



## 2013-14 IHSA Banned Substances

### **The IHSA bans the following classes of substances:**

- a. Stimulants
- b. Anabolic Agents
- c. Diuretics and Other Masking Agents
- d. Peptide Hormones and Analogues

### **Note: Any substance chemically related to these classes is also banned.**

The member school and the student-athlete shall be held accountable for all substances within the banned substance class regardless of whether they have been specifically identified.

### **Substances and Procedures Subject to Restrictions:**

- a. Manipulation of Urine Samples.
- b. Caffeine if concentrations in urine exceed 15 micrograms/ml.

### **IHSA Nutritional/Dietary Supplements Warning:**

- **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**
- Dietary supplements are not well regulated and may cause a positive substance test result.
- In the IHSA's program and other programs that test for the same substances as the IHSA's program, student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned substances not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

**It is your responsibility to check with your athletics staff  
before using any substance.**



## **Some Examples of IHSA Banned Substances in each class**

### **NOTE: There is no complete list of banned substance examples!!**

Check with your athletics department staff or the Resource Exchange Center (REC) to review the label of any product, medication or supplement before you consume it!

#### **Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

#### **Anabolic Agents:**

boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

#### **Diuretics (water pills) and Other Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

#### **Peptide Hormones and Analogues:**

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Any substance that is chemically related to the class of banned substances, even if not listed as an example, is also banned!**

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password Illinoishs.**

**It is your responsibility to check with your athletics staff  
before using any substance.**