

# Informed Sport Testing Specification

INFORMED-SPORT tests products/ingredients for a range of substances that appear on the WADA Prohibited List, as well as lists from organisations such as the NFL, NCAA, and MLB. Substances may be included in the testing specification for a number of reasons, including:

- They are/were sold as a supplement (e.g. androstenedione, DHEA)
- They have been reported as a contaminant in a supplement (e.g. 19-nor-androstenedione, stanozolol)
- They have been the subject of widespread publicity linking them with adverse analytical findings and/or supplements (e.g. THG, nandrolone)
- They are widely available as a recreational drug and are potentially at a higher risk of being a contaminant (e.g. cocaine, ecstasy)
- They have been reported as an adverse analytical finding (e.g. clenbuterol, strychnine, salbutamol, terbutaline)
- They are chemically closely related to any of the substances above (e.g. isomers, parent drugs, etc.)

The range of substances included is reviewed regularly against current knowledge and intelligence, and is updated as necessary. It includes anabolic agents, narcotics, stimulants, beta-2-agonists, diuretics, etc.

The INFORMED-SPORT programme uses LGC (formerly HFL Sport Science) to carry out its supplement analysis. LGC has been testing supplements/ingredients for banned substances since 2002 and tests over 5000 samples each year. The standard supplement screening test covers 146 substances that are prohibited in sport.