

LIST OF WNBF BANNED SUBSTANCES

The following substances and related compounds are banned by the World Natural Bodybuilding Federation (WNBF) and their use constitutes grounds for dismissal from WNBF Competitions (and forfeiture of any winnings) and suspension from membership privileges in the WNBF organisation for a period of seven years from the failure date.

ANABOLIC STEROIDS

All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dihydrochlormethyltestosterone), clostebol, fluoxymesterone, mesterolone, methandienone, methyltestosterone, nandrolone, norethandrolone, oxandrolone, oxymetholone, stanozolol, testosterone and all other related compounds, are strictly banned.

TESTOSTERONE

(Injections, patches, gels) in any form or for any reason, even if under a doctor's prescription.

TESTOSTERONE/EPITESTOSTERONE RATIO

The T/E ratio is used to measure the presence of exogenous testosterone, or illicit elevation of testosterone levels. A T/E ratio in excess of 5/1 is ruled as positive, no matter what the cause. Note: Should the use of any substance cause an elevated T/E ratio in excess of the 5/1 limit, the athlete will be ruled as positive (failure).

GROWTH HORMONES (PHARMACEUTICAL HGH, HCG and any other related compounds). Oral, spray or sublingual GH compounds of pharmaceutical origin are banned effective January 1, 2001.

HORMONES, PROHORMONES AND ALL PRECURSORS & METABOLITES, DERIVATIVES & RELATED COMPOUNDS. The use of **any hormone** (injectable, oral, sublingual or otherwise) for bodybuilding purposes – **including insulin** – is prohibited.

- All hormonal precursors** (DHEA, androstenedione; 19-norandrostenedione; androstenediol; 5-AD; androstene-TRIONE; 17-androdione; etc.) are banned effective January 1, 2000. (Includes Novadex, Superdrol, Halodrol, Methyl-1, etc.)

- All other additional hormonal supplements** (6-OXO; 6-OXO-androstenedione; 2a,17a-dimethyl-17β-hydroxy-5a-androstan-3-one; 3, 17-keto-etiochol-triene; 1,4,6-androstatriene-3,17-dione; 3-Alpha (5a-androstane-3a,17b-diol); etc.) have been identified as prohormonal in nature as of January 1, 2004, and are banned effective January 1, 2004. (Includes Novadex, Superdrol, Halodrol, Methyl-1, Forza-T, etc.)

- Fat-Burning Prohormone Derivatives** such as 3,17-dihydroxy-delta-5-etiocholane-7-one (A7-D), and 3,17-dihydroxy-delta-5-etiocholane-7-one diethylcarbonate (A7-E) are banned effective January 1, 2007. (Includes Hot Rox, Fahrenheit, etc.)

- Pro-Steroids are banned as of **January 1, 2000**. They are marketed as not being prohormonal, but they ARE. (Includes 1-Test, etc.)

- Prescription Thyroid Hormone Medication** when used for bodybuilding purposes is banned.

- The presence of any banned substance in the urine (i.e. nandrolone, etc.), no matter how it arrived, is ruled as a positive (failure).

NOTE: Any athletes who are **NEW to the WNBF**, MUST NOT HAVE USED **ANY PROHORMONES** for **AT LEAST TWO (2) YEARS** before joining the WNBF for the **FIRST TIME!**

PRESCRIPTION DIURETICS - Any and all prescription weight-loss substances and diuretics used for bodybuilding purposes, even when physician-prescribed, are banned by the WNBF.

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned effective July 1, 2004. Any athletes who are **NEW to the WNBF** MUST NOT HAVE USED EPHEDRA for **AT LEAST SIX (6) MONTHS** before joining the **WNBF for the FIRST TIME!**

PSYCHOMOTOR STIMULANTS such as amphetamines, speed, cocaine or other stimulants when used for bodybuilding purposes.



WNBF SUBSTANCE SCREENING

MUSCLE IMPLANTS OF ANY KIND are strictly prohibited. BREAST IMPLANTS for females are not banned.

CHEMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST.

CLENBUTEROL & GHB (since 1992)

ANY ILLEGAL OR ILLICIT BODYBUILDING DRUG OR SUBSTANCE AS DECREED BY AUSTRALIAN AND U.S. GOVERNMENT AGENCIES.

ANY FDA-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

ANY IOC-BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

NOTE: BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM!
(If you are not sure, please check with us first. E-mail info@wnbf.com.au)

I have read and agree to abide by this list of banned substances as a prerequisite for my participation in the WNBF and its sanctioned Natural events. A failing (positive) test in the polygraph or urinalysis exams will make me ineligible for competition for 7 years from the date of the test failure. I agree to pay \$500 for the cost of the drug test if I fail. If I pass the test, the WNBF will pay for the cost.

AGREED (please sign): _____

Athletes Name: _____

Date: ____/____/____