomiphene
P2.	Bunolol	S1.1a.	Clostebol
S7.	† <b>Buprenex</b> (buprenorphine)	S6.	Cocaine
S7.	Buprenorphine	S3.	<b>Combivent Inhalation</b> (salbutamol)
S5.	<b>Burinex</b> (bumetanide)	S6.	<b>Concerta</b> (methylphenidate)
S6.	<b>BZP</b> (benzylpiperazine)	S6.	<b>Cophylac</b> (hydroxyephedrine/xilofrine)
S1.1a.	Calusterone	P2.	<b>Coreg</b> (carvedilol)
S8.	Cannabinoids	P2.	<b>Corgard</b> (nadolol)
S5.	Canrenone	S9.	<b>Cortef</b> (hydrocortisone, oral)
S6.	Carfedon	S9.	<b>Cortenema</b> (hydrocortisone, rectal)
S7.	Carfentanil	S2.5.	Corticotrophin
S6.	† <b>Carnigen</b> (oxilofrine)	S2.5.	Corticotropin
S6.	Carphedon	S9.	<b>Cortifoam</b> (hydrocortisone, rectal)
P2.	Carteolol	S9.	<b>Cortimyxin</b> (hydrocortisone)
P2.	Carvedilol	S9.	Cortisone
S6.	Cathine	S9.	<b>Cortisporin</b> (hydrocortisone)
S6.	† <b>Catovit</b> (prolintane)	S9.	<b>Cortoderm</b> (hydrocortisone)
S9.	<b>Celestoderm V, V/2</b> (betamethasone)	S2.5.	<b>Cortrosyn</b> (corticotrophin)
S9.	<b>Celestone Soluspan</b> (betamethasone)	S5.	† <b>Corzide</b> (bendroflumethiazide)
P2.	Celiprolol	P2.	<b>Cosopt</b> (timolol)
S6.	† <b>Centrophenoquine</b> (meclofenoxate)	S5.	<b>Coversyl Plus</b> (indapamide)
S5.	Chlorothiazide	S6.	Cropropamide
S6.	Chlorpropylamphetamine	S9.	<b>Cutivate</b> (fluticasone)
S5.	Chlortalidone	S6.	Cyclazodone
S1.1a.	Chlortestosterone	S9.	Cyclocort Lotion/Ointment (amcinonide)
S1/SD.	Chlorthalidone	S4.3.	Cyclofenil
S2-3.	Chorionic Gonadotrophin (hCG)	S1.1a.	<b>Cyclomen</b> (danazol)
S9.	<b>Cipro HC</b> (hydrocortisone)	S6.	† <b>Cylert</b> (pemoline)
S9.	<b>Ciprodex</b> (dexamethasone)	S4.1.	† <b>Cytadren</b> (aminogluthetimide)
S9.	Claritin Skin Itch Relief (hydrocortisone)	S6.	D-amphetamine
		S1.1a.	Danazol
		S1.1a.	† <b>Danocrine</b> (danazol)

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S9.	<b>Decadron</b> (dexamethasone)	S5.	Dihydrochlorothiazide
S1.1a.	<b>Deca-Durabolin</b> (nandrolone)	S6.	Dihydromorphinone
S1.1a.	Dehydrochloromethyltestosterone	S6.	Dihydrone
S1.1b.	Dehydroepiandrosterone	S1.1b.	Dihydrotestosterone
S1.1b.	<b>Delatestryl</b> (testosterone)	S7.	<b>Dilaudid, -HP, -XP</b> (hydromorphone)
S1.1a.	Delta1-androstene-3,17-dione	S6.	Dimetamphetamine
S1.1a.	Delta1-androstenediol	S6.	Dimethylamphetamine
S1.1a.	Delta1-dihydro-testosterone	S1.1a.	† <b>Dimetriose</b> (gestrinone)
S7.	<b>Demerol</b> (pethidine)	S1.1b.	† <b>Diol-4</b> (androstenediol)
S6.	Deprenyl	S9.	<b>Diopred</b> (prednisolone)
S9.	<b>Derma Smoothe/FS</b> (fluocinolone acetonide)	S9.	<b>Diprolene</b> (betamethasone)
S9.	<b>Dermasone</b> (clobetasol)	S9.	<b>Diprosalic</b> (betamethasone)
S9.	<b>Dermatop</b> (prednicarbate)	S9.	<b>Diprosone</b> (betamethasone)
S1.1a.	<b>Dermalon</b> veterinary (methyltestosterone)	S7.	† <b>Dolophine</b> (methadone)
S9.	Dermovate Cream/Ointment (clobetasol)	S9.	<b>Dovobet</b> (betamethasone)
S9.	Desocort Cream/Ointment (desonide)	S1.1a.	Dromostanolone
S9.	Desonide	S1.1a.	Drostanolone
S9.	Desoximetasone	S1.1b.	† <b>Duogex</b> (testosterone)
S6.	Desoxyephedrine	P2.	<b>DuoTrav</b> (timolol)
S1.1a.	Desoxymethyltestosterone	S3.	<b>Duovent UDV</b> (fenoterol)
S6.	Desoxynorephedrine	S1.1a.	† <b>Durabolin</b> (nandrolone)
S9.	Dexamethasone	S1.1a.	† <b>Duraboral</b> (ethylestrenol)
S6.	Dexamphetamine	S7.	<b>Duragesic</b> (fentanyl)
S9.	<b>Dexasone</b> (dexamethasone)	S5.	Dutasteride
S6.	<b>Dexedrine</b> (amphetamine)	S5.	<b>Dyrenium</b> (triamterene)
S5.	Dexiron- LIQ IM IV (dextran)	S6.	Ecstasy (MDMA or 3,4-methylenedioxy-N-methamphetamine)
S5.	Dextran	S5.	<b>Edecrin</b> (etacrynic acid)
S6.	Dextroamphetamine	S9.	<b>Egozinc HC</b> (hydrocortisone)
S7.	Dextromoramide	S9.	<b>Elocom</b> (mometasone)
S1.1b.	DHEA	S9.	<b>Emo-Cort</b> (hydrocortisone)
S1.1b.	DHT	S7.	<b>Endocet</b> (oxycodone)
S7.	<b>Diagesil</b> (diamorphine)	S7.	<b>Endodan</b> (oxycodone)
S7.	Diamorphine	S6.	<b>E.N.R 2000</b> (ephedrine)
S5.	<b>Diamox</b> (acetazolamide)	S9.	Entocort capsules/Enema (budesonide)
S6.	† <b>Didrex</b> (benzphetamine)	S6.	Ephedrine
S6.	Diethylpropion	S6.	<b>Ephedrine HCL</b> (ephedrine)
S9.	Diflucortolone	S6.	<b>Ephedrine Sulfate</b> (ephedrine)
		S6.	Ephedrine Sulfate Injection (ephedrine)

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S6.	Epinephrine	S9.	Fludrocortisone
S6.	<b>Epipen</b> (epinephrine)	S9.	Flumethasone
S5.	Epitestosterone	S9.	Flunisolide
S2-1.	EPO	S9.	Fluocinolone
S2-1.	<b>Eprex</b> (erythropoietin)	S9.	Fluocinonide
S1.1a.	<b>Equipoise</b> veterinary (boldenone)	S9.	Fluorometholone
S2-1.	Erythropoietin (EPO)	S1.1a.	Fluoxymesterone
P2.	Esmolol	S9.	Fluticasone
S5.	Etacrynic acid	S9.	<b>FML</b> (fluorometholone)
S6.	Etamivan	S3.	<b>Foradil</b> (formoterol)
S6.	Etamphetamine	S1.1a.	Formebolone
S6.	Etilamphetamine	S4.1.	Formestane
S6.	Etilefrine	S3.	Formoterol
P1.	Ethanol	S6.	<b>Formula C34</b> (ephedrine)
S6.	Ethylamphetamine	S7.	Formyldienolone
S1.1a.	Ethylestrenol	S5.	Frusemide
S1.1a.	Ethynorgestrienone	S9.	<b>Fucidin H</b> (hydrocortisone)
S4.2.	<b>Evista</b> (raloxifene)	S4.3.	Fulvestrant
S4.1.	Exemestane	S1.1a.	Furazabol
S6.	Famprofazone	S6.	Furfenorex
S6.	† <b>Fastin</b> (phentermine)	S5.	Furosemide
S4.2.	† <b>Fareston</b> (toremifene)	S5.	<b>Furoside</b> (furosemide)
S4.3.	† <b>Faslodex</b> (fulvestrant)	S9.	<b>Garasone</b> (betamethasone)
S4.1.	Femara, -Advanced, -Extended (letrozole)	S5.	<b>Gen-Amilazide</b> (amiloride, hydrochlorothiazide)
S6.	Fenbutrazate	S9.	<b>Gen-Beclo AQ</b> (beclomethasone)
S6.	Fencamfamine	S3.	<b>Gen-Combo Sterinebs</b> (salbutamol)
S6.	Fencamine	S5.	Gen-Lisinopril HCTZ (hydrochlorothiazide)
S6.	Fenetylline	S5.	<b>Gentran</b> (dextran)
S6.	Fenfluramine	S1.1a.	<b>Geri-Tabs</b> veterinary (methyltestosterone)
S3.	Fenoterol	S1.1a.	Gestrinone
S6.	Fenproporex	S6.	† <b>Gewodin</b> (famprofazone)
S6.	Fensidnimine	S6.	<b>Grippalin</b> (ephedrine)
S7.	Fentanyl	S2-2.	Growth hormone (hGH)
S4.3.	† <b>Fertodur</b> (cyclofenil)	S9.	Halcinonide
S9.	<b>Flarex</b> (fluorometholone)	S9.	Halobetasol
S9.	<b>Flonase</b> (fluticasone)	S9.	<b>Halog Cream/Ointment</b> (halcinonide)
S9.	<b>Florinef</b> (fludrocortisone)		
S9.	<b>Flovent</b> (fluticasone)		
S9.	<b>Flovent HFA</b> (fluticasone)		
S4.1.	† <b>Fludestrin</b> (testolactone)		

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S8.	Hashish (cannabinoids)	S7.	<b>Kadian</b> (morphine)
S2-3.	♂hCG	S9.	⊗/⊗ <b>Kenacomb</b> (triamcinolone)
S9.	⊗/⊗ <b>Hemcort HC</b> (hydrocortisone)	S9.	⊗/⊗ <b>Kenalog</b> (triamcinolone)
S6.	Heptaminol	S4.2.	Keoxifene
S5.	Hetastarch	S5.	<b>Lasix, -Special</b> (furosemide)
S7.	Heroin	P2.	Labetalol
S5.	HES (hydroxyethyl starch)	P2.	Labetalol HCl Injection USP (labetalol)
S2-2.	hGH (Human Growth Hormone)	S2.4.	<b>Lantus</b> (insulin)
S2.4.	<b>Humalog</b> (insulin)	S6.	<b>Legal E</b> (benzylpiperazine)
S2.4.	Humalog Mix 50 (carthidge) (insulin)	S6.	<b>Legal X</b> (benzylpiperazine)
S2-3.	♂ Human Chorionic Gonadotrophin	S4.1.	<b>Lentaron</b> (formestane)
S2-2.	<b>Humatrope</b> (somatropin --growth hormone)	S2.4.	<b>Levemir</b> (insulin)
S2.4.	<b>Humulin</b> (insulin)	S6.	Levmethamphetamine
S9.	⊗/⊗ <b>Hycort</b> (hydrocortisone)	P2.	Levobunolol
S9.	⊗/⊗ <b>Hyderm</b> (hydrocortisone)	S4.1.	Letrozole
S5.	Hydrochlorothiazide	S2.3.	♂ LH
S9.	⊗/⊗ Hydrocortisone	S9.	⊗/⊗ <b>Lidemol</b> (fluocinonide)
S7.	<b>Hydromorph Contin</b> (hydromorphone)	S9.	⊗/⊗ <b>Lidex</b> (fluocinonide)
S7.	<b>Hydromorph-IR</b> (hydromorphone)	S6.	Lidocaine 2% and Epinephrine (epinephrine bitartrate)
S7.	Hydromorphone	P2.	<b>Linsotalol</b> (sotalol)
S7.	Hydromorphone HP	S1.2.	† <b>Livial</b> (tibolone)
S9.	⊗/⊗ <b>Hydrosone Cream</b> (hydrocortisone)	S5.	LMD 10% in dextrose 5% (dextran)
S9.	⊗/⊗ <b>HydroVal</b> (hydrocortisone)	S5.	LMD 10% 0.9% sodium chloride (dextran)
S5.	Hydroxyethyl starch	S9.	⊗ Locacorten Vioform Cream (flumethasone)
S2.4.	<b>Hypurin NPH</b> (insulin)	S9.	⊗ Locacorten Vioform Eardrops (flumethasone)
S2.4.	<b>Hypurin Regular</b> (insulin)	P2.	<b>Lopresor</b> (metoprolol)
S5.	<b>Hyzaar, -DS</b> (hydrochlorothiazide)	S9.	⊗/⊗ <b>Lotriderm</b> (betamethasone)
S2-2.	IGF-1	S6.	Love Drug
S5.	Indapamide	S6.	Love Pill
S9.	⊗/⊗ <b>Inflamase Forte</b> (prednisolone)	S5.	<b>Lozide</b> (indapamide)
S5.	<b>Inhibace Plus</b> (hydrochlorothiazide)	S6.	† <b>Lucidril</b> (meclofenoxate)
S2.4.	<b>Innovo</b> (insulin)	S2.3.	♂ Luteinizing hormone
S2.4.	Insulin	S2.3.	♂ Lutropin (LH)
S2-2.	Insulin-like Growth Factor (IGF-1)	S2.3.	♂ Luveris (LH)
S6.	<b>Ionamin</b> (phentermine)	S9.	⊗/⊗ <b>Lyderm Cream/Ointment</b> (fluocinonide)
S6.	Isometheptene	S6.	Madam Pearl's Cough Syrup (ephedrine)
S7.	Isonipecaïne		
S6.	Isoproterenol HCl for Injection USP (isoproterenol)		

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S1.1b. <b>Malogen</b> (testosterone)	S1.1a. † <b>Methyl D</b> (methylidienolone)
S1.1b. <b>Malogex</b> (testosterone)	S1.1a. † <b>Methyl Dien</b> (methylidienolone)
S6. <b>Malt Plus</b> (strychnine)	S1.1a. Methylidienolone
S8. Marijuana (cannabinoids)	S6. Methylenedioxyamphetamine
S1.1a. † <b>Maxibolin</b> (ethylestrenol)	S6. Methylenedioxymethamphetamine
S9. ⚠️ <b>Maxidex</b> (dexamethasone)	S6. Methylephedrine
S9. ⚠️ <b>Maxitrol</b> (dexamethasone)	S1.1a. Methylnoretestosterone
S6. <b>MDA</b> (methylenedioxyamphetamine)	S6. Methylphenidate
S6. <b>MDMA</b> (methylenedioxyamphetamine or Ecstasy)	S9. ⚠️ <b>Methylprednisolone</b>
S2.2. Mechano Growth Factors (MGF)	S1.1a. Methyltestosterone
S6. Meclofenoxate	S1.1a. Methyltrienolone
S9. ⚠️ <b>Medrol</b> (methylprednisolone)	P2. Metipranolol
S6. Mefenorex	S5. Metolazone
S6. Mellow Drug of America	P2. Metoprolol
S7. Meperidine	S2.2. MGF
S6. Mephentermine	S1.1a. Mibolerone
S6. Mephedrine	S6. † <b>Midrin</b> (isometheptene)
S6. <b>Meridia</b> (sibutramine)	S4.3. † <b>Milophene</b> (clomiphene)
S7. <b>M-Eslon</b> (morphine)	S1.1a. † <b>Miotolon</b> (furazabol)
S6. Mesocarb	S6. Modafinil
S2.3. ♂ <b>Menopur</b> (LH)	S5. <b>Moduret</b> (amiloride, hydrochlorothiazide)
S1.1a. Mestanolone	S9. ⚠️ <b>Mometasone</b>
S1.1a. Mesterolone	P2. <b>Monocor</b> (bisoprolol)
S7. <b>Metadol</b> (methadone)	S7. Morphine
S1.1a. Metandienone	S7. <b>M.O.S., -SR</b> (morphine)
S1.1a. <b>Metandren</b> (methyltestosterone)	P2. <b>Monitan</b> (acebutolol)
S1.1a. Metenolone	S7. <b>MS, -Contin, •IR</b> (morphine)
S7. Methadone	S1.1a. † <b>Myotolon</b> (furazabol)
S6. Methamphetamine	P2. Nadolol
S1.1a. Methandienone	S1.1a. Nandrolone
S1.1a. Methandriol	S9. ⚠️ <b>Nasacort</b> (triamcinolone)
S1.1a. Methandrostenolone	S9. ⚠️ <b>Nasonex</b> (mometasone)
S1.1a. Methasterone	S5. † <b>Naturetin</b> (bendroflumethiazide)
S1.1a. Methenolone	S1.1a. † <b>Nemestran</b> (gestrinone)
S1.1a. † <b>Methosarb</b> (calusterone)	S1.1b. <b>Neo pause</b> (testosterone)
S1.1a. Methyl-1-testosterone	S9. ⚠️ <b>Nerisalic</b> (difluocortolone)
S1.1a. Methylandrostenediol	S6. Nicethamide
S6. Methylamphetamine	S6. Nikethamide
	S1.1a. † <b>Nilevar</b> (norethandrolone)
	S1.1a. Norboletone

#### Legend

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S1.1a.	Norclostebol	S7.	Oxycone
S1.1a.	Norethandrolone	S7.	<b>OxyContin</b> (oxycodone)
S6.	Norfenefrine	S7.	<b>Oxy •IR</b> (oxycodone)
S6.	Norfenfluramine	S1.1a.	Oxymesterone
S4.2.	<b>Novaldex, -D</b> (tamoxifen)	S1.1a.	Oxymetholone
S5.	<b>Novamilor</b> (amiloride, hydrochlorothiazide)	S7.	Oxymorphone
S2.4.	<b>Novolin</b> (insulin)	S7.	† <b>Palfium</b> (dextromoramide)
S3.	☞☞ <b>Novo-Salmol Tablets</b> (salbutamol)	S7.	<b>Palladone</b> (hydromorphone)
S5.	<b>Novo-Semide</b> (furosemide)	S5.	Pamprin Extra Strength Caplets, -PMS Caplets (acetaminophen, pamabrom, pyrilamine)
S5.	<b>Novo-Spiroton</b> (spironolactone)	S5.	<b>Painaid</b> (pamabron)
S5.	<b>Novo-Spirozine</b> (hydrochlorothiazide, spironolactone)	S1.1a.	† <b>Parabolan</b> (trenbolone)
S5.	<b>Novo-Thalidone</b> (chlortalidone)	S6.	Parahydroxyamphetamine
S5.	<b>Novo-Triamzide</b> (hydrochlorothiazide, triamterene)	S9.	☞☞ <b>Pediapred</b> (prednisolone)
S5.	<b>Novo-Zolamide</b> (acetazolamide)	S6.	Pemoline
P2.	<b>Nu-Metop</b> (metoprolol)	S9.	☞☞ <b>Pentamycetin</b> (hydrocortisone)
S2-2.	<b>Nutropin</b> (somatotropin - growth hormone)	S5.	<b>Pentaspan</b> (pentastarch –plasma expander)
S6.	Octopamine	S5.	Pentastarch
S6.	† <b>Olmifon</b> (adrafinil)	S7.	Pentazocine
S6.	<b>Omni-Tuss</b> (ephedrine)	S6.	Pentetrazole
S7.	<b>Opium &amp; Belladonna Suppositories</b> (morphine)	S7.	<b>Percocet, -Demi</b> (oxycodone)
S1.1a.	† <b>Orabolin</b> (ethylestrenol)	S7.	<b>Percodan, -Demi</b> (oxycodone)
S9.	☞☞ <b>Oracort</b> (triamcinolone)	S7.	Pethidine
S1.1a.	† <b>Oranabol</b> (oxymesterone)	S6.	Phendimetrazine
S1.1a.	† <b>Orgabolin</b> (ethylestrenol)	S6.	Phenimethoxazine
S4.1.	† <b>Orimeten</b> (aminogluthetimide)	S6.	Phenmetrazine
S6.	Ortetamine	S6.	Phenoxazole
S2-3.	♂ <b>Ovidrel</b> (human Chorionic Gonadotrophin)	S6.	Phenpromethamine
S1.1a.	Oxabolone	S6.	Phentermine
S1.1a.	† <b>Oxandrin</b> (oxandrolone)	S6.	Phenylisohydantin
S1.1a.	Oxandrolone	P2.	<b>-Pindol</b> (pindolol)
S6.	Oxazimedrine	P2.	Pindolol
S3.	☞☞ <b>Oxeze</b> (formoterol)	S2.3.	♂ Pituitary gonadotrophins (LH)
S6.	Oxilofrine	S5.	Plasbumin -5, -25 (albumin)
P2.	Oxprenolol	S5.	Plasma expanders (e.g., hydroxyethyl starch)
S7.	Oxycodone	S5.	<b>PMS-Hydrochlorothiazide</b> (hydrochlorothiazide)

#### Legend

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S7.	PMS-Oxycodone-Acetaminophen (oxycodone)	P2.	<b>Ratio-Levobunolol</b> (levobunolol)
S9.	<b>Pramox HC</b> (hydrocortisone)	S6.	<b>Ratio-Methylphenidate</b> (methylphenidate)
S1.1b.	Prasterone	S7.	<b>Ratio-Morphine</b> (morphine)
S9.	Prednicarbate	S7.	<b>Ratio-Oxycocet</b> (oxycodone)
S9.	<b>Pred Forte/Mild</b> (prednisolone)	S7.	<b>Ratio-Oxycodan</b> (oxycodone)
S9.	Prednisolone	S9.	<b>Ratio-Proctosone</b> (hydrocortisone)
S9.	Prednisone	S9.	<b>Ratio-Topilene</b> (betamethasone)
S6.	† <b>Prefamone</b> (amfepramone)	S9.	<b>Ratio-Topisone</b> (betamethasone)
S9.	<b>Prevex</b> (betamethasone)	S9.	<b>Ratio-Triacomb</b> (triamcinolone)
S9.	<b>Prevex HC</b> (hydrocortisone)	S9.	<b>Rectogel</b> (hydrocortisone)
S6.	† <b>Primobolan</b> (metenolone)	S7.	Renifentanil
S5.	<b>Prinzide</b> (hydrochlorothiazide)	S3.	Reoproterol
S5.	Probenecid	S9.	<b>Rhinalar</b> (flunisolide)
S9.	<b>Proctodan</b> (hydrocortisone)	S9.	<b>Rhinocort</b> (budesonide)
S9.	<b>Proctofoam</b> (hydrocortisone)	S6.	† <b>Rhinofluimucil</b> (tuaminoheptane)
S9.	<b>Proctomyxin</b> (hydrocortisone)	P2.	<b>Rhotral</b> (acebutolol)
S9.	<b>Proctosedyl</b> (hydrocortisone)	S9.	Rimexolone
S6.	Prolintane	S6.	<b>Ritalin, -SR</b> (methylphenidate)
S6.	† <b>Promotil</b> (prolintane)	S7.	<b>Rivacocet</b> (oxycodone)
S9.	<b>Propaderm</b> (beclomethasone)	S9.	<b>Rivanase AQ</b> (beclomethasone)
P2.	Propranolol	S5.	<b>Riva-zide</b> (hydrochlorothiazide, triamterene)
S6.	Propylhexedrine	S7.	† <b>Roxanol, -100</b> (morphine)
S1.1a.	Prostanozol	S9.	<b>Sab-Anuzinc HC, Plus</b> (hydrocortisone)
S6.	† <b>Provigil</b> (modafinil)	S2-2.	<b>Saizen</b> (synthetic somatropin)
S1.1a.	† <b>Proviron</b> (mesterolone)	S3.	Salbutamol
S9.	Pulmicort Nebuamp/Turbuhaler (budesonide)	S3.	Salmeterol
S1.1a.	Quinbolone	S9.	<b>Sarna HC</b> (hydrocortisone)
S9.	<b>Qvar</b> (beclomethasone)	S9.	<b>Sandoz Cortimycin</b> (hydrocortisone)
S4.2.	Raloxifene	S9.	<b>Sandoz Opticort</b> (dexamethasone)
P2.	<b>RAN-Atenolol</b> (atenolol)	S9.	<b>Sandoz Pentasone</b> (betamethasone)
P2.	<b>RAN-Carvedilol</b> (carvedilol)	P2.	<b>Sandoz Pindolol</b> (pindolol)
S7.	RAN-Fentanyl Transdermal System (fentanyl)	S9.	<b>Sandoz Prednisolone</b> (prednisolone)
S9.	<b>Ratio-Clobetasol</b> (clobetasol)	S9.	<b>Sandoz Proctomycin</b> (hydrocortisone)
S9.	<b>Ratio-Ectosone</b> (betamethasone)		
S7.	<b>Ratio-Fentanyl</b> (fentanyl)		
S9.	<b>Ratio-Fluticasone</b> (fluticasone propionate)		

#### Legend

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S8.	<b>Sativex</b> (Delta-9- tetrahydrocannabinol, cannabidiol)	S6.	Tenamfetamine
P2.	<b>Sectral</b> (acebutolol)	P2/S5.	<b>Tenoretic</b> (atenolol, chlortalidone)
S6.	Selegiline	S6.	<b>Tenuate</b> (amfepramone)
S3.	<b>Serevent</b> (salmeterol)	S3.	Terbutaline
S4.3.	<b>Serophene</b> (clomiphene)	S4.1.	† <b>Teslac</b> (testolactone)
S2-2.	<b>Serostim</b> (synthetic somatropin)	S4.1.	Testim 1% (testosterone)
S6.	Sibutramine	S4.1.	Testolactone
S9.	<b>Sofracort</b> (dexamethasone)	S1.1b.	Testosterone
S9.	<b>Solu-Cortef</b> (hydrocortisone)	S1.1b.	† <b>Testoviron</b> (testosterone)
S2-2.	Somatrem	S1.1b.	† <b>Tetrabol</b> (androstenedione)
S2-2.	Somatropin	S2.5.	Tetracosactide
P2.	Sotalol	S1.1a.	Tetrahydrogestinone
S5.	Spironolactone	S1.1a.	† <b>Theranabol</b> (oxymesterone)
S1.1a.	Stanozolol	S1.1a.	THG
S7.	<b>Statex</b> (morphine)	S5.	Thiazides
S1.1a.	Stenbolone	S9.	<b>Tiamol</b> (fluocinonide)
S1.1a.	† <b>Stromba</b> (stanozolol)	S1.2.	Tibolone
S6.	Strychnine	P2.	<b>Timol</b> (timolol)
S7.	<b>Suboxone</b> (buprenorphine)	P2.	Timolol
S7.	<b>Sufenta</b> (sufentanil)	P2.	<b>Timoptic, -XE</b> (timolol)
S7.	Sufentanil	S9.	<b>Tobradex</b> (dexamethasone)
S7.	<b>Subutex</b> (buprenorphine)	S9.	Topicort Cream/Gel/Ointment (desoximetasone)
S7.	<b>Supeudol</b> (oxycodone)	S9.	<b>Topsyn Gel</b> (fluocinonide)
S5.	<b>Supres</b> (chlorothiazide)	S4.2.	Toremifene
S6.	Sydnocarb	P2.	<b>Trandate</b> (labetalol)
S3/S9.	<b>Symbicort Turbuhaler</b> (formoterol, budesonide)	P2.	<b>Trasicor</b> (oxprenolol)
S2.5.	<b>Synacthen Depot</b> (corticotrophin)	S2.3.	♂Trelstar (LH releasing hormone analog)
S9.	<b>Synalar</b> (fluocinolone)	S2.3.	♂Trelstar LA (LH releasing hormone analog)
S2.3.	♂ <b>Synthetic gonadotrophins (LH)</b>	S1.1a.	Trenbolone
S7.	<b>Talwin</b> (pentazocine)	S9.	<b>Triaderm</b> (triamcinolone)
S4.2.	<b>Tamofen</b> (tamoxifen)	S9.	Triamcinolone
S4.2.	<b>Tamone</b> (tamoxifen)	S5.	Triamterene
S4.2.	Tamoxifen	S5.	<b>Triazide</b> (hydrochlorothiazide, triamterene)
S9.	<b>Taro-Sone</b> (betamethasone)	S1.1a.	† <b>Trofodermin</b> (clostebol)
S5.	Tears Naturale II drop (dextran)	S6.	Tuaminoheptane
S5.	Tears Naturale Free DPS (dextran)	S1.1a.	Turinabol
S5.	Tears Naturale Forte (dextran)	S6.	<b>Twinject</b> (adrenaline)
S7.	† <b>Temgesic</b> (buprenorphine)		

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S7.	<b>Ultiva</b> (remifentanyl)	S5.	<b>Zestoretic</b> (hydrochlorothiazide)
S9.	<b>Ultravate</b> (halobetasol)	S1.2.	<b>Zilmax</b> (zilpaterol)
S1.1b.	<b>Uni-bol</b> veterinary (testosterone)	S1.2.	Zilpaterol
S1.1b.	<b>Uni-test</b> veterinary (testosterone)		
S9.	<b>Uremol HC</b> (hydrocortisone)		
S5.	<b>Uridon</b> (chlortalidone)		
S5.	<b>Urozide</b> (hydrochlorothiazide)		
S9.	<b>Valisone</b> (betamethasone)		
S6.	<b>Vaponefrin</b> (epinephrine)		
S5.	<b>Vaseretic</b> (hydrochlorothiazide)		
S1.2.	<b>Ventipulmin</b> veterinary (clenbuterol)		
S3.	<b>Ventodisk</b> (salbutamol)		
S3.	<b>Ventolin</b> (salbutamol)		
S3.	<b>Ventolin Diskus</b> (salbutamol)		
S3.	<b>Ventolin HFA</b> (salbutamol)		
S3.	<b>Ventolin Injection</b> (salbutamol)		
S3.	<b>Ventolin Nebules P.F.</b> (salbutamol)		
S3.	<b>Ventolin Oral Liquid</b> (salbutamol)		
S3.	<b>Ventolin Respirator Solution</b> (salbutamol)		
S9.	<b>Vexol</b> (rimexolone)		
S9.	<b>Viaderm KC</b> (triamcinolone)		
S9.	<b>Vioform Hydrocortisone</b> (hydrocortisone)		
S1.1b.	† <b>Virilon</b> (testosterone)		
S5.	Visine Advance Triple Action (dextran)		
S5/P2.	<b>Viskazide</b> (hydrochlorothiazide, pindolol)		
P2.	<b>Visken</b> (pindolol)		
S6.	† <b>Volital</b> (pemoline)		
S9.	<b>Westcort</b> (hydrocortisone)		
S7.	<b>Wildnil Liquide IM</b> veterinary (carfentanyl)		
S9.	<b>Winpred</b> (prednisone)		
S1.1a.	<b>Winstrol</b> (stanozolol)		
S6.	† <b>Wyamine</b> (mephentermine)		
S6.	<b>XTC</b> (methylenedioxymethamphetamine)		
S6.	<b>Zap, -Extra</b> (ephedrine)		
S5.	<b>Zaroxolyn</b> (metolazone)		
S6.2.	Zeranol		

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**Legend**

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## 4.0 Therapeutic Use Exemptions

Some athletes need to use drugs such as insulin to treat diabetes or salbutamol inhalers for asthma attacks. If you need to use a prohibited substance or method, you can apply for a therapeutic use exemption, better known as a TUE. When a TUE is granted, if you test positive, we'll know that you're using your medication for a medically-justified reason, and not to enhance your performance. To find out more about TUEs:

- E-mail [TUE-AUT@cces.ca](mailto:TUE-AUT@cces.ca).
- Call our toll-free InfoLine at 1-800-672-7775.

### Under what circumstances can an athlete apply for a TUE?

A TUE will only be considered by the CCES under the following circumstances:

- the athlete would experience a significant impairment to health if the prohibited substance or method were to be withheld in the course of treating an acute or chronic medical condition;
- the use of the prohibited substance or method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition, and;
- there is no reasonable therapeutic alternative or any alternative is inefficient.

For example, when the above-mentioned conditions have been demonstrated:

- a TUE may be granted for:
  - the use of Insulin for the treatment of insulin-dependent diabetes; or
  - the use of a Salbutamol inhaler for the treatment of asthma.
- a TUE would not be granted for:
  - the use of a nutritional supplement or vitamin; or
  - the recreational use of cannabinoids.

### What are the TUE requirements for the different types of athletes?

First, determine what type of athlete you are using the table below. If you are in more than one group, contact the CCES to determine your requirements.

Athletes who are:	Are called:
In the IF's RTP	IF-RTP athletes
In the CCES RTP as a National RTP athlete	N-RTP athletes
In the CCES RTP as a General RTP athletes	G-RTP athletes
NOT in an RTP, and compete internationally (e.g., NorAm circuit, invitational events outside Canada)	International athletes
NOT in a RTP, and compete nationally (e.g., CIS, CCAA, junior football, Canada Games)	Domestic athletes

**RTP: registered testing pool**

**IF: international federation**

**IF-RTP athletes:**

- Contact the CCES. We will determine if we can process your TUE application using your IF rules.
- All TUE applications *must* be submitted 21 days in advance of competition along with a complete medical file.
- Under emergency medical conditions, a retroactive TUE application can be submitted.
- Asthma medications *should* be declared on ADAMS.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

**N-RTP athletes:**

- Submit TUE applications to the CCES.
- All TUE applications *must* be submitted in advance of competition along with a complete medical file.
- TUEs for asthma medications *may* be granted retroactively, and would be requested by the CCES following a doping control. Maintain a medical file in case you are asked to submit a TUE application.
- Asthma medications *should* be declared on ADAMS.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

**G-RTP athletes:**

- Submit TUE applications to the CCES.
- All TUE applications *should* be submitted in advance of competition along with a complete medical file.
- TUEs for asthma medications *may* be granted retroactively, and would be requested by the CCES following a doping control. Maintain a medical file in case you are asked to submit a TUE application.
- Asthma medications *should* be declared on ADAMS.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

**International athletes:**

- Contact the CCES. We will determine if we can process your TUE application using your IF rules.
- Most likely, you will need to submit TUE applications 21 days in advance of competition along with a complete medical file.
- Asthma medications *should* be declared on ADAMS.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

**Domestic athletes:**

- All TUEs *may* be granted retroactively, and would be requested by the CCES following a doping control. Maintain a medical file in case you are asked to submit a TUE application.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

**How do I apply for a TUE?**

- Download the CCES TUE application form at [www.cces.ca/pdfs/CCES-FORM-TUE-E.pdf](http://www.cces.ca/pdfs/CCES-FORM-TUE-E.pdf).
- When applying for a TUE, you must demonstrate a legitimate medical use for a prohibited substance. Verify with your doctor that the use of alternative medication not on the WADA Prohibited List would be unsatisfactory for this condition.
- Ensure that the form is accurately and legibly completed by your physician, and accompanied by a complete medical file. The exact contents of the file vary depending on your medical condition:
  - For asthma, go to:  
[www.wada-ama.org/rtecontent/document/asthma\\_TUEC.pdf](http://www.wada-ama.org/rtecontent/document/asthma_TUEC.pdf)
  - For other substances, go to:  
[www.wada-ama.org/rtecontent/document/medicalinformationtue2007.pdf](http://www.wada-ama.org/rtecontent/document/medicalinformationtue2007.pdf)
- Submit the completed TUE application form to the CCES by one of three methods:
  - Fax: (613) 521-3134
  - Email: [tue-aut@cces.ca](mailto:tue-aut@cces.ca)
  - Mail: 350- 955 Green Valley Crescent  
Ottawa, ON Canada K2C 3V4
- Retain a copy of the TUE application form in the event of an adverse analytical finding.

The CCES will only review a TUE application once it has received a completed CCES TUE application form and accompanying medical file. Incomplete applications will be returned to applicants.

All TUEs granted by the CCES are forwarded to the World Anti-Doping Agency (WADA).

**What is the duration of a TUE?**

TUEs granted by the CCES are valid for the duration of the treatment as prescribed by the physician, up to a maximum of two years. It is the athlete's responsibility to know when the TUE expires and to apply for renewal, if necessary, before this date.



## 5.0 Supplements

After a recent anti-doping violation caused by supplement use, the CCES is again drawing attention to the extreme risk an athlete runs when using supplements. While it is easy to assume that an inadvertent anti-doping rule violation can only happen to someone else, in reality anyone that uses supplements is at risk, even after taking any recommended precautionary steps.

### What is the CCES' position regarding supplement use?

The CCES believes the use of most supplements poses an unacceptable risk for athletes and their athletic career. While the CCES does not recommend the use of supplements, we do acknowledge that many athletes choose to use them to support the nutritional demands of training and travelling.

Ultimately, athletes are responsible for any prohibited substance that may be found in their sample; this is known as strict liability. If athletes who use supplements test positive for a prohibited substance, this can result in a violation being declared, regardless of how the prohibited substance got into their body. Serious sanctions may be imposed.

### What are the risks associated with supplement use?

Supplements may intentionally contain prohibited substances or may be inadvertently contaminated with prohibited substances. The key issue is that there is little government regulation on the supplement industry. Some supplement manufacturers mislabel their products by not accurately specifying the contents or the relative amounts of each ingredient per dose. It is not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process if the manufacturer produces other products that contain prohibited substances. Many ingredients are sourced outside of Canada and may be contaminated.

The reality is that there continue to be significant risks associated with supplement use.

### What can I do to minimize the risk of using supplements?

Athletes have a personal responsibility to evaluate all the risks associated with supplements before using them.

- Programs like NSF Certified for Sport™ can help athletes identify products that have been tested for purity and help minimize the risk of inadvertent doping. ([www.nsf.org](http://www.nsf.org))

Additionally, if you choose to use supplements you should take these precautions to minimize your risk. These precautions may help demonstrate that you were not at fault or not significantly at fault if a violation occurs as a result of supplement use. Although in most circumstances a violation will still be declared, proof that the utmost caution was observed may be taken into consideration when the sanction is imposed.

- Make a direct enquiry to the manufacturer and get a written guarantee that the product is free of any substances on the WADA Prohibited List.
  - Ask if the manufacturer makes any products that do contain prohibited substances at the plant where the supplement is produced. If prohibited substances are present in a manufacturing plant, the risk of cross-contamination with the supplement is very high – don't use that product.
  - Ask if the manufacturer is prepared to stand behind its product. If they are not – don't use that product.
- Have proof showing the sensible and obvious precautions you took before taking the supplement to address the various risk factors associated with its use.



Advice from the CCES or other health professionals regarding supplements may reduce but cannot eliminate the risk of inadvertent doping.

**The risks associated with supplementation are clear – the responsibility for assuming these risks ultimately rests with you.**