



UFC
Anti-Doping

WALLET CARD 2021

Examples of Prohibited and Permitted
Substances and Methods
Effective Jan. 1 - Dec. 31, 2021

This card is not a complete version of the UFC Prohibited List, but provides examples of substances that are prohibited, as well as those that are permitted. The list may be subject to change. For a full list of Prohibited Substances, refer to the UFC Prohibited List at UFC.USADA.org/prohibited-list.

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), norboletone, oxandrolone, prasterone (dehydroepiandrosterone, DHEA, and its prohormones, e.g. 7-Keto-DHEA), prostanazol, Selective Androgen Receptor Modulators (e.g., ostarine (enobosarm, MK-2866), LGD-4033 (ligandrol), andarine (GTx-007, S-4) and RAD140), stanozolol (Winstrol), testosterone, tetrahydrogestrinone (THG), tibolone, trenbolone, zeranol, zilpaterol, and other substances with a similar chemical structure or similar biological effect(s).

- **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, indacaterol, levosalbutamol (levalbuterol), orciprenaline (metaproterenol), olodaterol, pirbuterol, terbutaline, tretoquinol, tulobuterol.

See other side for information on inhaled salbutamol*, formoterol*, salmeterol, and vilanterol, which have uses that are not prohibited. Higenamine (norcoclaurine, *Tinospora crispa*) is prohibited in-competition only.

- **Diuretics and Masking Agents (see Diuretic/Threshold Warning on page 13):** intravenous administration of albumin, dextran, hetastarch and mannitol; acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, chlorothiazide, desmopressin (DDAVP), eplerenone, furosemide, hydrochlorothiazide, indapamide, metolazone, probenecid, spironolactone, triamterene, tolvaptan. **Exceptions: Brinzolamide or dorzolamide eye drops, drospirinone, pamabrom, and local use of felypressin in a dental procedure are not prohibited.**

- **Hormone and Metabolic Modulators:**

Aromatase inhibitors, including, but not limited to: aminoglutethimide, anastrozole, androstatrienedione, androstenetrione (6-oxo), arimistane, exemestane, formestane, letrozole, testolactone; **Selective Estrogen Receptor Modulators (SERMS) and Anti-Estrogens:** clomiphene, cyclofenil, fulvestrant, ospemifene, raloxifene, tamoxifen, toremifene;

Agents preventing Activin receptor IIB activation, Metabolic Modulators: activators of the AMP-activated protein kinase (AICAR, SR9009), and PPAR δ agonists (GW1516, GW501516); 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 (e.g., CJC-1293, CJC-1295, sermorelin, and tesamorelin); Growth Hormone Secretagogues (GHS) (e.g., lenomorelin (ghrelin)) and its mimetics (e.g., anamorelin, ipamorelin, macimorelin, and tabimorelin); Growth Hormone fragments (e.g., AOD-9604, hGH 176-191); GH-Releasing Peptides (GHRPs) (e.g., Alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin)); **Erythropoietin-receptor agonists:** erythropoietin (EPO), EPO-Fc, darbepoetin (dEPO), GATA inhibitors, luspatercept, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide, sotatercept; **Hypoxia-inducible factor (HIF) stabilizers and activators:** cobalt, daprodustat (GSK1278863); molidustat (BAY 85-3934); roxadustat (FG-4592); vadadustat (AKB-6548), and 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 permitted.**[†]

Prohibited in Males Only: chorionic gonadatropin (CG, hCG) and luteinizing hormone (LH), busserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin, and triptorelin

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 (e.g., ozone therapy or plasma donation where blood cells are returned into circulation, except: whole blood donation is permitted); 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** of any permitted or prohibited substance/fluid in excess of 100 mL per 12-hour period are prohibited, except for those legitimately received during a hospital treatment, surgical procedure, clinical

diagnostic investigation, and/or those that are determined to be medically justified and within the standard of care by a licensed physician and administered by a licensed medical professional.

- **Gene and Cell Doping:** The following are prohibited: the use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes, but is not limited to, gene editing, gene silencing, and gene transfer technologies and the 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, dexamethylphenidate, dextroamphetamine, 1, 3-dimethylbutylamine (DMBA, AMP citrate, 4-amino-2-methylpentane), ephedra, ephedrine*, isometheptene, lisdexamphetamine, methamphetamine, methylhexanamine (4-methylhexan-2-amine, DMAA, geranamine) and analogues, methylsynephrine (oxilofrine), methylphenidate, modafinil, octopamine "Bitter Orange," pemoline, phenethylamine and derivatives, phentermine, pseudoephedrine*, selegiline, and related substances.

See Diuretic/Threshold Warning on page 13.*

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

- **Narcotics:** buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and derivatives, hydromorphone, meperidine, methadone, morphine, nicomorphine, opium, oxycodone, oxymorphone, pentazocine, pethidine
- **Cannabinoids:** natural or synthetic delta-9-tetrahydrocannabinol (THC) or Cannabimimetics (e.g., "Spice," JWH-018, JWH-073, HU-210). Cannabidiol (CBD) is not prohibited, but may contain varying concentrations of THC and other natural cannabinoids, which may be prohibited by state Athletic Commissions.
- **Glucocorticoids:** betamethasone, budesonide, cortisone, deflazacort, dexamethasone, fluticasone, hydrocortisone, methylprednisolone, prednisolone, prednisone, triamcinolone. 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 **permitted** (see below).[†]

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, discuss with your doctor and pharmacist. You are encouraged to apply for a TUE prior to competition.

DIETARY SUPPLEMENTS

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) may contain ingredients, including ones not listed on the label, that are prohibited.

Any athlete who takes a dietary supplement does so at the risk of an anti-doping policy violation and/or adverse health consequences.

For athletes who choose to use dietary supplements in spite of the risks, USADA recommends they use **only** Certified Supplements identified in the UFC Prohibited List. Please see [UFC.USADA.org/supplements](https://www.usada.org/supplements) for more information.

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](https://www.usada.org/playclean)



1-877-752-9253

† The UFC Global DRO website provides the permitted or prohibited status of specific ingredients and medications according to the UFC Prohibited List. Make sure to also check your medications with the relevant Athletic Commission(s) or regulatory bodies as they may prohibit some medications and methods that are permitted under the UFC Anti-Doping Program, and vice versa. An athlete should not 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(s) or regulatory bodies.

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. **Caution: Spironolactone and canrenone are prohibited.**
- **Anesthetics:** lidocaine; local anesthetic agents containing epinephrine (adrenaline) given by local administration (intra-dermal, nasal, ophthalmic) are permitted. Regional Athletic Commissions may have more restrictions or prohibited substances in this category.
- **Antacids:** calcium carbonate, dexlansoprazole, famotidine, lansoprazole, magnesium, magnesium-aluminum, omeprazole, pantoprazole, ranitidine, simethicone
- **Antibiotics:** antibiotic ointments, azithromycin, carbapenems, 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 Commissions may have more restrictions or prohibited substances in this category.

- **Antidiabetic:** exenatide, dulaglutide, glimepiride, glipizide, glyburide, metformin, linagliptin, pioglitazone, sitagliptin
- **Antidiarrheal:** atropine, bismuth subsalicylate, loperamide, kaolin/pectin
- **Antifungal:** ciclopirox, clotrimazole, ketoconazole, miconazole, nystatin, terbinafine, tolnaftate
- **Antinausea/Antivertigo:** diphenhydramine, doxylamine, hyoscine (scopolamine), meclizine, 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): maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose; inhaled formoterol*: maximum delivered dose of 54 micrograms over 24 hours; inhaled salmeterol: maximum 200 micrograms over 24 hours; inhaled vilanterol: maximum of 25 micrograms in 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 on page 13.*

- **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 prohibited side for pseudoephedrine (often in “non-drowsy” or “D” formulations) and ephedrine.

- **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 Diuretic/Threshold Warning on page 13.*

- **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-competition and/or out-of-competition in order to avoid an anti-doping policy violation. Athletic Commissions may have their own TUE or medical rules, therefore a USADA-approved TUE does not automatically mean an athlete under the jurisdiction of a specific Athletic Commission has permission to use a prohibited substance and/or method. Please review the UFC TUE Policy for more information on the procedures for filing TUE applications or visit [UFC.USADA.org/tue](https://www.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.

RESOURCES

Check the status of your products and methods:

1. UFC Prohibited List

[UFC.USADA.org/prohibited-list](https://www.usada.org/prohibited-list)

2. Research your medications

[UFC.GlobalDRO.com](https://www.usada.org/globaldro.com)

3. Learn more about Certified Supplements

[UFC.USADA.org/supplements](https://www.usada.org/supplements)

4. Contact Drug Reference

- (719) 785-2000 or Toll-Free (866) 601-2632
- International Toll-Free: +8008-120-8120
- ufcdrugreference@usada.org





UFC Anti-Doping Program

[UFC.USADA.org](https://www.ufc.usada.org)

Effective January 1, 2021

© 2021 U.S. Anti-Doping Agency.

The material contained herein may not be reproduced, distributed, transmitted, or otherwise used, except with the express written permission of the U.S. Anti-Doping Agency.