

# AERC MEDICATION POLICY SUPPLEMENT<sup>®</sup>

## PERMISSIBLE SUBSTANCES

\*A NON-INCLUSIVE LIST

(Permissible preceding and during competition)

- ◆ **Vitamins**
- ◆ **Minerals**
- ◆ **Electrolytes** (may be administered orally with a syringe)
- ◆ **Liniments that do not contain materials absorbed into the body** (alcohol, Absorbine)
- ◆ **All foodstuffs traditionally known as “nutrients”**
- ◆ **Non-absorbable topical wound dressings**
- ◆ **Alcohol**
- ◆ **Ice and ice water**
- ◆ **Compounds to synchronize estrus** (e.g., Regumate<sup>®</sup>)

## NON PERMISSIBLE SUBSTANCES

\*A NON-INCLUSIVE LIST

(\*\*Not permissible during competition)

- ◆ **Any substance by injection or stomach tube**
- ◆ **Vitamins in megadoses** (as touted to alter performance rather than for nutrient effects)
- ◆ **“Nutrient substances” administered in megadoses to achieve a pharmacologic effect** (DMSO, DMG, Yucca, and MSM—label amounts are as an anti-inflammatory, not as a source of sulfur)
- ◆ **Any medication having the following actions:**
  - **Anti-inflammatory**  
steroidal & non-steroidal
  - **Stimulants**  
including caffeine & chocolate
  - **Depressant or tranquilizing**
  - **Analgesia or anesthesia**  
Procaine Penicillin (contains a local anesthetic that can be picked up for 10 to 14 days from time of administration)
  - **Antihistaminic**
  - **Vasoactive** (e.g., Isosoxsuprine)
  - **Bronchodilation**
- ◆ **Masking Substances**
  - **Thiamine injectable**
  - **Sulfa drugs** (not all laboratories)
  - **Benzimidazole wormers**
- ◆ **Miscellaneous categories**
  - **Dipyron**
  - **Lazix** (furosemide)
  - **Trimethoprim**
- ◆ **Any injectable containing Propyl-ethylene-glycol as a carrier** (e.g., •E-Se injectable)
- ◆ **Liniments that contain DMSO, •Methol or •Camphor** (e.g., Bigeloil or Mineral Ice)

“Natural” and “Holistic” preparations containing herbs, animal/insect extracts, etc. It is recommended they **not be given** during the hours of competition since the effects of such administration cannot be known with regard to safety, testability and fairness. Many have no list of ingredients. Some contain or react as substances which will be picked up either as prohibited or masking substances (no warnings are available regarding withdrawal times).

\*\* It is advised that non-permissible substances not be given within 96 hours of the competition to minimize any likelihood of a substance being picked up on testing (see above reference: “natural substances”)

\* **NOTE:** It must be understood that this list is not and cannot be all-inclusive. New drug development and testing technology will require periodic revision of this or future tests.