



WORLD NATURAL BODYBUILDING FEDERATION, INC.



The Official "PRO NATURAL" Bodybuilding & Figure Federation For Men & Women

2008 LIST OF WNBF BANNED SUBSTANCES (Effective 1/1/08)

The following substances and related compounds are **banned** by the **World Natural Bodybuilding Federation (WNBF)** and their use constitutes grounds for dismissal from WNBF Pro Natural Competitions and suspension from membership privileges in the organization for a period of seven years from the failure date. **This list is effective January 1, 2008.**

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dihydrochlormethyl-testosterone), 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 6/1 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 6/1 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.*)

NOTE: The sole exception of this ruling is **7-Keto DHEA** (also known as **7-OXO DHEA**), effective **June 1, 2007!**

•**All other additional hormonal supplements** (6-OXO; 6-OXO-androstenetrione; 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 Prohormonal 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.*)

NOTE: **7-Keto DHEA** (aka **7-OXO DHEA**), when used for weight loss, is the **ONLY hormonal product now approved for use in the WNBF.**

•**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: **BE SURE TO CHECK ALL INGREDIENTS LISTS OF SUPPLEMENTS BEFORE USING THEM!** (E-mail inbf@epix.net.)

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

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned effective **July 1, 2004.**

NOTE: The FDA's 2004 ban on ephedra was *upheld by a Federal Appeals Court in August 2006*, **MAINTAINING THE FDA BAN!**

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

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 AND GHB (since 1992).

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

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

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

AGREED: 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 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.

Athlete's Name (Print)

Signature

Today's Date