

**December 2016**

### **Advisory note: Beta-2-Agonists**

Changes to note to the 2017 prohibited list in respect to Beta-2-Agonists:

The 2017 List has been updated to include of more examples of selective and non-selective beta-2-agonists and now includes fenoterol, formoterol, higenamine, indacaterol, olodaterol, procaterol, reproterol, salbutamol, salmeterol, terbutaline and vilanterol.

- The ultra-long acting beta-2-agonists (indacaterol, olodaterol and vilanterol) continue to be prohibited but are becoming more commonly prescribed and athletes requesting to use these by inhalation will continue to be required to adhere to Sport Ireland's TUE policy.
- Dosing parameters of inhaled salbutamol were refined to make it clear that the full 24 hour dose should not be administered at one time, i.e. No more than 1600 mcg can be administered by inhalation over 24 hours, with no more than 800 mcg being administered every 12 hours.
- The maximum dosage for inhaled salmeterol is clearly stated according to the manufacturers' recommendations which is maximum 200 micrograms over 24 hours.
- Athletes are advised that Higenamine, a constituent of the plant *Tinospora crispa*, which can be found in some dietary supplements often marketed as a "fat burners", is prohibited.