



## 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.**