



FACTSHEET – PROHIBITED SUBSTANCES AND METHODS

Below is a list of substances and methods that are on WADA's Prohibited List:

Banned substance or method	Explanation Why would an athlete use it?	How can it harm you?	What else should you know?
Anabolic steroids	Anabolic steroids mimic the male sex hormone testosterone. They can be misused to improve strength, speed and muscle size.	<ul style="list-style-type: none"> • Acne • Heart disease / failure • Cancer • Liver and kidney damage • Increased aggression • Extreme mood swings 	25% of steroid users become addicted. Steroids bought over the internet can be faked or mixed with other chemicals, making them extremely dangerous. They are prohibited at all times. In many countries, the possession of steroids without a prescription is a criminal offence.
Blood transfusion / Manipulation of blood	This method is prohibited because it increases the body's oxygen supply, which can lead to improved performance.	<ul style="list-style-type: none"> • Increased risk of: • Blood clotting • Strokes • Heart attacks • Pulmonary embolism • Infectious diseases (e.g. AIDS, hepatitis) 	This method is prohibited at all times.
Erythropoietin (EPO)	A hormone produced by the kidney to stimulate new red blood cell production. More EPO in the body can increase the amount of oxygen that gets to the muscles and thus increase performance.	<ul style="list-style-type: none"> • Increased risk of: • Heart disease • Stroke • Cerebral or pulmonary embolism • Autoimmune diseases 	EPO is prohibited at all times.
Insulin	A substance that helps glucose enter the body's cells where it can be used for energy or stored for future use. It can build strength and help with recovery.	<ul style="list-style-type: none"> • Overdoses of insulin can lead to: • Heart palpitations • Restlessness • Trembling • Severe brain damage • Risk of diabetes 	Insulin is prohibited at all times.

Banned substance or method	Explanation Why would an athlete use it?	How can it harm you?	What else should you know?
Human Growth Hormones (hGH)	hGH is a hormone that stimulates the growth of the muscle, connective tissue and bones. It can be abused to increase strength and help with faster recovery.	<ul style="list-style-type: none"> • Hypertension • Heart attack • Severe headaches • Loss of vision • High blood pressure and heart failure • Diabetes and tumours • Disproportionate growth of hands, feet, chin, nose and ears 	Studies don't clearly prove that human growth hormone boosts strength or helps you exercise longer. hGH is prohibited at all times.
Stimulants	Stimulants provide temporary improvements in mental or physical function which raise heart rate and blood pressure. They can prolong alertness and readiness for action.	<ul style="list-style-type: none"> • Insomnia • Anxiety • Weight loss • Dehydration • Tremors • Increased heart rate and blood pressure • Increased risk of stroke, heart attack and cardiac arrhythmia 	Stimulants are prohibited in-competition. They can also be found in supplements, like pre-workout drinks. Make sure to only use batch tested supplements to reduce your risk of inadvertent doping.
Diuretics and other masking agents	Masking agents (such as diuretics) are used to falsify the results of doping controls and to conceal doping. They are mainly used to conceal the presence of other prohibited substances.	<ul style="list-style-type: none"> • Loss of blood pressure • Heart rate irregularities • Increased risk of thrombosis • Gastrointestinal problems and kidney damage • Severe muscle cramps 	Diuretics are prohibited at all times. They are routinely checked for by anti-doping laboratories.
Asthma medication	Asthma medication (such as an inhaler) can provide quick relief from symptoms like wheeziness, chest tightness, coughing or shortness of breath. They can relax the airway muscles and open the airways, making it easier to breathe.	<i>Usind any medication for a condition that you do not have is <u>not advised</u>.</i>	Some inhalers are prohibited at all times, while some are permitted up to a maximum dose. If you need to take asthma medication, make sure to check if is use is permitted or not. If it is prohibited, you need to apply for a TUE.

You can always contact the **BIU** or your **National Anti-Doping Organisation** for more information on prohibited substances and methods, or if you have any questions.

If you have any suspicions or suspect doping, please report it to the **BIU**.