

NCAA BANNED SUBSTANCES FOR 2009-2010



The National Collegiate Athletic Association (NCAA) enforces a list of banned-drug classes. Many supplements contain NCAA banned substances. The FDA does not strictly regulate the supplement industry and thus purity and safety cannot be guaranteed. The following are included in the list of banned-drug classes. More information can be found at www.ncaa.org/health-safety.



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.

* for caffeine – if concentration in urine exceeds 15 micrograms/ml (equivalent to 17 caffeine containing soft drinks).



Anabolic Agents:

boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.



Diuretics:

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



Street Drugs:

heroin, marijuana, and tetrahydrocannabinol (THC).



Peptide Hormones, Analogues and their releasing factors:

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

NOTE: Always check with your athletic staff before using any substance. Information courtesy of www.NCAA.org