



WELCOME!

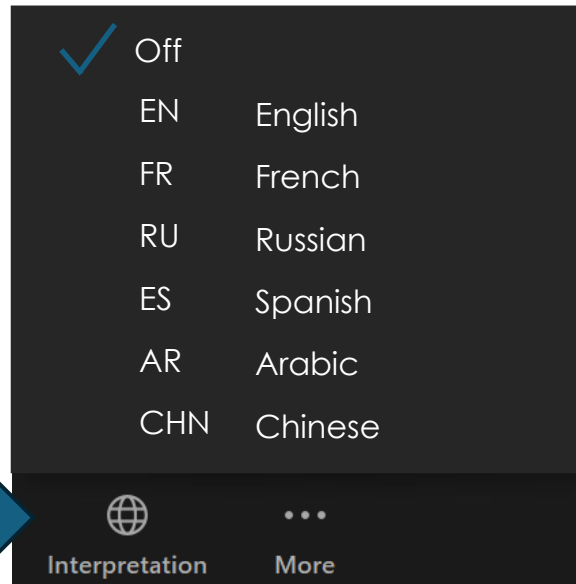
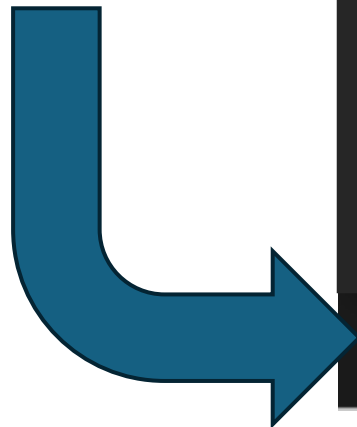
**THE PROHIBITED LIST,
MEDICATIONS, TUEs,
SUPPLEMENTS**

WEBINAR 2

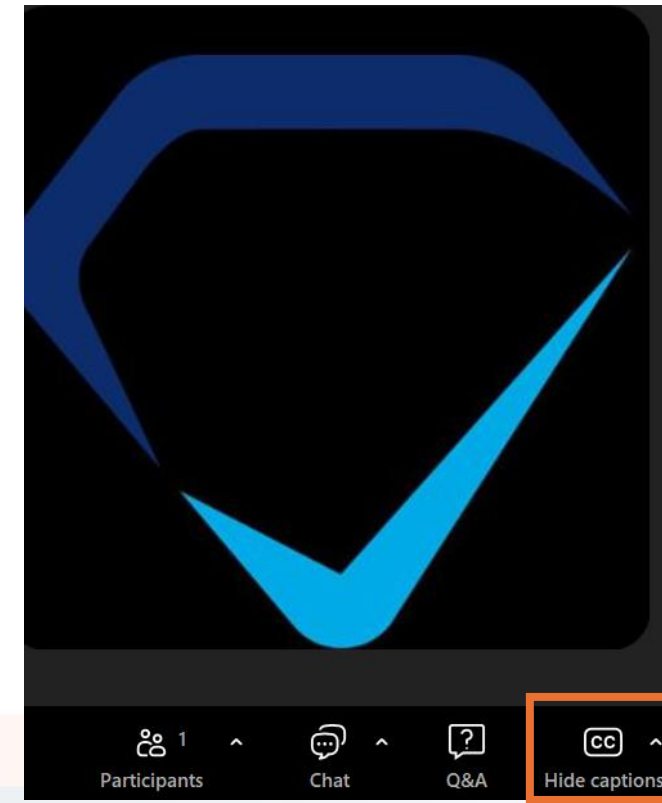
LANGUAGE OPTIONS

Simultaneous interpretation

- Traducción simultánea en español
- Traduction simultanée en français
- Синхронный перевод на русский
- ترجمة فورية إلى العربية
- 同步翻译成中文



Automated translated captions





FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS

BY THE END OF TODAY'S SESSION, YOU SHOULD....

- ✓ Understand the principle of Strict Liability
- ✓ Understand the purpose and structure of the Prohibited List
- ✓ Know how to check your medications before use
- ✓ Know what a Therapeutic Use Exemption is and how to apply for one if needed
- ✓ Understand the risks associated with supplements and how to make an informed decision about their use
- ✓ Understand the risks of recreational drug use
- ✓ **Be able to protect yourself and your athletes from unintentional doping**

STRICT LIABILITY PRINCIPLE

The athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault or not.

THE PROHIBITED LIST

ATHLETES MUST KNOW ABOUT THE PROHIBITED LIST UPDATED AT LEAST ANNUALLY



THE PROHIBITED LIST



SCAN NOW!

Includes substances and methods that are prohibited in sport and when:

- ✓ Prohibited at all times.
- ✓ Prohibited only during In-Competition.
- ✓ Prohibited only in particular sports.

Substances can be found in some medications, supplements and recreational drugs.

THE PROHIBITED LIST

For a substance or a method to be **considered for inclusion in the List**, it must meet two of the following three criteria:

1. Potential to enhance or enhances sport performance.
2. Actual or potential health risk.
3. Violates the spirit of sport.



VIDEO: NAVIGATING THE PROHIBITED LIST



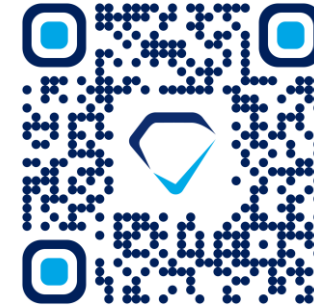
CHECK ALL MEDICATIONS BEFORE USE

- ✓ Ask a doctor or a pharmacist who is familiar with the Prohibited List and understands your anti-doping responsibilities as an athlete
- ✓ Check with your National Anti-Doping Organisation (NADO)
- ✓ Use a reliable online resource such as [GlobalDRO](#)

NADOs list:



GlobalDRO:



It is important to note that under the World Anti-Doping Code, athletes are strictly liable, meaning they are ultimately responsible for what they use or is in their systems – remember the principle of strict liability we just covered.

Searching for a medication online with GLOBAL DRO

#KeepingSportReal

**DO YOU KNOW
YOUR DRUGS?**

POLL QUESTION

IS THIS MEDICATION:

- ☐ Prohibited at all times
- ☐ Prohibited in-competition
- ☐ Permitted



Medication used to
treat runny nose



Is your medication banned in sport?

[HOME](#)[SEARCH](#)[HELP](#)[FAQS](#)

Search

For what sport?

All other sports



Purchased in which country?

Switzerland



Search for brand or ingredient

Pseudoephedrine hydrochloride

Search

Total Results: 1

Pseudoephedrine

Ingredient

Other Names:

Pseudoephedrine hydrochloride

Pseudoephedrine sulfate

Pseudoephedrine tannate

Pseudoephedrine

Other Names

Pseudoephedrine hydrochloride; Pseudoephedrine sulfate; Pseudoephedrine tannate

Status According to the WADA Prohibited List



**In Competition
Prohibited**



**Out of Competition
Not Prohibited**

Conditions / Warnings



Pseudoephedrine is prohibited when the urinary concentration exceeds 150 microgram/mL. [Further information can be found from WADA.](#)

This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and pseudoephedrine.



If your medication is administered by an intravenous (IV) infusion or injection, please note: The IV infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

WADA Classification(s)

Stimulants (S6)

IN-COMPETITION PERIOD

In-Competition*: The period commencing at **11:59 p.m. on the day before a Competition** in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

If a substance is prohibited in-competition, this does not mean an athlete should stop taking it at the start of the in-competition period; it means the substance needs to have left the athlete's system by this time.

*WADA may approve, for a particular sport, an alternative definition if an International Federation provides a compelling justification that a different definition is necessary for its sport.

WADA - Approved alternative
"In-competition" definition for
certain International Federations



POLL QUESTION

ARE BETA-BLOCKERS PROHIBITED
IN ANY OF THESE SPORTS?

- ☐ Yes
- ☐ No

SPORTS REPRESENTED:

- American Football, Bodybuilding and Fitness, Boxing, Fencing, Gymnastics, Ice Skating, Lacrosse, Mixed Martial Arts, Rowing, Surfing, Weightlifting, Wushu



Medication used to
treat blood pressure

PROHIBITED IN PARTICULAR SPORTS

Beta-blockers are prohibited
In-Competition in:



Automobile



Billiards



Darts



Golf & Mini golf

Beta-blockers are prohibited
at all times in:



Archery



Shooting



Underwater sports in
all subdisciplines of
freediving,
spearfishing and
target shooting

P1 BETA-BLOCKERS

PROHIBITED IN PARTICULAR SPORTS

All prohibited substances in this class are *Specified Substances*.

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated (*).

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Mini-Golf (WMF)
- Shooting (ISSF, IPC)*
- Underwater sports (CMAS)* in all subdisciplines of freediving, spearfishing and target shooting

*Also prohibited *Out-of-Competition*

Including, but not limited to:

- | | | | |
|--------------|--------------|----------------|---------------|
| • Acebutolol | • Bunolol | • Labetalol | • Oxprenolol |
| • Alprenolol | • Carteolol | • Metipranolol | • Pindolol |
| • Atenolol | • Carvedilol | • Metoprolol | • Propranolol |
| • Betaxolol | • Celiprolol | • Nadolol | • Sotalol |
| • Bisoprolol | • Esmolol | • Nebivolol | • Timolol |

2025 Prohibited List

THE PROHIBITED LIST



POLL QUESTION

IS THIS MEDICATION:

- ☐ Prohibited at all times
- ☐ Prohibited in-competition
- ☐ Permitted



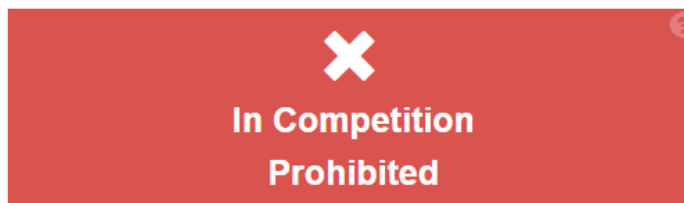
Medication used to
treat diabetes

Insulin

Other Names

Insulin (beef isophane); Insulin (beef neutral soluble); Insulin (beef protamine zinc); Insulin (beef zinc suspension); Insulin (human isophane); Insulin (human neutral soluble); Insulin (human zinc suspension); Insulin (human); Insulin (human, crb); Insulin (pork isophane); Insulin (pork neutral soluble); Insulin (pork zinc suspension); Insulin aspart; Insulin aspart (Genetical recombination); Insulin aspart protamine; Insulin biosynthetic human BR; Insulin degludec; Insulin detemir; Insulin detemir (Genetical recombination); Insulin glargine; Insulin glargine (Genetical recombination); Insulin glulisine; Insulin glulisine (Genetical recombination); Insulin human (Genetical recombination); Insulin Lente; Insulin lispro; Insulin lispro (Genetical recombination); Insulin lispro protamine; Insulin Protamine Zinc; Insulin Regular; Insulin semi synthetic human; Insulin Semilente; Insulin Ultralente; Isophane Insulin (NPH); Protamine zinc insulin (PZI)

Status According to the WADA Prohibited List



**In Competition
Prohibited**



**Out of Competition
Prohibited**

WADA Classification(s)

Hormone and Metabolic Modulators (S4)

Search Details

Reference #	Nation of Purchase	Sport	Search Date
062556038043	Switzerland	All other sports	06/02/2025 08:09:19(UTC)

If the status says conditional or prohibited and the substance or method cannot be replaced by a not prohibited alternative, please find out about the [procedure concerning the application for a Therapeutic Use Exemption \(TUE\)](#).

MEDICATIONS

USEFUL TIPS FOR ATHLETES

PRESCRIPTION AND OVER-THE COUNTER

Both prescription and over-the-counter medications can contain substances on the Prohibited List.

INFORMING YOUR MEDICAL PROFESSIONAL

Always tell your medical professionals that you are an athlete subject to anti-doping rules.

IN-COMPETITION VS. OUT-OF-COMPETITION

Different substances take **different amounts of time to leave your system**. Consider this when taking substances prohibited in-competition as they must have left your system by the start of this period.

DOSAGE

Some medications, like beta-2-agonists for asthma, are **prohibited at specific dosages**. Check the Prohibited List for details.

ROUTE OF ADMINISTRATION

Check the substance but also **how it will be used**. For example, a cream used topically on the skin may be permitted while an injection of the same substance may be prohibited.

BRAND

Use only the **specifically recommended and checked** medication. Some brands have variations which may contain prohibited substances.

TRAVELLING ABROAD

Be extra **careful with medications purchased abroad**, as what can appear to be the same product can contain different ingredients.

THERAPEUTIC USE EXEMPTIONS

APPLY FOR A TUE IF YOU NEED TO USE A SUBSTANCE OR METHOD ON THE PROHIBITED LIST

Athletes may have a condition, illness or injury that requires a particular substance or method. If this substance or method appears on the Prohibited List, they may be granted a

Therapeutic Use Exemption (TUE)

If strict conditions are met

which gives them permission to use it within the context of sports regulations.

The TUE process **avoids the risk of sanctions** due to a positive test.



Want to know more about TUEs?

Go to [TUE Assistant - International Testing Agency \(ita.sport\)](https://ita.sport)

TUE CRITERIA

For a TUE to be granted all four of the following criteria must be met:

The prohibited substance or method:

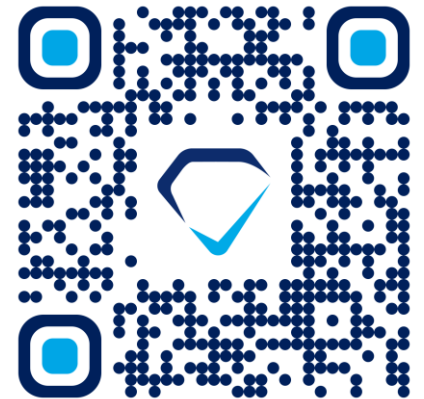
1. Is needed to treat a diagnosed medical condition.
2. Won't enhance performance beyond a return to normal health.
3. Is the recommended treatment for the medical condition and there is no permitted alternative.
4. Is not needed due to past use of a prohibited substance or method without a TUE.

All four criteria must be met for a TUE to be granted

WHAT ARE THE STEPS?

- ✓ International-level athletes* **should download a TUE form from the International Testing Agency's website: [ITA.SPORT/TUE](https://ita.sport/tue)**
- ✓ National-level athletes should submit their TUE application to their National Anti-Doping Organisation (NADO).
- ✓ **Athlete and their physician** fill out the TUE form together and submit it via ADAMS.
- ✓ Include all medical **details and documentation.**

Reminder!
Go to the [ITA TUE Assistant](https://ita.sport/tue)



SUPPLEMENTS

UNDERSTAND THE RISKS OF SUPPLEMENTS

✓ **CAN CONTAIN PROHIBITED SUBSTANCES AS THEIR MAIN INGREDIENTS**

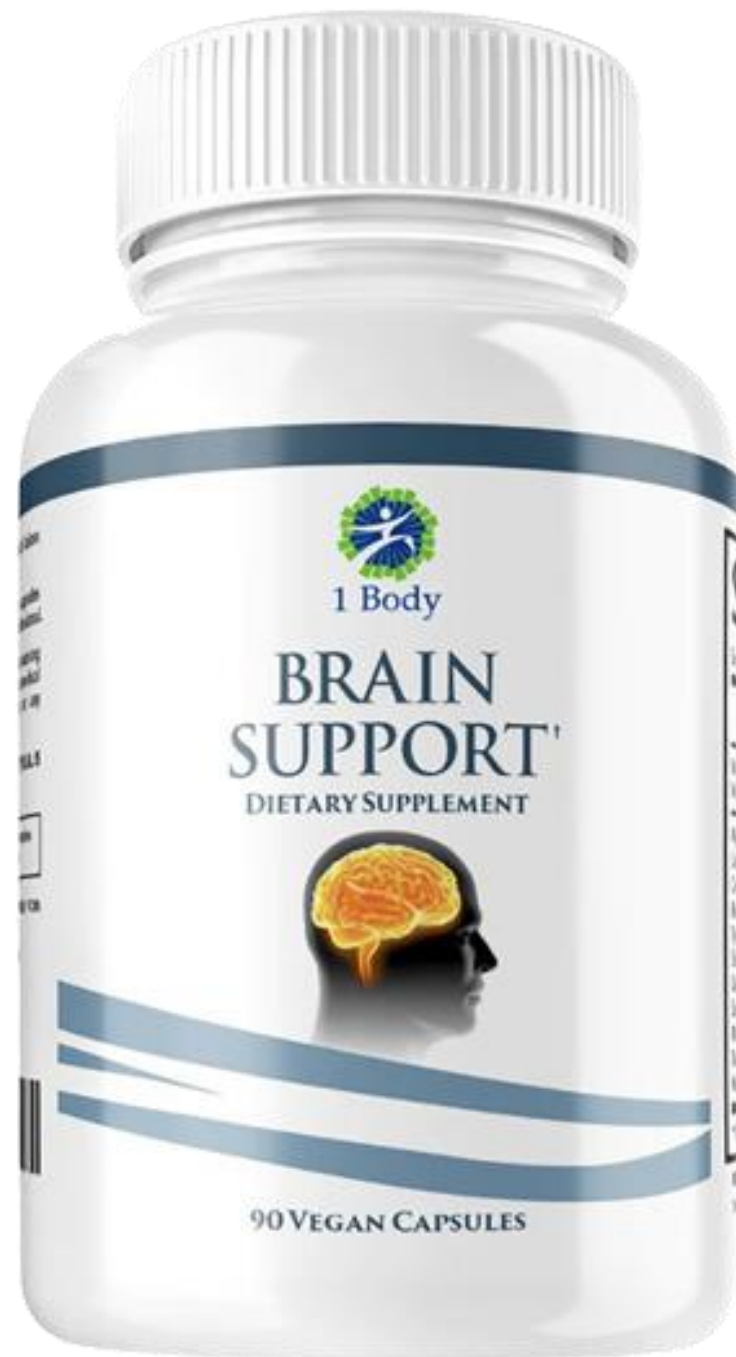
✓ **CONTAMINATION** →

✓ **MISLABELLING** →

Inadvertent ingestion of prohibited substances

✓ **A RISK TO HEALTH** – testing of supplements has shown some to contain heavy metals and pesticides.

REMEMBER, no supplement is 100% risk free and may lead to an Anti-Doping Rule Violation!



POLL QUESTION

WHAT IS THE PROHIBITED
INGREDIENT ON THE
SUPPLEMENT LABEL?

- ☐ Centrophenoxine
- ☐ Lion's Mane Extract
- ☐ Rhodiola Rosea Extract

Supplement Facts		
Serving Size: 3 Capsules		Servings Per Container: 30
	AMOUNT PER SERVING	% DAILY VALUE
Vitamin B6 (<i>as Pyridoxine HCL</i>)	2.5 mg	150%
Vitamin B12 (<i>as Methylcobalamin</i>)	100 mcg	4167%
Alpha GPC (<i>L-alpha-glycerolphosphorylcholine</i>)	600 mg	*
Lion's Mane Extract (<i>root</i>) (<i>Hericium Erinaceus</i>)	500 mg	*
Centrophenoxine	300 mg	*
Bacopa Monnieri (<i>whole plant extract</i>)	200 mg	*
Tyrosine (<i>as N-Acetyl-L-Tyrosine</i>)	175 mg	*
Sharp-PS® Phosphatidylserine (<i>from sunflower seed</i>)	100 mg	*
Ginkgo Biloba Extract (<i>leaf</i>) (<i>27% flavone glycosides</i>)	100 mg	*
Suntheanine® L-Theanine	100 mg	*
Rhodiola Rosea Extract (<i>root</i>)	50 mg	*
Taurine	25 mg	*
Huperzine – A (<i>Huperzia serrata leaf standardized extract</i>)	250 mcg	*
* DAILY VALUE NOT ESTABLISHED		
Other Ingredients: Vegetable capsule contains purified water and hypromellose.		

- Centrophenoxine is also known as **meclofenoxate**
- S6 Stimulant
- Prohibited in-competition



Supplement Facts

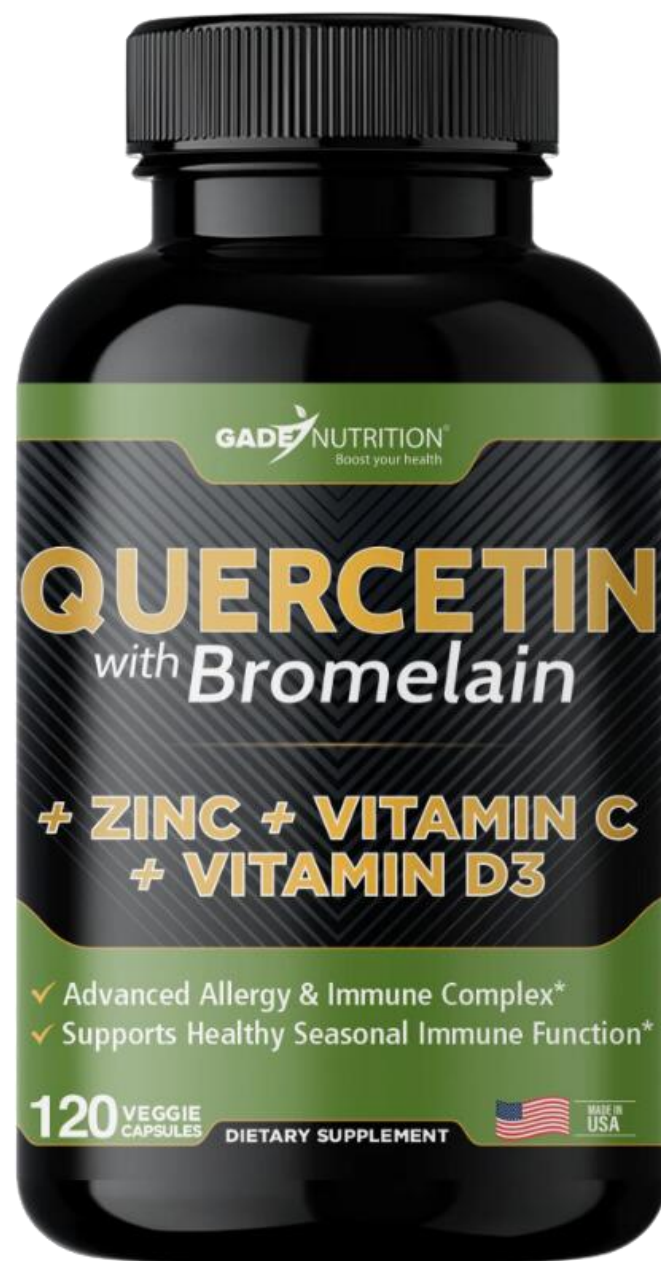
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Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Alpha GPC (L-alpha-glycerlphosphorylcholine)	600 mg	*
Lion's Mane Extract (root) (Hericum Erinaceus)	500 mg	*
Centrophenoxine	300 mg	*
Bacopa Monnieri (whole plant extract)	200 mg	*
Tyrosine (as N-Acetyl-L-Tyrosine)	175 mg	*
Sharp-PS® Phosphatidylserine (from sunflower seed)	100 mg	*
Ginkgo Biloba Extract (leaf) (27% flavone glycosides)	100 mg	*
Suntheanine® L-Theanine	100 mg	*
Rhodiola Rosea Extract (root)	50 mg	*
Taurine	25 mg	*
Huperzine – A (Huperzia serrata leaf standardized extract)	250 mcg	*

* DAILY VALUE NOT ESTABLISHED

Other Ingredients: Vegetable capsule contains purified water and hypromellose.



WRITE IN THE CHAT:

WHAT IS THE PROHIBITED
INGREDIENT ON THE
SUPPLEMENT LABEL?

Supplement Facts

Serving Size: 2 Veggie Capsules
Servings Per Container: 60

Amount Per Serving	% Daily Value	
Quercetin (Std. to 95% Pure Quercetin; from Sophora Japonica Leaf Extract)	500 mg	**
Bromelain (from Pineapple Stem) (2400 GDU/gram)	200 mg	**
IMMUNE SUPPORT BLEND		
Vitamin C (as Ascorbic Acid)	120 mg / 133%	
Vitamin D (Cholecalciferol)	25 mcg / 125%	
Zinc (from Zinc Ascorbate)	22 mg / 200%	

**** Daily Value (DV) not established**

Other Ingredients: Vegetable Cellulose (Capsules),
Magnesium Stearate (Vegetable Source).

ZERO SUGAR, GRAIN, MILK, EGGS SHELLFISH, DAIRY, NUTS,
SOY, GLUTEN, PRESERVATIVES, OR ANIMAL PRODUCTS.



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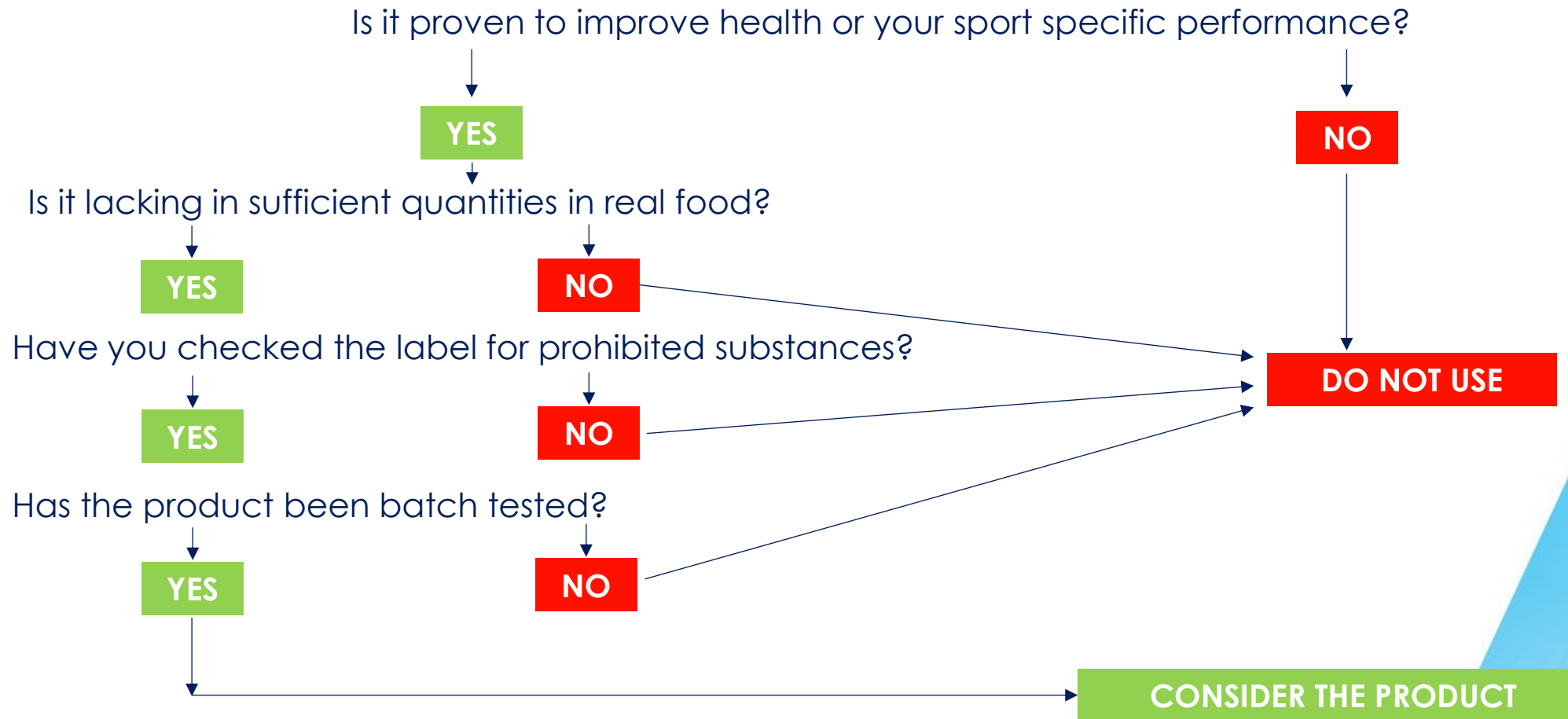
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ZERO SUGAR, GRAIN, MILK, EGGS SHELLFISH, DAIRY, NUTS, SOY, GLUTEN, PRESERVATIVES, OR ANIMAL PRODUCTS.



- During the investigation of a doping case **this product was tested, revealing the presence of Ostarine** (which is not listed on the label)
- S1 Anabolic Agent
- Prohibited at all times

SUPPLEMENT DECISION-MAKING FLOWCHART



Athletes **should only consider using supplements that have been batch tested** by an independent supplement certification company for substances prohibited in sport.

INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES



sport.wetestyoutrust.com



nsfsport.com



koelnerliste.com



bscg.org

**Remember, no supplement is 100% risk-free
and may lead to an Anti-Doping Rule Violation**

RECREATIONAL DRUGS

RECREATIONAL DRUGS

- ✓ Recreational drugs are prohibited in sport In-Competition.
- ✓ Recreational drugs include cannabis, amphetamines, MDMA, heroin and cocaine.
- ✓ Some recreational drugs can stay in your system for a long time after use.
- ✓ If you use recreational drugs, you are taking a risk: **you might still test positive In-Competition and this will lead to an Anti-Doping Rule Violation.**
- ✓ **REMEMBER!** In many countries recreational drugs are illegal. If you use them, you may face consequences outside of sport.

BE AWARE OF THE RISKS OF RECREATIONAL DRUG USE FOR YOUR SPORT CAREER.

IN SUMMARY...

- ✓ Understand the purpose and structure of the Prohibited List.
- ✓ Know how to check medications before use.
- ✓ Know what a TUE is and how to apply for one if needed.
- ✓ Understand the risks of supplements and know how to make an informed decision about the use of supplements.
- ✓ Be aware of the risks of recreational drug use.
- ✓ Know how to protect yourself and your athletes from unintentional doping.

Q&A

RESOURCES

The Prohibited List

[The Prohibited List](#)

[Register for the ITA monthly webinar on "What you need to know for 2026"](#)

Medications

[ITA: checking your medication - a guide for Athletes](#)

[GlobalDRO](#)

Therapeutic Use Exemptions (TUEs)

[ITA TUE Page](#)

[ITA TUE Assistant](#)

Supplements

[ITA: Supplements - Making Informed Decisions](#)

[ITA Monthly webinar - Navigating Supplements: Reducing Your Risk of an Anti-Doping Rule Violation](#)

[Independent batch-testing companies:](#)

- ✓ [Informed Sport](#)
- ✓ [NSF Certified for Sport](#)
- ✓ [Kölner Liste](#)
- ✓ [BSCG](#)

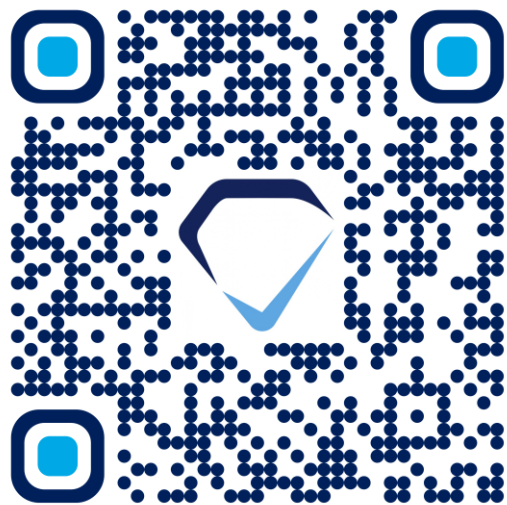
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