



The 2025 Prohibited List

Effective 1 January 2025

Major Modifications on the 2025 Prohibited List:



S3. Beta-2 Agonists

The total permitted daily dose of **Inhaled formoterol** (54 micrograms over 24 hours) remains unchanged, but athletes will only be able to therapeutically inhale up to 36 micrograms of formoterol over any 12-hour period.



M1. Manipulation of Blood and Blood Components

Donation of blood and blood components (e.g. plasma, red blood cells, white blood cells, platelets and peripheral blood stem cells) including by **apheresis** are no longer prohibited if performed in an accredited collection center



P1. Beta-Blockers

Beta-blockers are no longer prohibited in any **skiing and snowboarding disciplines**



S6. Stimulants

Hydrafenil (Fluoreno) was changed from Specified Stimulants to Non-Specified Stimulants under S6 Category

Guanfacine has been clarified to be a permitted substance within Section 6 Stimulants



S5. Diuretics and Masking Agents

Xipamide has been added as an example of a diuretic under S5 Category.



Q&A

What if I require prohibited substance/prohibited method for my medical condition?

Apply Therapeutic Use Exemption (TUE) with medical proof e.g. doctor's certificate, lab report...etc. For details, please refer to the TUE pamphlet on our website www.antidoping.hk.

Please contact ADOHK office to get a pocket-sized version of the 2025 Prohibited List.



Download the 2025 Prohibited List

