

PGA TOUR Anti-Doping Wallet Card

(please tear, fold and
keep in your wallet)



ANTI-DOPING PROGRAM

This wallet card lists examples of prohibited substances and methods, and is not complete or exhaustive. The complete prohibited substances and methods list is contained in the most current PGA TOUR Anti-Doping Program Manual. Not all substances belonging to the prohibited classes are specifically listed below. Trade names for medications within the prohibited classes are printed in bold typeface.

Note: many nutritional and/or dietary supplements may contain substances prohibited under the PGA TOUR Anti-Doping Program. The U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry, therefore, the purity and safety of nutritional and/or dietary supplements cannot be guaranteed. Impure and/or contaminated supplements may lead to a positive drug test. Ingesting a supplement that is contaminated with a prohibited substance is not a defense to a violation of the Program.

FOR ADDITIONAL QUESTIONS

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Drug Free Sport

All inquiries are confidential and will be answered within one business day

Toll Free Phone: 877-285-1430

Website: www.drugfreesport.com/axis (password: pgatour)

FOLD #3

• **Muscle Relaxants:** Baclofen, Cyclobenzaprine, Flexeril, Norflex, Sefaxin, Soma, Zanaflex

• **Pain/Anti-Inflammatory:** Acetaminophen, Aleve, aspirin, Celebrex, codeine, ibuprofen, Lyrica, Neurontin, tramadol, Tylenol (plain, ex-strength), Ultram, *Non-steroidal anti-inflammatory agents (NSAIDs):* All are permitted (except famprozole), *Permitted Narcotics:* Hydrocodone, Codeine (Tylenol with Codeine), Propoxyphene (Darvocet)

• **Sedatives/Sleep Aids:** Ambien, Antivert, Ativan, Compoz, Dalmane, diphenhydramine, Halcion, Lunesta, Nytol, Restoril, Rozerem, Somnux, Sonata

• **Ulcer Medications:** Aciphex, Acid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac

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FOLD #2

• **Ear Preparations:** Cerumenex, Cortisporin Otic

• **Erectile Dysfunction:** Levitra, Viagra, Cialis

• **Eye Preparations:** Artificial Tears, Naphcon-A, Neo-Synephrine, Ocu-Pred, Patanol, Pred-Forte, Visine

• **Hair Loss or Prostate:** Propecia, Proscar, Avodart

• **Hemorrhoidals:** Preparation H

• **Hypertension:** *Ace Inhibitors, Calcium Channel Blockers, Angiotensin II Receptor Blockers, Alpha Blockers, Central Alpha Agonist, Combination Calcium Channel Blocker/Angiotensin II Receptor Blocker, Combination Ace Inhibitor/Calcium Channel Blocker*

• **Laxatives:** Colace, Dulcolax, Ex-Lax, Fibercon, Metamucil, Miralax

• **Liniments/Topicals:** Aspercreme, Ben-Gay, Biofreeze, capsacin, Icy Hot Balm, topical skin corticosteroids

FOLD #1

PGA TOUR Anti-Doping Wallet Card

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NSF International's Certified for Sport Program tests and certifies select supplements as free from banned substances. If players desire to use supplements, the PGA TOUR recommends NSF's Certified for Sport Products. These supplements are available for purchase by PGA TOUR players. The full list of certified supplements can be found at www.nsf.org/listings/certified_products.asp

EXAMPLES OF PROHIBITED SUBSTANCES

- **ANABOLIC AGENTS**
Androstenedione (Andro), Bolandiol (Anabiol), Boldenone (Equipose, Ganabol, Ultragen), Dehydroepiandrosterone (DHEA), Dianabol (DBOL), Nandrolone (Deca Durabolin), Stanozol (Winstrol), Tetrahydrogestirone (THG, The Clear), Testosterone (Testim, Axiron, AndroGel, Androderm, Striant)
- **PEPTIDES, HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES**
Erythropoietin (EPO, Procrit, Aranesp), Gonadotrophins (FSH, LH, HCG), Human Growth Hormone (HGH, Humatrope, Nutropin, Genotropin), IGF-1 (Insulin like Growth Factor), Insulin
- **BETA-2 AGONISTS**
Advair, albuterol, Combivent, Maxair, Proventil, Serevent, Ventolin, Xopenex
- **HORMONE ANTAGONISTS AND MODULATORS**
Aromatase inhibitors (Arimidex, Femara, Testiac), Clomiphene (Clomid), Selective Estrogen Receptor

Modulators (SERM) (Evista, Tamoxifen), meldonium

- **DIURETICS AND OTHER MASKING AGENTS**
Acetazolamide (Diamox), Furosemide (Lasix), Hydrochlorothiazide (HCT), Probenecid (Benemidol), Spironolactone (Aldactone)

• DRUGS OF ABUSE

Marijuana, Cocaine, Fentanyl, Hydromorphone, Methadone, Morphine, Oxycodone (Percocet, Roxicet)

• STIMULANTS

Amphetamine, Amphetamine-dextroamphetamine (Adderall, Vyvanse), Ephedrine, Famprofazone, Heptaminol, Isomethptene (Midrin), Levmetamfetamine (Vicks Inhaler), Methamphetamine, Mefenorex (Rondimen, Pondimin), Methylphenidate (Ritalin, Concerta), Pseudoephedrine, Sbutramine (Merrida)

• BETA BLOCKERS

Atenolol (Tenormin), Bisoprolol (Zebeta), Carvedilol (Coreg), Metoprolol (Toprol), Nadolol (Corgaard), Propranolol (Inderal)

• GLUCOCORTICIODS

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular, or rectal routes

PROHIBITED METHODS

The PGA TOUR prohibits the use of substances and methods that alter the integrity and/or validity of urine samples provided during drug testing. Examples of banned methods are catheterization, urine substitution and/or urine tampering, or modification of renal excretion by the use of diuretics and/or masking agents.

EXAMPLES OF PERMITTED MEDICATIONS

- **ADD/ADHD:** Strattera
- **Allergy/Anti-Inflammatories:** Allegra, Benadryl, Claritin, Triaminic, Zyrtec
- **Anesthetics:** All locals and locals with epinephrine permitted
- **Antacids:** Maalox, Mylanta, Tums
- **Anti-Anxiety:** Ativan, Valium, Xanax
- **Antibiotics:** All are permitted
- **Anti-Depressants:** All SSRIs (Prozac, Paxil, Zoloft, Lexapro and etc.) all SNRIs (Wellbutrin, Cymbalta, Effexor) and all tricyclics

- **Anti-Diabetics:** All oral anti-diabetic medications

- **Anti-Diarrheals:** Imodium, Lomotil, loperamide, Pepto Bismol

- **Topical Antifungals:** Desenex, Lamisil, Lotrimin, Mycostatin, Thracin

- **Anti-Nausea/Anti-Vertigo:** Antivert, Compazine, diphenhydramine, Dramamine, Tigan, Zofran

- **Antiviral:** Acyclovir, Famvir, Tamiflu, Valtrex

- **Asthma:** Accolate, cromolyn sodium, ipratropium, Singulair, Spiriva

- **Cold/Allergy Medications:** Antihistamines/Decongestants Allegra, Benadryl, cetirizine, chlorpheniramine, Clarinex, Claritin, diphenhydramine, fexofenadine, loratadine, Zyrtec, Combination Cold Medications: Afrin, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (allergy), Comtrex, Coricidin (HBP, cold, flu & sinus, cough & cold), Dimetap, Dristan, Mucinex (DM, Nasal Spray), Neo-Synephrine, Robitussin (severe congestion, cold & cough, CF, PE, DM), Sudafed (PE), Theraflu (flu, cold & cough, severe cold and congestion, flu & cold), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Vicks (Dayquil, Nyquil), Cough preparations: Codeine, dextromethorphan, hydrocodone, Expectarant; Guafenesin