EXAMPLES OF PROHIBITED AND PERMITTED SUBSTANCES AND METHODS

Effective Jan. 1 – Dec. 31, 2019
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, investigational drugs.

◊ Anabolic Agents: anadrol, androstenediol, androstenedione, bolasterone, boldenone, clenbuterol, danazol, desoxymethyltestosterone (madol), dehydrochlormethyltestosterone (DHCMT, turinabol), dianabol, drostanolone, methasterone, methyl-1-testosterone, methyltestosterone, nandrolone (Deca Durabolin), norboletoine, oxandrolone, prasterone (dehydroepiandrosterone, DHEA, and its prohormones, e.g. 7-Keto-DHEA), prostanozol, Selective Androgen Receptor Modulators (ostarine (enobosarm, MK-2866) andarine (GTx-007, S-4)), stanozolol (Winstrol), testosterone, tetrahydrogestrinone (THG), tibolone, trenbolone, zeranol, zilpaterol, and similar chemical substances/biological effects.

◊ 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). Most inhaled beta-2 agonists are prohibited, including arformoterol, fenoterol, higenamine (norcoclarine, Tinospora crispa),
indacaterol, levalbuterol, orciprenaline (metaproterenol),
olodaterol, pirbuterol, terbutaline, tretoquinol,
tulobuterol, vilanterol.
See other side for information on inhaled albuterol
(salbutamol*), formoterol*, and salmeterol, which have
uses that are not prohibited.

◊ **Diuretics and Masking Agents:** (see Diuretic
Warning on reverse side): intravenous administration of
albumin, dextran, hetastarch and mannitol;
acetazolamide, amiloride, bumetanide, canrenone,
chlorthalidone, chlorothiazide, desmopressin (DDAVP),
eplerenone, furosemide, hydrochlorothiazide, indapamide,
etolazone, probenecid, spironolactone, triamterene,
tolvaptan, Exceptions: brinzolamide or dorzolamide
eye drops, drosperinone, pamabrom, and local use of
telypressin in a dental procedure are not prohibited.

◊ **Hormone and Metabolic Modulators:**
Aromatase inhibitors: aminogluthethimide, anastrozole,
androstenetrione (6-oxo), arimistane, exemestane,
formestane, letrozole, testolactone; Selective Estrogen
Receptor Modulators (SERMS) and Anti-Estrogens:
clophiphene, cyclofenil, fulvestrant, ospemifene, raloxifene,
tamoxifen, toremifene; Agents preventing Activin
receptor IIB activation, Metabolic Modulators: activators
of the AMP-activated protein kinase (AICAR), and PPARδ
agonists (GW 1516); insulin and insulin-mimetics;
meldonium (Mildronate); trimetazidine.
Peptide Hormones, Growth Factors, Related Substances and Mimetics: and all releasing factors: corticotropins, Growth Hormone and its releasing factors and analogues (hGH, GHRH, GH-Releasing Peptides, Growth Hormone Secretagogues, (GHS)).

Prohibited in MALES ONLY: chorionic gonadatropin (CG, hCG) and luteinizing hormone (LH), buserelin, gonadorelin, goserelin, leuprorelin; Erythropoietin-receptor agonists: erythropoietin (EPO), EPO-Fc, darbepoetin (dEPO), GATA inhibitors, luspatercept, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide, sotatercept; Hyproxia-inducible factor (HIF) stabilizers and activators: argon, cobalt, roxadustat, FG2216, xenon; Growth factors: fibroblast (FGF), hepatocyte (HGF), insulin-like (IGF-1, mecasermin), 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.†
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 injections (even if not a prohibited substance) of more than 100 mL per 12 hour period, of any substance/fluids, are prohibited unless used legitimately during a hospital treatment, surgical procedure, or clinical diagnostic investigation.
Gene and Cell Doping: gene editing, use of polymers of nucleic acids or nucleic acid analogues and/or use of normal or genetically modified cells to enhance performance.

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, armodafinil, benzphetamine, cathinone and analogues, cocaine, dexamfetamine, dextroamphetamine, 1, 3-dimethylbutylamine (DMBA, AMP citrate, 4-amino-2-methylpentane), ephedra, ephedrine*, higenamine (norcoccaurine), isomethaelptane, lisdexamfetamine, methamphetamine, methylhexanamine (4-methylhexan-2-amine, DMAA, geranamine) and analogues, methylxynephrine (oxilofrine), methylphenidate, modafinil, octopamine “Bitter Orange,” pemoline, phenethylamine and derivatives, phentermine, pseudoephedrine*, selegiline, and related substances.

See Diuretic/Threshold warning on other side.

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

◊ **Cannabinoids:** natural cannabinoids (e.g., cannabis, hashish, marijuana); synthetic cannabinoids (e.g., synthetic delta-9-THC (Dronabinol)); cannabimimetics (e.g., “Spice,” JWH-018, JWH-073, HU-210). Carboxy-THC is subject to a urinary threshold of 150ng/mL. Hemp and CBD products may contain detectable THC, consume these products at own risk.†

◊ **Glucocorticoids:** cortisone, dexamethasone, methylprednisolone, prednisone. Systemic use (i.e. intramuscular, intravenous, oral, rectal/suppository) is prohibited. Topical use, local intra-articular injections (e.g. cortisone shot directly into the joint), local epidural injection, and use by inhalation are not prohibited (see reverse).†

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

* threshold substance – see [UFC.USADA.org/prohibited-list](http://UFC.USADA.org/prohibited-list) for more information on stimulants and the monitoring program
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.

Analytical testing has revealed the presence of many prohibited ingredients in products marketed as dietary supplements, including:

1-androstendiol, androstenedione, androsterone, bolandiol, 1-DHEA (1-androsterone), dimethylamphetamine, 1-3 dimethylbutylamine (AMP Citrate, 4-AMP), 7-Keto-DHEA, drostanolone, epiandrosterone, epistane, higenamine (norcoclarine), methylhexanamine, beta-methylphenethylamine, N-methylphenethylamine, methylsynephrine, nandrolone, 19-norandrostenedione, octopamine “Bitter Orange,” sibutramine, stanozolol.

Always reference Supplement411.org and the High Risk List, which include specific products containing prohibited substances.
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. 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

Please note, Athletic Commissions may prohibit more substances than the UFC Anti-Doping Program.†

- **Acne:** antibiotics (topical and oral), adapalene, isotretinoin, retinoids, salicylic acid, topical corticosteroids
- **Anesthetics:** lidocaine; local anesthetic agents containing epinephrine (adrenaline) given by local administration (intradermal, nasal, ophthalmic) are permitted. Regional Athletic Commissions may have more restrictions or prohibited substances in this category.
- **Antacids:** calcium carbonate, dexlansoprazole, famotidine, lansoprazole, magnesia, magnesium-aluminum, omeprazole, pantoprazole, ranitidine, simethicone
- **Antibiotics:** antibiotic ointments, azithromycin, carbopenems, cephalosporins, clindamycin, fluoroquinolones, erythromycins, metronidazole, nitrofurantoin, penicillins and derivatives, rifampin, sulfa antibiotics, vancomycin
Antidepressant/Mood stabilizers: amitriptyline, aripiprazole, bupropion, citalopram, cyanocobalamin, desvenlafaxine, escitalopram, fluoxetine, lamotrigine, lithium, paroxetine, quetiapine, risperidone, sertraline, trazodone. Regional Athletic Commission may have more restrictions or prohibited substances in this category.

Antidiabetic: exenatide, dulaglutide, glimepiride, glipizide, glyburide, metformin, linaglaptin, pioglitazone, sitagliptin

Antidiarrheal: diphenoxylate/atropine, bismuth subsalicylate, loperamide, kaolin/pectin

Antifungal: ciclopirox, clotrimazole, ketoconazole, miconazole, nystatin, terbinafine, tolnaftate

Antinausea/Antivertigo: diphenhydramine, doxylamine, hyoscine (scopolamine), meclozine, ondansetron, promethazine

Antiviral: aciclovir, antiretrovirals, amantadine, emtricitabine, ledipasvir/sofosbuvir, oseltamivir, ribavirin, tenofovir, valacyclovir

Asthma: cromolyn sodium, ipratropium, montelukast, nedocromil, omalizumab, theophylline, tiotropium
Certain Beta-2 agonists (by inhalation only):
Inhaled salbutamol* (albuterol): not to exceed 800 micrograms every 12 hours; inhaled formoterol*: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol: maximum 200 micrograms over 24 hours. The use of these asthma medications by a nebulizer may cause you to receive more than the permitted dose. Please submit a Therapeutic Use Exemption for the use of any beta-2 agonist with a nebulizer. See Diuretic/Threshold warning.*
◊ Attention Deficit (Hyperactivity) Disorder (ADD or ADHD): atomoxetine, guanfacine
◊ 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. Permitted ingredients: cetirizine, dextromethorphan, doxylamine, guaifenesin, loratadine, phenylephrine, promethazine. Nose drop/spray or eye drop of: fluticasone, naphazoline, oxymetazoline, and tetrahydrozoline. 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, norethindrone acetate) alone or in combination with estrogens (ethinyl estradiol, estradiol valerate), IUDs

**Ear Drops:** benzocaine, ciprofloxacin/dexamethasone, phenazone, and all ear drop antibiotics

**Eye Preparations:** artificial tears and eye lubricants, cyclosporine, naphazoline (into eyes), oxymetazoline (into eyes), prednisolone (into eyes), and all ophthalmic antibiotics

**Heart Medications:** amlodipine, aspirin, atorvastatin, clonidine, diltiazem, lisinopril. Caution: Some heart medications contain diuretics like hydrochlorothiazide (HCTZ), which is prohibited. See other side regarding beta-blockers.

**Hemorrhoidal:** hamamelis water, menthol, pramocaine, topical hydrocortisone cream. **Caution:** glucocorticosteroid suppositories/rectal cream are prohibited in-competition.

**Hypothyroidism:** levothyroxine
Laxative/Stool Softener: calcium polycarbophil, docusate, macrogol, magnesium citrate, sennosides

Pain/Anti-Inflammatory: aspirin, celecoxib, codeine, diclofenac, dry needling, ibuprofen, ketorolac, meloxicam, naproxen, paracetamol (acetaminophen), pregabalin, tramadol

Sedative/Sleep Aids: diphenhydramine, doxylamine, eszopiclone, trazodone, zolpidem. Regional Athletic Commissions may have more restrictions or prohibited substances in this category.

Topicals: topical betamethasone, capsaicin, diclofenac, diphenhydramine, menthol, methyl salicylate, topical hydrocortisone, zinc oxide

Vaccines: diphtheria, Hepatitis, HPV, Influenza, Measles-mumps-rubella (MMR), Meningococcal, Pertussis, Pneumococcal, Polio, Rabies, Rotavirus, Tetanus, Tetanus-pertussis-diphtheria (Tdap), Typhoid, Varicella virus vaccines, Yellow fever

Vaginal Preparations: butoconazole, clotrimazole, metronidazole, miconazole, nystatin, terconazole, tioconazole
**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](http://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 amount and/or as prescribed.
ATHLETE EXPRESS

This card is not a complete version of the WADA Prohibited List, but provides 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. 2019 Prohibited List
   [UFC.USADA.org/prohibited-list](UFC.USADA.org/prohibited-list)

2. Research your medications
   [UFC.GlobalDRO.com](UFC.GlobalDRO.com)

3. Research your supplements
   [Supplement411.org](Supplement411.org)

4. Contact Athlete Express®
   ◇ (719) 785-2000 or Toll-Free (866) 601-2632
   ◇ International Toll-Free: +8008-120-8120
   ◇ [UFCathleteexpress@USADA.org](UFCathleteexpress@USADA.org)