



# SPORT INTEGRITY AUSTRALIA

# MEDICATIONS AND SUPPLEMENTS

## EDUCATIONAL RESOURCES FOR DOCTORS AND PHARMACISTS

**CBD & CANNABIS**

A recent study found that 21% of CBD products contained THC (found in sport). Unfortunately, it is impossible to know how much THC or other cannabinoids are in a CBD product just from looking at the label, and it is impossible to predict how long it will take for THC or other cannabinoids to clear your system.

**FACTS**  
Cannabinoids are banned substances. Technically, CBD is not banned because it is not a cannabinoid. However, CBD is often contaminated with other cannabinoids, including THC. Some CBD products contain THC, which is a banned substance.

**REASON**  
CBD is a cannabinoid. It is a cannabinoid because it is derived from the cannabis plant. Therefore, it is a cannabinoid and is a banned substance.

**ADVICE**  
Even though CBD is not banned in sport, the use of a CBD product is risky. If you use a CBD product, you are taking a risk with your career and reputation.

Always prescribed cannabinoid products by a Medical Practitioner for a diagnosed medical condition, and only if the product is on the Therapeutic Goods Administration (TGA) list. See further information on the Therapeutic Goods Administration (TGA) website.

CBD & Cannabis Poster

**IV DRIP INFUSIONS**

All IV infusions and injections of more than 100ml per 12 hour period are prohibited at all times, except for those administered during a medical emergency (urgent procedure or clinical diagnosis).

This means that athletes can be sanctioned for receiving an IV, even if it is for a non-prohibited medication such as Vitamin B.

Before using an IV or infusion, use this diagram to check whether it is prohibited or not.

**PROHIBITED**  
• All IV infusions and injections of more than 100ml per 12 hour period  
• All IV infusions and injections of more than 100ml per 12 hour period

**NOT PROHIBITED**  
• All IV infusions and injections of 100ml or less per 12 hour period  
• All IV infusions and injections of 100ml or less per 12 hour period

IV Drip Infusions Poster

**PROTEIN FORTIFIED FOOD**

A study conducted by the AIS, Sport Integrity Australia and Sport Integrity Australia has found that commonly manufactured Protein Fortified Foods (PFF) present an additional risk of containing substances banned in sport from other prohibited foods. This is the result of high quality food manufacturing standards in Australia.

However, some types of coffee powder and milk powder fortified foods that contain undeclared protein ingredients or added fortificant ingredients (such as those present in some high risk PFFs) with undeclared, banned protein ingredients (one hundred times amount of the banned substance, Tetrahydrocannabinol (THC) and should be avoided by athletes.

LOW RISK PFFs	HIGH RISK PFFs
Breakfast foods (cereals)	Foods from cafes/food outlets
Cereal/milk bar	Foods with hemp ingredients
Bakery	Foods with botanical ingredients
Dairy/fairy free	Non batch tested protein powders, pre-workouts*
Drinks	
Frozen Foods	
Batch tested protein supplements	

\*Protein supplements are not PFFs but it is important to check the label for undeclared THC. If you are unsure whether it's a PFF or not, please contact Sport Integrity Australia at 1300 027 232.

Protein Fortified Foods Poster

**SUPPLEMENT RISK ANALYSIS**

**TGA Registered medicines (AUST-R)**  
The Therapeutic Goods Administration (TGA) registers medicines and medical devices in Australia. All TGA products have been assessed by the Therapeutic Goods Administration (TGA) for safety, efficacy and quality before they are sold. There is no charge for the assessment of medicines. Some medicines are also registered as medicines, while others are not.

**Batch-tested products**  
Some medicines are batch tested. This means that each batch of a medicine is tested for quality and safety before it is sold. This is done by the TGA. Batch testing is required for all medicines that are sold in Australia.

**TGA Listed medicines (AUST-L)**  
Some medicines are listed on the TGA website. This means that the TGA has approved the medicine for sale in Australia. However, the TGA does not test these medicines for quality and safety. Athletes should be cautious when using these medicines.

**Non batch-tested, non AUST-L products**  
Some products have not been tested by the TGA. These products are not listed on the TGA website. Athletes should be cautious when using these products.

Supplement Risk Analysis Poster

**GLUCOCORTICOID CHANGES**

**BACKGROUND**  
Glucocorticoid (GC) injections are commonly prescribed for the management of medical conditions which include:  
• Inflammation in joints, bursa or tendon sheaths.  
• For medical management of synovitis and for pathology ligament.  
• For severe allergies such as asthma.

From 1 January 2022, all GC injections will be prohibited in competition. Previously some types of GC injection were permitted in competition. It is a local, joint but not all injectable GCs will be prohibited in competition, making their classification consistent with oral GC preparations.

Athletes who require an In-substance Therapeutic Use Exemption (TUE) will need to apply prior to receiving a GC injection in the competition period. If an athlete is eligible to apply for a Therapeutic Use Exemption (TUE), they need to prepare a medical file in case they are not eligible for a complete doping control and subsequently apply for a Therapeutic Use Exemption (TUE). You can use the Sport Integrity app to check an athlete's TUE requirements.

If an injection is administered in the pre-competition period, there may be a period of 72 hours before the athlete is permitted to compete. Athletes do not need to apply for an In-substance TUE for injections administered prior to competition in the GC-waived period, but need to prepare a medical record in case they are selected for doping control and the GC is detected during testing. Which athletes that most commonly used GCs for injection have a washout period of between 3 and 5 days, but some, such as Triamcinolone are longer and can be up to 40 days for intra-muscular injection. We encourage athletes to avoid Triamcinolone due to its long washout period, and use other glucocorticoids where possible, unless there is a specific reason why this GC is clinically indicated.

Cortisone (Glucocorticoids) Changes Factsheet and Flyer

QR code linking to the Practitioner Flowchart Video.

Practitioner Flowchart Video

All above resources are available on the Sport Integrity Australia Resources Page

### FOR MORE INFORMATION



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