

**World Natural Bodybuilding Federation
International Natural Bodybuilding & Fitness Federation**

BANNED SUBSTANCE LIST

SUBSTANCES BANNED BY THE WNBF & INBF

THE FOLLOWING SUBSTANCES AND RELATED COMPOUNDS ARE BANNED BY THE WNBF AND INBF, AND THEIR USE CONSTITUTES GROUNDS FOR DISMISSAL FROM WNBF AND/OR INBF COMPETITIONS AND SUSPENSION FROM MEMBERSHIP PRIVILEGES IN THE ORGANIZATION FOR A PERIOD OF SEVEN (7) YEARS FROM THE FAILURE DATE.
THE LIST IS EFFECTIVE AS OF SEPTEMBER 2, 2009.

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 are strictly banned.

TESTOSTERONE/EPITESTOSTERONE (T/E) 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 a 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 (recombinant DNA technology) origin are banned.

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

- **All hormonal precursors** (*DHEA, androstenedione; 19norandrostenedione; androstenediol; 5AD; androstene TRIONE; 17androdione*; etc.) are banned.
- **All other additional hormonal supplements** (*6OXO; 6OXOandrostenedione; 2a, 17adimethyl17β-hydroxy5androstane3one; 3, 17ketoetioboltriene; 1,4,6androstatriene3, 17dione; 3Alpha (5androstane-3a, 17bdiol)*; etc.) have been identified as prohormonal in nature and are banned.
- **Fat Burning Prohormone Derivatives** such as *3, 17dihydroxydelta5etiobolane7one (A7D), 3, 17-dihydroxydelta5etiobolane7one diethylcarbonate (A7E)*, etc. are banned.
 - **7-oxo-DHEA** (also known as **7-keto-DHEA**), **7alpha-hydroxy-DHEA (7alpha-OH-DHEA)** and **7beta-hydroxy-DHEA (7beta-OH-DHEA)** are not banned by the WNBF or INBF when used for weight loss. Although hormonal metabolites of DHEA, they do not elevate testosterone levels and can be used by WNBF or INBF athletes.
- **ProSteroids** are banned. They are marketed as not being prohormonal, but they are.
- **Prescription Thyroid Hormone Medication**, when used for bodybuilding purposes, is banned.
- **The presences of any banned substance in the urine (i.e., nandrolone, etc.), no matter how it arrived there, is ruled as a positive (failure).**

INBF COMPETITORS ONLY – Any athletes who are new the INBF must have not used any prohormones for at least two (2) years before joining the INBF for the first time.

NOTE: BE SURE TO CHECK ALL INGREDIENT LISTS FOR SUPPLEMENTS BEFORE USING THEM.

PRESCRIPTION DIURETICS – Any and all prescription weight loss substances and diuretics used for bodybuilding purposes, even when physician prescribed cannot be used for six (6) months prior to WNBF and/or INBF competitions.

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned. Any athletes who are in the INBF ONLY must have not used ephedra for at least six (6) months before joining the INBF for the first time.

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

MUSCLE IMPLANTS OF ANY KIND are strictly prohibited.

CEHMICALS/DRUGS FOR THE PURPOSE OF DECEIVING OR PASSING THE POLYGRAPH OR URINE TEST are banned.

CLENBUTEROL AND GHB are banned.

ANY ILLICIT/ILLEGAL BODYBUILDING DRUG/SUBSTANCE AS DECREED BY U.S. GOVERNMENT AGENICIES.

ANY FDA BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

ANY IOC BANNED SUBSTANCE, EXCEPT IF SPECIFICALLY OTHERWISE INDICATED.

THE ATHLETE IS SOLELY RESPONSIBLE FOR WHAT GOES INTO HIS OR HER BODY. IF YOU ARE NOT SURE OF THE STATUS OF A SUPPLEMENT OR PHARMACUETICAL, CONTACT CHARLIE CAROLLO BY PHONE (570) 643 0139 OR EMAIL INBF@EPIX.NET.

NOTE: ATHLETE'S STATUS WILL BE VIEWED ON A CASE-BY-CASE BASIS.

Signature:. _____

Date: _____

INBF ADDITIONAL BANNED SUBSTANCE LIST

1-Androstendiol 5 α -androst-1-en-3 β ,17 β -diol 1-AD
1-Androstendione 5 α -androst-1-en-3,17-dione 1-AD
4-Androstendiol androst-4-en-3 β ,17 β -diol Androdiol
4-Androstendione androst-4-en-3,17-dione Androsten
5-Androstendiol androst-5-en-3 β ,17 β -diol 5-Andro
5-Androstendione androst-5-en-3,17-dione 5-Andro
Bolandiol estr-4-en-3 β ,17 β -diol Anabiol, Storal
Bolasterone 7 α ,17 α -dimethylandrost-4-en-17 β -ol-3-one Myagen
Boldenone androsta-1,4-dien-17 β -ol-3-one Equipose, Parenabol
Boldione androsta-1,4-dien-3,17-dione 1,4-Andro
Calusterone 7 β ,17 α -dimethylandrost-4-en-17 β -ol-3-one Methosarb
Clenbuterol (anabolic agent) Spiropent
Clostebol 4-chloroandrost-4-en-17 β -ol-3-one Steranabol
Danazol 17 α -ethyl-4-androsten-[2,3-d]isoxazol-17 β -ol Danoval
Dehydrochloromethyltestosterone 17 α -methylandrosta-1,4-dien-4-chloro-17 β -ol-3-one Oral-Turinabol
Desoxymethyltestosterone 17 α -methyl-5 α -androst-2-en-17 β -ol Madol, ErgoMax LMG
Drostanolone 2 α -methyl-5 α -androstan-17 β -ol-3-one Masterid
Epitestosterone (masking agent) androst-4-en-17 α -ol-3-one
Ethylestrenol 19-nor-17 α -pregn-4-en-17 β -ol Orabolin
Fluoxymesterone 9 α -fluoro-17 α -methyl-4-androsten-11 β ,17 β -diol-3-one Halotestin, Ultandren
Formebolone 17 α -methylandrost-1,4-dien-2-formyl-11 α ,17 β -diol Esiclone
Formestane (anti-estrogen) androst-4-en-3,17-dione-4-ol 4-OHA, Lentaron
Furazabol 17 α -methyl-5 α -androstan-2,3-c]furazan Myotolon
Halodrol 4-chloro-17 α -methylandrost-1,4-dien-3,17 β -diol Halodrol-50
4-Hydroxytestosterone androst-4-en-4,17 β -diol-3-one Primobolan
Mestanolone 17 α -methyl-5 α -androstan-17 β -ol-3-one Androstanolone
Mesterolone 1 α -methyl-5 α -androstan-17 β -ol-3-one Proviron, Androviron
Methandriol 17 α -methylandrost-5-en-3 β ,17 β -diol Androdiol, Stendiol
Methasterone 2 α ,17 α -dimethyl-5 α -androstan-17 β -ol-3-one Methylmasterdrol,
Superdrol
Methenolone 1-methylandrost-1-en-17 β -ol-3-one Primobolan, Primonabol
6-Methylandrostendione 6 α -methyl-etiocolone-3,17-dione Methyl 1-P
Methyl-1-testosterone 17 α -methyl-5 α -androst-1-en-17 β -ol-3-one M-1-T
Methylnortestosterone 17 α -methyl-4-en-17 β -ol-3-one Normethandrone
Methyltestosterone 17 α -methylandrost-4-en-17 β -ol-3-one Methandren
Mibolerone 7 α ,17 α -dimethylestr-4-en-17 β -ol-3-one Cheque
Nandrolone Estr-4-en-17 β -ol-3-one Durabolin,
Deca-Durabolin,
Laurabolin
19-Norandrostadiendione Estra-4,9-dien-3,17-dione FiniGenX Magnum
19-Norandrostendione Estr-4-en-3,17-dione NorAndro
Norclostebol 4-chloroestr-4-en-17 β -ol-3-one
Norethandrolone 19-nor-17 α -pregn-4-en-17 β -ol-3-one Nilevar
Oxabolone estr-4-en-4,17 β -diol-3-one Steranabol ritardo
Oxandrolone 17 α -methyl-2-oxa-5 α -androstan-17 β -ol-3-on Anavar
Oxymesterone 17 α -methylandrost-4-en-4,17 β -diol-3-one Oranabol
Oxymetholone 17 α -methyl-2-hydroxymethylen-5 α -androstan-17 β -ol-3-one Anadrol
Probenecid (masking agent) 4-[(dipropylamino)sulfonyl]benzoic acid Benemid, Proben
Prostanozolol [3,2-c]pyrazol-5 α -etioallocholane-17 β -ol THP Orastane E
Quinbolone androsta-1,4-diene-17 β -ol-3-one 17-cyclopentenyl Anabolicum Vister
Stanozolol 17 α -methylandrostan-2,3-c]pyrazol-17 β -ol Stromba, Winstrol
Stenbolone 2-methyl-5 α -androst-1-en-17 β -ol-3-one Anatofin
Testolactone (anti-estrogen) D-homo-17 α -oxaandrosta-1,4-dien-3,17-dione Teslac
1-Testosterone 5 α -androst-1-en-17 β -ol-3-one 1-T, 1-Test
Testosterone androst-4-en-17 β -ol-3-one
Trenbolone estra-4,9,11-trien-17 β -ol-3-one F

All INBF and WNBF athletes must be seven years drug free of prescription /pharmaceutical hormones on the banned substance list and two years free of over-the-counter hormones, pro-hormones or banned substances listed or their chemical counterparts, unless otherwise noted, prior to their first WNBF-qualifying competition. I have read the above additional banned substance list and I'm not in violation of it.

Signature: _____ **Date:** _____