

CAN YOU GUESS?

The status of this medication?

Prohibited In Competition

Prohibited At All Times

Permitted

Restricted



THIS MEDICATION IS...

Permitted

Permitted when used in accordance
with the product's Marketing
Authorisation

CAN YOU GUESS?

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THIS MEDICATION IS...

Prohibited In Competition

Pseudoephedrine is prohibited in-competition at urinary concentrations $>150\text{mcg/ml}$. Athletes should stop taking any pseudoephedrine containing products at least 24 hours before the in-competition period

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THIS MEDICATION IS...

Prohibited In Competition

Some narcotic analgesics are prohibited in-competition only including buprenorphine, fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, pethidine, tramadol etc. Codeine, dihydrocodeine and tapentadol are not prohibited.

CAN YOU GUESS?

The status of this medication?

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THIS MEDICATION IS...

Prohibited In Competition

From 1st Jan 2024, tramadol is prohibited in-competition only across all sports. Athletes should stop taking any tramadol containing products at least 24 hours before the In-Competition period begins. For therapeutic applications during the In-Competition period, athletes should consider the use of alternative permitted medications after prior consultation with their doctor or pharmacist, or apply for a TUE for the use of tramadol for therapeutic purpose(s). Codeine, dihydrocodeine and tapentadol are permitted narcotic analgesics.

CAN YOU GUESS?

The status of this medication?

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Prohibited At All Times

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Restricted



THIS MEDICATION IS...

Restricted Beta-2 Agonist

Inhaled salbutamol is permitted to a maximum of 1600 mcg over 24 hours in divided doses, not to exceed 600 mcg over 8 hours, starting from any dose

CAN YOU GUESS?

The status of this medication?

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Prohibited At All Times

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THIS MEDICATION IS...

Restricted Beta-2 Agonist

From January 1st 2025, inhaled formoterol is permitted to a maximum delivered dose of 54 mcg over 24 hours in divided doses, not to exceed 36 mcg over 12 hours, starting from any dose. Glucocorticoids by inhalation are permitted. Check the product literature to confirm the delivered dose, which is the amount that leaves the mouthpiece.

CAN YOU GUESS?

The status of this medication?

Prohibited In Competition

Prohibited At All Times

Permitted

Restricted



THIS MEDICATION IS...

**Prohibited
at all times**

All anabolic agents
are prohibited.



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

CAN YOU GUESS?

The status of this medication?

Prohibited In Competition

Prohibited At All Times

Permitted

Restricted



THIS MEDICATION IS...

**Prohibited
at all times**

All aromatase inhibitors,
selective oestrogen receptor
modulators (SERMS) and
anti-oestrogenic substances
are prohibited

CAN YOU GUESS?

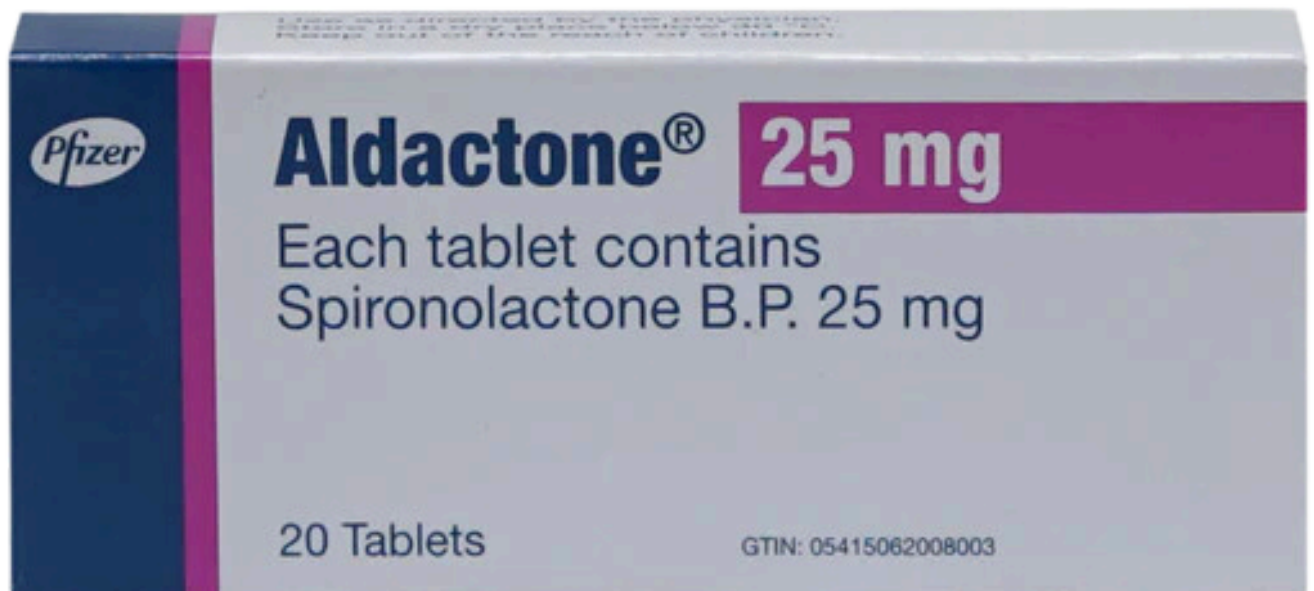
The status of this medication?

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Prohibited At All Times

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THIS MEDICATION IS...

**Prohibited
at all times**

All Diuretics are
prohibited

DOES THIS SUPPLEMENT LOOK SAFE TO TAKE?

Multivitamins



THIS SUPPLEMENT CONTAINS...

Prohibited Substances

dehydroepiandrosterone
(DHEA)

Supplement Facts		
Serving Size: 1 Light Blue Capsule		
	Amount Per Serving	% Daily Value
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	3.9 mg	26%
Vitamin B ₆ (as pyridoxine hydrochloride)	25 mg	1471%
Magnesium (as magnesium oxide)	100 mg	24%
Proprietary Blend	81 mg	
Passionflower (aerial parts) Powder		†
DHEA (dehydroepiandrosterone)		†
Black Cohosh (root) Extract		†
Asian Ginseng (root) Extract		†
Ashwagandha (root) Extract		†
Oat (straw) Extract		†
Damiana (leaf) Extract		†
Ginger (root) Powder		†
Chaste Tree (fruit) Extract		†
Licorice (root) Powder		†
†Daily Value not established.		
Other Ingredients: Rice flour, gelatin (capsule), magnesium stearate, silicon dioxide, titanium dioxide (natural mineral whitener), FD&C Blue 1, and FD&C Red 3.		

DOES THIS SUPPLEMENT LOOK SAFE TO TAKE?

Pre-Workout Powder



THIS SUPPLEMENT CONTAINS...

Prohibited Substances

higenamine; octodrine (DMHA);
n-phenethyl dimethylamine

TOTAL WAR

Supplement Facts

Serving Size: 1 Scoop (14.5g)

Servings Per Container: 30

	Amount Per Serving	%D.V.
Citrulline Malate	6g	**
Beta-Alanine	3.2g	**
Agmatine Sulfate	1g	**
Taurine	1g	**
Caffeine Anhydrous	250mg	**
N-phenethyl Dimethylamine Citrate	125mg	**
2 Aminoisoheptaine	100mg	**
Theobroma cacao extract (seed)	50mg	**
Higenamine HCL	25mg	**
Bioperine ® Black Pepper Fruit Extract	10mg	**
Rauwolfscine (Rauvolfia Canescens L. [leaf and root])	2mg	**

** Daily Value (DV) Not Established

**DOES THIS SUPPLEMENT
LOOK SAFE TO TAKE?**

Hormonal Balance Supplement



THIS SUPPLEMENT CONTAINS...

Prohibited Substances

dehydroepiandrosterone
(DHEA)

SUPPLEMENT FACTS		
Serving Size: 1 Vegetable Capsule		
Servings Per Container: 60		
	Amount Per Serving	% DV
DHEA (Dehydroepiandros- terone)	50 mg	**
** Daily Value (DV) not established.		
OTHER INGREDIENTS: Rice Flour, Vegetable Cellulose (capsule).		

DOES THIS SUPPLEMENT LOOK SAFE TO TAKE?

Fat Burner



THIS SUPPLEMENT CONTAINS...

Prohibited Substances

phenylethylamine

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%DV
Energy and Focus Blend	424 mg	**
Caffeine Anhydrous, Phenylethylamine HCl, Glucomannan (<i>Amorphophallus konjac</i>)(root)		
Thermogenesis Blend	40 mg	**
Raspberry Ketones, Yohimbe bark (<i>Pausinystalia johimbe</i>), Green Tea Extract (<i>Camellia sinensis</i>)(leaf)(min. 50% EGCG, min. 98% Polyphenols).		
Lipogenic Blend	7 mg	**
Kola Nut (<i>Cola acuminata</i>)(seed), L-Carnitine Base		
** Daily Value (DV) not Established		