2017 UFC Anti-Doping WALLET CARD

Examples of Prohibited Substances & Methods

Effective January 1 - December 31, 2017

USADA®

U.S. Anti-Doping Agency

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

- **Non-Approved Substances:** pharmaceuticals with no approval by a governmental regulatory health authority for human therapeutic use.

- **Anabolic Agents:** 7-Keto-DHEA, androstenediol, androstenedione, androsterone, bolandiol, bolasterone, boldenone, clenbuterol, danazol, desoxymethyltestosterone (Madol), dehydrochlormethyltestosterone (DHCMT), Prasterone (dehydroepiandrosterone, DHEA) and its metabolites, drostanolone, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone (Estratest, Covaryx), nandrolone, norboletone, oxandrolone, prostanozol, selective androgen receptor modulators (SARMs, ostarine (Enobosarm, MK-2866), andarine (GTx-007, S-4)), stanozolol, testosterone or its metabolites or isomers, tetrahydrogestrinone (THG), tibolone, trenbolone, zeranol, zilpaterol, and similar substances.

- **Beta-2 agonists:** All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited. This includes all routes of administration (e.g. oral, intravenous, and inhaled). Inhaled beta-2 agonists are prohibited including fenoterol, higenamine *(Tinospora crispa)*, indacaterol (Arcapta), metaproternol (Alupent), orciprenaline, olodaterol (Striverdi), pirbuterol (Maxair), terbutaline (Brethaire), vilanterol (Breo).
See other side for information on inhaled albuterol, formoterol, and salmeterol, which have uses that are not prohibited.

- **Diuretics and Masking Agents:** (see Diuretic Warning on reverse side): acetazolamide, albumin, zamiloride, bumetanide, canrenone, chlorthalidone, chlorothiazide, desmopressin (DDAVP), dextran, eplerenone, furosemide, glycerol (glycerin), hydrochlorothiazide/ thiazides, hydroxyethyl starch, indapamide, mannitol, metolazone, probenecid, spironolactone, tolvaptan, conivaptan, & related plasma expanders or diuretics; **Exceptions: Drosperinone, local use of felypressin in a dental procedure, pamabrom, topical dorzolamide, and topical brinzolamide are not prohibited.**

- **Hormone and Metabolic Modulators:** **Aromatase inhibitors:** aminoglutethimide (Cytadren), anastrozole (Arimidex), androstenetrione (6-oxo), arimistane, bicalutamide (Casodex), exemestane (Aromasin), formestane, letrozole (Femara), testolactone; **Selective Estrogen Receptor Modulators (SERMS) and Anti-Estrogens:** clomiphene, cyclofenil, fulvestrant, ospemifene, raloxifene, tamoxifen, toremifene; **Agents modifying myostatin functions; Metabolic Modulators:** activators of the AMP-activated protein kinase (AICAR), and PPAR$^{\delta}$ agonists (GW 1516); insulin and insulin-mimetics; meldonium (Mildronate); trimetazidine.

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

Prohibited in MALES ONLY: chorionic gonadatrophin (CG, hCG, Ovidrel) and luteinizing hormone (LH), buserelin, gonadorelin, triptorelin;
Erythropoietin-receptor agonists: erythropoietin (EPO, Epogen, Procrit), EPO-Fc, darbepoetin (dEPO, Aranesp), GATA inhibitors, luspatercept, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide (Omontys), sotatercept;
Hyproxia-inducible factor (HIF) stabilizers and activators: argon, cobalt, FG-4592, FG2216, xenon;
Growth factors: fibroblast (FGF), hepatocyte (HGF), insulin-like (IGF-1), mechano (MGF), platelet-derived, vascular-endothelial, and any other affecting muscle, tendon, or ligament protein synthesis/degradation, vascularization, energy utilization, regenerative capacity or fiber type switching. **Exception: Platelet derived plasma preparations (e.g. PRP) are not prohibited.***†

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

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

- **Manipulation of Blood and Blood Components:** a) Blood Doping: The administration or reintroduction of autologous, allogenic or heterologous blood, or red blood cells of any origin;

any form of intravascular manipulation of the blood or blood components by physical or chemical means; b) Oxygen Transport: Artificially enhancing the uptake, transport or delivery of oxygen, including, but not limited to, perfluorochemicals, efaproxiral (RSR13), intravenous oxygen, and modified hemoglobin products (e.g. hemoglobin-based blood substitutes, microencapsulated hemoglobin products). **Exception: Inhalation of supplemental oxygen is permitted.**

- **Chemical and Physical Manipulation:**

– **Tampering**, or attempting to tamper, to alter the integrity or validity of samples: urine substitution and/or adulteration, e.g. proteases added to sample.

– **Intravenous (IV) infusions or injection**s (even if not a prohibited substance) of more than 50 mL per 6 hour period, of any substance/fluids, are prohibited unless used legitimately during a hospital admission, surgical procedure, or clinical investigation.

- **Gene Doping:** the transfer of polymers of nucleic acids or nucleic acid analogues and/or the use of normal or genetically modified cells

CATEGORIES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY†*

- **Stimulants:** epinephrine* (adrenaline or Epinephrine Auto-Injector use requires the submission of an emergency TUE following treatment), adrafinil, amphetamine, dextroamphetamine (Adderall), armodafinil (Nuvigil), benzphetamine, cathinone and analogues, cocaine, dexmethylphenidate (Focalin),

dextroamphetamine (Dexedrine), 1, 3-dimethylbutylamine (DMBA, AMP citrate, 4-amino-2-methylpentane), ephedra (MaHuang), ephedrine*, higenamine (norcoclaurine), isometheptene, lisdexamphetamine (Vyvanse), methamphetamine (Dexosyn), methylhexaneamine (4-methylhexan-2-amine, DMAA, geranamine, other names), methylsynephrine (oxilofrine), methylphenidate (Concerta, Daytrana, Metadate, Methylin, Ritalin), modafinil, octopamine "Bitter Orange," pemoline, phenethylamine and derivatives, phentermine (Bontril, Adipex), pseudoephedrine*, Quillivant XR, selegiline (Eldepryl), sibutramine (Meridia), and related substances.

See Diuretic/Threshold warning on other side.

- **Narcotics:** buprenorphine, dextromoramide, diamorphine (heroin), fentanyl & derivatives, hydromorphone, meperidine (pethidine), methadone, morphine*, nicomorphine, opium, oxycodone, oxymorphone, pentazocine.

- **Cannabinoids:** urinary threshold of Carboxy-THC 150ng/mL, cannabis, hashish, marijuana, cannabidiol (CBD), Marinol, THC, and cannabimimetics ("Spice," JWH018, JWH073, HU-210); hemp products may contain detectable THC. Consuming products containing hemp is at your own risk.†

- **Glucocorticoids:** cortisone, dexamethasone, methylprednisolone, prednisone; systemic use (i.e.

* threshold substance – see UFC.USADA.org/prohibited-list for more information on stimulants and the monitoring program

intramuscular, intravenous, oral, rectal/suppository) is prohibited. Topical use, local intra-articular injections (such as a cortisone shot) directly into the joint, local epidural injection, and use by inhalation are **not** prohibited (see reverse).†

DIETARY SUPPLEMENTS

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) may contain ingredients, including ones not listed on the label, or other substances that are on the WADA Prohibited List. Any athlete who takes a dietary supplement does so at the risk of an anti-doping policy violation and/or adverse health consequences.

For information on the risks of supplement use for athletes, visit Supplement411.org.

In the past few years, analytical testing has revealed the presence of many anabolic agents, stimulants, diuretics, prescription medications, and other prohibited ingredients in products marketed as dietary supplements. Examples include:

1-Androstendiol, Androstenedione, Androsterone, Bolandiol, 1-DHEA (1-Androsterone), Dimethylamphetamine, 1-3 Dimethylbutylamine (AMP Citrate, 4-AMP), 7-Keto-DHEA, Drostanolone, Epiandrosterone, Epistane, higenamine (norcoclaurine), Methylhexanamine, beta-Methylphenethylamine, N-Methylphenethylamine, Methylsynephrine, Nandrolone, 19-Norandrostenedione,

Octopamine "Bitter Orange," Sibutramine, Stanozolol.

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

BE THE VOICE FOR THE RIGHT CHOICE!

Report the abuse of performance-enhancing drugs in sport and do your part to protect clean athletes and promote clean competition.

- playclean@USADA.org
- 1-877-Play-Clean (1-877-752-9253)
- UFC.USADA.org/playclean

* USADA, along with the UFC Global DRO website, only provides the World Anti-Doping Agency (WADA) Prohibited List permitted or prohibited status of specific ingredients and medications. USADA does not comment on the permitted or prohibited status of dietary supplement products.

† Make sure to also check your medications with the relevant Athletic Commission(s) as they may prohibit some medications and methods that are permitted by WADA, and vice versa

An athlete is not permitted to use any prohibited substance or method unless a valid Therapeutic Use Exemption (TUE) has been issued by USADA, and the TUE is either formally recognized by, or also issued by the relevant Athletic Commission or Commissions.

EXAMPLES OF MEDICATIONS THAT ARE PERMITTED

If only a brand name is listed, the generic is also permitted. Please note, Athletic Commissions may permit and prohibit substances differently than the UFC Anti-Doping Program.*†

- **Anesthetics:** novocaine, septocaine, xylocaine (lidocaine); local anesthetic agents containing epinephrine (adrenaline) given by local administration (intradermal, nasal, ophthalmic) are permitted.
- **Antacids:** Aciphex, Axid, Carafate, Gaviscon, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Tums, Zantac
- **Antianxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- **Antibiotics:** carbopenems, cephalos-porins, fluoroquinolones,erythromycins, metronidazole, penicillins and derivatives, rifampin, sulfas, vancomycin
- **Antidepressant/Mood stabilizers:** Abilify, Celexa, Cymbalta, Elavil, Effexor, Lexapro, Lithium, Paxil, Pristiq, Prozac, Risperdal, Seroquel, Wellbutrin, vitamin B-12, Zoloft
- **Antidiabetic:** glimipride (Amaryl), glipizide (Glucotrol), glyburide, metformin (Glucophage), linagliptin, pioglitazone (Actos)

- **Antidiarrheal:** Diphenxoylate/atropine (Lomotil, Lonox), Imodium AD (loperamide), kaolin/pectin, Kaopectate, Pepto-Bismol
- **Antifungal:** clotrimazole (Lotrimin), Cruex, Desenex, Kerydin, ketoconazole, Jublia, Lamisil (terbinafine), Micatin, Monistat, Mycostatin, Tinactin (tolnaftate)
- **Antinausea/Antivertigo:** compazine, diphenhydramine, Dramamine, Emetrol, meclizine (Antivert, Bonine), Phenergan, scopolamine, Zofran
- **Antiviral:** acyclovir, Epclusa, Famvir, stavudine, Tamiflu, Truvada, Valtrex, Zepatier
- **Asthma:** cromolyn sodium (Intal), ipratropium, montelukast (Singulair), nedocromil, theophylline, tiotropium (Spiriva)

Certain Beta-2 agonists (by inhalation only): Inhaled salbutamol (albuterol): maximum 1600 micrograms over 24 hours, not to exceed 800 micrograms every 12 hours; inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol (Advair, Combivent, Foradil, ProAir, Proventil, Ventolin, Dulera, Serevent, Symbicort, Xolair, Xopenex): maximum 200 micrograms over 24 hours. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an Adverse Analytical Finding (AAF) unless the athlete proves, through a controlled

pharmacokinetic study, that the abnormal result was the consequence of the use of the therapeutic dose (by inhalation) up to the maximum dose indicated above. *See Diuretic/Threshold warning.*

- **Attention Deficit (Hyperactivity) Disorder (ADD or ADHD):** guanfacine (Intuniv), atomoxetine (Strattera)
- **Cholesterol:** statins, Repatha, Tricor
- **Cold/Allergy/Cough:** There are many cold and flu products and their formulations change frequently. It is essential to review the status of each *active ingredient* in the product before you take it. The following products and ingredients are permitted: dextromethorphan, Flonase, guaifenesin, loratadine, naphazoline, oxymetazoline, phenylephrine, promethazine, tetrahydrozoline, and Tussionex. *Caution: see reverse side for pseudoephedrine (often in "non-drowsy" or "D" formulations).*
- **Contraceptives:** progestins (desogestrel, dienogest, drospirenone, ethynodiol diacetate, etonogestrel, levonorgestrel, medroxyprogesterone, norethindrone, norgestrel, norgestimate alone or in combination with estrogens (ethinyl estradiol, estradiol valerate)
- **Ear Preparations:** Auralgan, Auro-Dri, Cerumenex, Ciprodex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- **Eye Preparations:** Alrex, Artificial Tears, Murine Plus, naphazoline (oral naphazoline is

prohibited), Naphcon-A, Neo-Synephrine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine, and all ophthalmic antibiotics

- **Heart Medications:** Aspirin, atorvastatin, Avapro, clonidine, clopidogrel, diltiazem, lisinopril, Norvasc, warfarin, Xarelto
- **Hemorrhoidal:** Tucks anti-itch, Preparation H. Topical glucocorticoids creams. **Caution: Glucocorticosteroids suppositories/rectal cream are prohibited in-competition.**
- **Hormone Replacement Therapy:** estrogens or progestins, alone or in combination
  Caution: Hormone replacement therapies containing androgens are prohibited (e.g. testosterone).
- **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot, Senokot-S
- **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids
- **Muscle Relaxant:** Baclofen, cyclobenzaprine, Norflex, Skelaxin, Soma, Zanaflex
- **Pain/Anti-Inflammatory:** acetaminophen (Tylenol), aspirin, celecoxib (Celebrex), codeine (T#3, T#4), diclofenac (Voltaren), gabapentin, hydrocodone (Norco, Vicodin), ibuprofen (Advil), ketorolac (Toradol), meloxicam (Mobic), naproxen (Aleve), pregabalin (Lyrica), tapentadol (Nucynta), tramadol (Ultram, Ultracet) piroxicam (Feldene)

- **Sedative/Sleep Aids:** Ambien, Ambien CR, alprazolam (Xanax), Ativan, Compoz, Dalmane, diazepam (Valium), diphenhydramine (Compoz, Sominex, zzzQuil), Lunesta, Nytol, Restoril, Rozerem, Sonata, trazodone, Unisom
- **Vaccines:** Chickenpox, Diptheria, H1N1, Hepatitis, HPV (Gardasil), influenza (Fluzone, Flumist), MMR, Menigococcal, Pertussis, pneumococcal (pnemovax), Polio, Rabies, rotavirus, TB, Tetanus, Typhoid, d-tap (tetanus, pertussis, diphtheria)
- **Vaginal Preparations:** AVC, Femstat, Gyne-Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat.

THERAPEUTIC USE EXEMPTIONS

An approved Therapeutic Use Exemption (TUE) is required before using a prohibited substance or method in sport in order to avoid an anti-doping policy violation. Please review the UFC TUE Policy for more information on the procedures for filing TUE applications or visit UFC.USADA.org/tue.

Diuretic/Threshold Warning: The use of any quantity of a substance subject to threshold limits (i.e. formoterol, salbutamol, cathine, ephedrine, methylephedrine, and pseudoephedrine) in conjunction with a diuretic or masking agent requires a Therapeutic Use Exemption for both the threshold substance AND the diuretic or masking agent. This is true even if you are using a "threshold substance" under the permitted threshold and/or as prescribed.

ATHLETE EXPRESS

This card does not contain the complete version of the WADA Prohibited List, but it includes examples of substances that are prohibited, as well as those that are permitted. The list may be subject to change.

Check the status of your products and methods:

1. 2017 Prohibited List
   UFC.USADA.org/prohibited-list
2. Research your medications on
   UFC.GlobalDRO.com*†
3. Research your supplements on
   Supplement411.org
3. Contact Athlete Express®
   - (719) 785-2000 or Toll-Free (866) 601-2632
   - International Toll-Free: +8008-120-8120
   - **UFCathleteexpress@USADA.org**

global DRO

Supplement 411®

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*† See reverse side.

UFC Anti-Doping Program

UFC.USADA.ORG

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