

Avoid inadvertent doping! (English edition)

What is inadvertent doping...

Inadvertent doping is caused by unknowingly ingesting prohibited substances contained in cold medicines and supplements without confirming that they are doping. Recently, it has become possible to obtain medicines not only at drugstores, but also through the Internet, and the danger of inadvertently doping has become familiar.

Things that are likely to cause doping inadvertently are...



medicine



herbal medicine



supplement
nutrition drink

You may have taken a prohibited substance...

If you know for sure that it contains a banned substance and you have a competition coming up soon, you may want to unregister from it. First of all, please consult with a sports doctor or sports pharmacist who is more common with doping.