



World Natural Bodybuilding Federation & International Natural Bodybuilding & Fitness Federation



Official Pro Natural & Naturalmania Bodybuilding, Figure, Best Body & Ms. Fit Body Federations

2009 LIST OF INBF BANNED SUBSTANCES (Effective 1/1/09)

The following substances and related compounds are **banned** by BOTH the INBF and WNBF and their use constitutes grounds for dismissal from INBF 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, 2009.**

ANABOLIC STEROIDS. All Anabolic Steroids, including but not limited to bolasterone, boldenone, chioroxomesterone (dyhydrochlormethyl-testerone), 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 (recumbinant DNA technology) 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 only), 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-androstan-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), 3,17-dihydroxy-delta-5-etiocholane-7-one diethylcarbonate (A7-E), 7-OH DHEA, etc. are banned effective **January 1, 2007.** (*Includes Hot Rox, Fabrenheit, etc.*)

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

•**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).

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

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.** Any athletes who are **NEW to the INBF ONLY MUST NOT HAVE 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.

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-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/INBF and 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