

# **2018 INBF/WNBF & Affiliate Banned Substance List**

**CHECK ALL INGREDIENT LISTS FOR SUPPLEMENTS BEFORE USING THEM**

THE FOLLOWING SUBSTANCES AND RELATED COMPOUNDS ARE BANNED AND THEIR USE CONSTITUTES GROUNDS FOR DISMISSAL FROM COMPETITIONS AND SUSPENSION FROM MEMBERSHIP PRIVILEGES FOR A PERIOD OF SEVEN (7) YEARS FROM THE FAILURE DATE.

## **ANABOLIC AGENTS, HORMONAL PRECURSORS and METABOLITES** (including, but not limited to)

1-Androstendiol/1-Androstendione/1-Testosterone, 4-Hydroxytestosterone (Formestane), 6a-Methylandrostendione, Androstendiol/Androstendione, Bolasterone, Boldenone, Calusterone, Clenbutorol, Clostebol, Danazol, Desoxymethyltestosterone (DMT), Dhydrochloromethyltestosterone (DHCMT)/CHIOROMESTERONE, Drostanolone, Estra-4,9-diene-3,17-dione, Fluoxymesterone, Formebolone, Furazabol, Halodrol, Mestanolone, Mesterolone, Methandrostenolone/Methandienone, Methandriol, Methasterone, Methenolone, Methyl-1-testosterone, Methyltestosterone, Mibolerone, Nandrolone/19-Norandrostendione/19-Norandrostendiol, Norclostebol, Norethandrolone, Oxabolone, Oxandrolone, Oxymesterone, Oxymetholone, Prostanazol, Stanozolol, Stenbolone, Testolactone, Trenbolone, T3 (Liothyronine sodium, Cytomel. T4 (Levothyroxine, Synthroid).

**TESTOSTERONE** – in any form (injections/patches/gels/pellets) for any reason, even if prescribed.

**TESTOSTERONE/EPITESTOSTERONE (T/E) RATIO** – A testosterone to epitestosterone (T/E) ratio of 6/1 or greater is considered a positive detection of exogenous testosterone (or testosterone precursor) use.

**GROWTH HORMONES** - Pharmaceutical Human Growth Hormone (HGH), Human Chorionic Gonadotropin (HCG), Gamma hydroxybutyrate (GHB), Somatropin

## **PROHORMONES, PROSTEROIDS, PRECURSORS, METABOLITES, DERIVATIVES AND RELATED**

**COMPOUNDS** (including but not limited to) –insulin-like growth factor 1 (IGF-1, oral spray or sublingual GH compounds of pharmaceutical (recombinant DNA technology) origin, 6OXO; 6OXOandrostenetrione; 2a, 17adimethyl17β-hydroxy5aandrostan3one; 3, 17ketoetiocholtriene; 1,4,6androstatriene3, 17dione; 3Alpha (5aandrostane-3a, 17bdiol). **Any athlete who is NEW to the federation must have not used any prohormones for at least two (2) years before joining the INBF/WNBF for the first time.**

**PRESCRIPTION DIURETICS** – Acetazolamide, Amiloride, Bendroflumethiazide, Bumetanide, Canrenone, Chlorothiazide, Chlorthalidone, Clopamide, Cyclothiazide, Dichlorphenamide, Ethacrynic Acid, Furosemide, Hydrochlorothiazide, Hydroflumethiazide, Triamterene. prescription diuretics, even when physician prescribed cannot be used for 3 months prior to competitions (excluding heart medications). Spironolactone (for acne is abstinence for 2 weeks).

**STIMULANTS** (included but not limited to) amphetamines, methamphetamines (speed), cocaine, Modafinil, Ephedra/Ephedrine/Ma-Huang, DMAA (Methylhexanamine, 1,3-dimethylamylamine, geranium), and fat burning prohormone derivatives such as 3, 17dihydroxydelta5etiocholane7one (A7D), and 3, 17-dihydroxydelta5etiocholane7one, diethylcarbonate (A7E). Any athletes who are new to the INBF/WNBF must have not used any stimulants for 3 months before joining the INBF/WNBF for the first time.

## MUSCLE IMPLANTS

**MASKING AGENTS** (chemicals/drugs for the purpose of deceiving or passing the polygraph or urine test) such as Epi-testosterone or Probenecid

### The use of the following substances is **Disallowed after July 1, 2016**

- **SARMs** (selective androgen receptor modulators) (e.g. andarine, cardarine, ostarine, tibolone, zeranol, zilpaterol)
- **SERMs** (selective estrogen receptor modulators) (e.g. raloxifene, tamoxifen, toremifene)
- 5-AT (5-Etioallocholen-3b,7b,17b-triol)
- DHEA (Dehydroepiandrosterone, 3-beta-Hydroxy-5-androsten-17-one, 3-beta-Hydroxyandrost-5-en-17-one, 3-beta- Hydroxy-D5-androsten-17-one, 3-beta-hydroxy-etioallocholan-5-ene-17-one, 5-Androsten-3beta-ol-17-one)
- 7-keto-DHEA (7-oxo-DHEA, 7-ketodehydroepiandrosterone, 7-oxodehydroepiandrosterone (7-oxo-DHEA), 7 $\alpha$ -hydroxy-DHEA, 7 $\beta$ -hydroxy-DHEA)

The presence of any banned substance in the urine, regardless of the cause, is ruled as positive and considered a failure.

*By signing this form, I agree that I have read the full list of banned substances, and I have researched any questions or uncertainties regarding supplements and the drug testing procedures. **I am responsible for my supplement usage, and understand the polygraph and urinalysis testing results are binding and conclusive.***

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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(Parent signature required if under age 18)