

Dear colleagues,

The 2019 Prohibited List of Substances and Methods, released by the World Anti-Doping Agency (WADA) is now available on the [WADA website](#). It takes effect on Tuesday, 1st January 2019.

It is essential that all players and support personnel whether coaches, physicians, or doctors attached to clubs or teams, consult the list as well as the closely related [Summary of Major Modifications and Explanatory Notes](#).

Several examples were added to existing classes this year, in particular:

- **Example of endogenous anabolic androgenic steroids:** epiandrosterone (3 β -hydroxy-5 α -androst-17-one), available in some nutritional supplements.
- **Examples of Hypoxia-inducible factor (HIF) activating agents:** daprodustat (GSK1278863) and vadadustat (AKB-6548).
- **Example of beta-2-agonist:** tretoquinol (trimetoquinol), an ingredient commonly found in oral cold and flu medications, particularly in some countries in Asia.
- **Examples of aromatase inhibitors:** 2-androstenol (5 α -androst-2-en-17-ol), 3-androstenol (5 α -androst-3-en-17-ol) and 3-androstenone (5 α -androst-3-en-17-one).
- **Examples of S4.4:** myostatin-neutralizing antibodies (e.g. domagrozumab, landogrozumab, stamulumab), myostatin-binding proteins (e.g. follistatin, myostatin propeptide), agents reducing or ablating myostatin expression, activin receptor IIB competitors such as e.g. decoy activin receptors (e.g. ACE-031), anti-activin receptor IIB antibodies (e.g. bimagramab), and activin A-neutralizing antibodies.
- **Additional analogues of methylhexanamine:** 5-methylhexan-2-amine (1,4-dimethylpentylamine) and 3-methylhexan-2-amine (1,2-dimethylpentylamine).

Should you have any questions or doubts in relation with the 2019 Prohibited List of Substances and Methods, please feel free to contact the International Testing Agency (ITA) in charge of the ITTF's Anti-Doping Programme at itff@ita.sport or your [National Anti-Doping Organization \(NADO\)](#).

Best regards,

On behalf of ITTF,

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