



NAIA Banned Substances

It is the student athlete's responsibility to check with the appropriate or designated athletic staff before using any substance.

A. The NAIA bans the following drug classes:

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

Note: Any substance chemically/pharmacologically related to any of the classes listed above is also banned. The institution and student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified. There is no complete list of banned substances.

B. Substances and Methods Subject to Restrictions:

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Beta-2 agonists (permitted only by inhalation with prescription).
5. Caffeine if concentrations in urine exceed 15 micrograms/mL.

C. NAIA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement product, review the product and its label with your appropriate or designated athletic staff.

1. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. All nutritional/dietary supplements are taken at your own risk.

There is no complete list of banned substances. The following are some examples of substances in each of the banned drug classes. Do not rely on this list to rule out any labeled ingredient.



D. Examples of NAIA Banned Substances in each drug class.

1. Stimulants

- Amphetamine (Adderall)
- Caffeine (Guarana)
- Cocaine
- Dimethylbutylamine (DMBA; AMP)
- Dimethylhexylamine (DMHA; Octodrine)
- Ephedrine
- Heptaminol
- Hordenine
- Lisdexamfetamine (Vyvance)
- Methamphetamine
- Methylphenidate (Ritalin)
- Methylhexanamine (DMAA; Forthane)
- Mephedrone (bath salts)
- Modafinil
- Octopamine
- Phenethylamines (PEA) and its derivatives
- Phentermine
- Synephrine (bitter orange)

Exceptions: Phenylephrine and Pseudoephedrine are not banned.

2. Anabolic Agents

- Androstenedione
- Boldenone
- Clenbuterol
- Clostebol
- DHCMT (Oral Turinabol)
- DHEA
- Drostanolone
- Epitrenbolone
- Etiocholanolone
- Methandienone
- Methasterone
- Nandrolone (19-nortestosterone)
- Oxandrolone
- SARMS (LGD-4033; Ostarine; RAD140)
- Stanozolol
- Stenbolone
- Testosterone
- Trenbolone

3. Diuretics and Masking Agents

- Bumetanide
- Canrenone (Spironolactone)
- Chlorothiazide
- Furosemide
- Hydrochlorothiazide
- Probenecid
- Triamterene
- Trichlormethiazide

Exceptions: Finasteride is not banned.

4. Peptide Hormones and Analogues

- BPC-157
- Erythropoietin (EPO)
- Growth hormone (hGH)
- Human Chorionic Gonadotropin (hCG)
- Ibutamoren (MK-677)
- IGF-1 (colostrum; deer antler velvet)

Exceptions: Insulin, Synthroid, and Forteo are not banned.

5. Anti-Estrogens

- Anastrozole (Arimidex)
- Clomiphene (Clomid)
- Formestane
- Letrozole
- Raloxifene (Evista)
- Tamoxifen (Nolvadex)

6. Beta-2 Agonists

- Albuterol
- Formoterol
- Higenamine (Norcoclaurine)
- Salbutamol
- Salmeterol
- Vilanterol

Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned. Information about medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS™ at 816-474-7321 or axis.drugfreesport.com (access code: naialive5).