

# WADA 2022 PROHIBITED LIST: MAJOR CHANGES

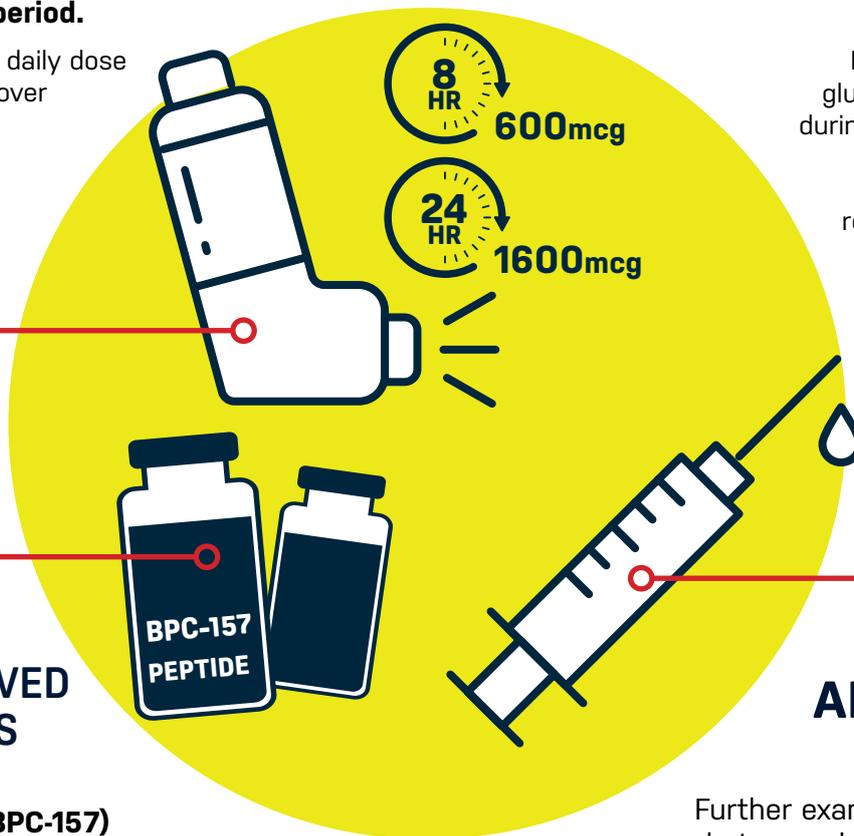
Effective from 1 January 2022

Each year, the World Anti-Doping Agency updates the [List of Prohibited Substances and Methods](#) which are banned for use within sport. There have been important changes to the use of cortisone (and other glucocorticoids), asthma medication salbutamol, and the addition of a new risky supplement ingredient BPC-157.

## **S3** **BETA-2 AGONISTS**

Permitted doses of **inhaled salbutamol** have been modified to **600 micrograms over any 8-hour period**.

The total permitted daily dose (1,600 micrograms over 24-hours) remains unchanged.



## **S9** **GLUCOCORTICOIDS**

**All injections** of glucocorticoids (like cortisone) are prohibited in-competition.

If an athlete needs a glucocorticoid injection during the in-competition period, they should check whether they require an in-advance Therapeutic Use Exemption.

Athletes and doctors should use the Sport Integrity App to check if this applies to them.

## **S0** **NON-APPROVED SUBSTANCES**

**Body Protecting Compound 157 (BPC-157)** has been added to the prohibited list.

Athletes should remain vigilant for any supplements that market BPC-157 as it is not approved for human consumption.

## **ADDITIONAL CHANGES**

Further examples of prohibited substances have been added to various categories.

The full list of changes can be found on the [WADA website](#).

For further information on how to comply with the new glucocorticoid regulations, please refer to Sport Integrity Australia's [Glucocorticoid TUE Policy](#).