

World Natural Bodybuilding and International Natural Bodybuilding & Fitness Federation

SUBSTANCES BANNED BY THE WNBF AND 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 (dydrochlormethyltestosterone), 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-hydroxy5aandrostane3one; 3, 17ketoetiocholtriene; 1,4,6androstatriene3, 17dione; 3Alpha (5aandrostane-3a, 17bdiol); etc.*) have been identified as prohormonal in nature and are banned.
- **FatBurning Prohormone Derivatives** such as *3, 17dihydroxydelta5etiocholane7one (A7D), 3, 17-dihydroxydelta5etiocholane7one 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.

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- **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 it arrived there is ruled as a positive (failure).**

INBF COMPETITOR'S 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 WNBFF and/or INBF competitions.

EPHEDRINE, EPHEDRA AND ALL RELATED COMPOUNDS are banned. Any athletes who are 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 PRUPOSE 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 SPEFICIALLY 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 _____