



NAIA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

A. The NAIA bans the following classes of drugs:

1. Stimulants.
2. Anabolic Agents.
3. Diuretics and Other Masking Agents.
4. Peptide Hormones and Analogues.
5. Anti-estrogens; and
6. Beta-2 Agonists.

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

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

B. Drugs and Procedures Subject to Restrictions:

1. Blood Doping.
2. Local Anesthetics (under some conditions).
3. Manipulation of urine samples.
4. Beta-2 Agonists permitted only by prescription and inhalation.
5. Caffeine if concentrations in urine exceed 15 micrograms/ml.

C. **NAIA Nutritional/Dietary Supplements Warning:**

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

Note to Student-Athletes: There is no complete list of banned substances. Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff prior to using a supplement.



D. Some Examples of NAIA Banned Substances in Each Drug Class:

1. Stimulants:

Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; etc.

3. Diuretics (water pills) and Other Masking Agents:

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

4. Peptide Hormones and Analogues:

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

5. Anti-Estrogens:

Anastrozole; tamoxifen; formestane; ATD, clomiphene etc.

6. Beta-2 Agonists:

Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at www.naia.org/wellness.

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

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Drug Free Sport AXIS™ 866.635.7877 or www.drugfreesport.com/axis password naialive5.

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