

## Supplement Use and Daytona State College's Drug and Alcohol Policy

During orientation week, the drug and alcohol policy will be reviewed in total. At that time, you will be asked to consent to drug testing in order to participate in athletics at Daytona State College. In the meantime, you may find the following information helpful in preparing yourself for the coming season.

Daytona State College's Drug Testing program is very similar to the policy for the National Collegiate Athletic Association (NCAA), including the list of banned substances (see pgs. 2 & 3 below). Please review the list and be sure that you are not currently taking any of these substances.

**Nutritional supplements are not strictly regulated and may contain banned substances, even though they are readily available in drugstores and health food stores.**

Some additional guidelines regarding supplements:

- ✓ **Natural** and **SAFE** are not the same!!!
- ✓ Make sure the athletic trainer or team physician, or your own doctor, know what you are taking.
- ✓ Make sure the product has a label listing the dosage and ingredients.
- ✓ Start with half of the dosage recommended on the label to see how it affects you.
- ✓ **DO NOT** stack or mix products.
- ✓ If you notice any unusual dizziness, stomach upset or headache, **STOP** taking the supplement immediately!
- ✓ Supplements **DO NOT** replace a good conditioning and eating program.
- ✓ **DO NOT** order supplements by mail or computer.

Stay away from:

**DHEA**

**Andro/ Norandro**

**Tribulus Terrestris**

**Yohimbe**

**Ephedra/Ephedrine/Ma Huang**

**GHB/GBL**

**Caffeine-containing products (guarana, mate, kola nut)**

If you have any questions regarding the above information, contact Kim Csabi, ATC, at 386-506-3989 or csabik@daytonastate.edu.



## NCAA Banned Drug List

### The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

**Note: Any substance chemically related to these classes is also banned.**

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

### Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

### Some Examples of NCAA Banned Substances in Each Drug Class

NOTE: **There is no complete list of banned drug examples!!**

Check with your athletics department staff before you consume any medication or supplement.

#### **Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen);  
methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

**Anabolic Agents** – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)  
boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione;  
norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

**Alcohol and Beta Blockers** (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

**Diuretics (water pills) and Other Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

**Street Drugs:**

heroin; marijuana; tetrahydrocannabinol (THC) – no other substances are classified as NCAA street drugs.

**Peptide Hormones and Analogues:**

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

**Anti-Estrogens :**

anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

**Beta-2 Agonists:**

bambuterol; formoterol; salbutamol; salmeterol; etc.

**Any substance that is chemically related to the class of banned drugs is also banned! (unless otherwise noted)**