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Interview / Infos WADA

Catherine MacLean (Director, Education and Communications at World Anti-Doping Agency of WADA) for providing us with the relevant information for pro athletes.



Thank You Catherine for giving us the opportunity to interview you

The Mission of - The Body -

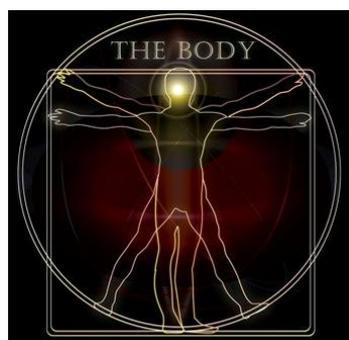
Through education, building trust and transparency, we want to help the consumer to get an objective view on CBD and we want to help to assert reputable and high-quality products on the market.

1: CBD is currently a hot topic that dominates the headlines. Professional athletes are using it but here is the risk of a doping ban in the air. What do you recommend to professional athletes who want to use CBD as an alternative?

2: Do you know a case where CBD has led to a doping ban?

3: Is there an official WADA statement on CBD in professional sports?

4: How do you see the development that more and more international professional athletes like currently, Tiger Woods are associated with CBD. Is it supporting clean sports or is it rather counterproductive?



5: Is it important for WADA, as what CBD is actually classified / nutritional supplement / Novel Food, flavoring, medicine, etc?

6: If an athlete does not pass a doping test because of CBD as in the case of "Devin Logan", what options does he / she have and what do you recommend?

7: We get many questions from athletes who approach the following point. Can you explain to us or the athlete the correlation / difference in the doping test between CBD with 0.0% THC and 150ng / ml THC-COOH? There seem to be different views here, so we ask.

Cannabinoids:

According to Section S8 of the [List of Prohibited Substances and Methods \(List\)](#), all cannabinoids (except CBD) are prohibited for in-competition use only. (They have never been prohibited for out-of-competition use.)

The current threshold for the cannabis metabolite Carboxy-THC is 150ng/mL in urine. The threshold, which was established in 2013 by WADA's Executive Committee – following appropriate consideration of all information – means that athletes using the substance in-competition will be detected, while the chances of detecting (non-prohibited) out-of-competition use are substantially reduced. However, athletes should be mindful of the fact that an excessive consumption out-of-competition could lead to a detection above the threshold in-competition if not enough time is taken to sufficiently eliminate THC from their system.

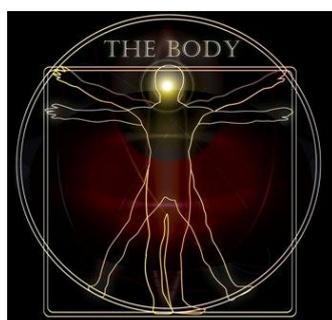
CBD:

Recent scientific literature (publicly available) shows that synthetic cannabidiol is not a cannabimimetic. Therefore, cannabidiol no longer fulfills 2 of the 3 criteria to be considered for inclusion on the List.

However, athletes should be aware that some CBD oils and tinctures extracted from cannabis plants, may also contain THC that could result in a positive test for a prohibited cannabinoid.

Indeed, despite manufacturers' claims, to our knowledge, there are no CBD oils with absolutely zero THC (unless it is synthetic CBD that does not contain other cannabinoids).

Additionally, as there is no data on long term, chronic, CBD oil administration, we cannot say it is safe for athletes to use any natural product from the cannabis plant because they could test positive for THCCOOH in urine, as one does not know how much and how frequently the individual is using the oil.



Therefore, while in theory athletes are permitted to take CBD as they wish, there are no guarantees that the product they are using does not contain trace amounts of THC. Furthermore, the principle of strict liability applies under the [World Anti-Doping Code](#) -- i.e. an athlete is solely responsible for any Prohibited Substances found to be present in his/her body. Consequently, WADA advises that athletes use extreme caution when using CBD products.

List Process:

The process is the same for any substance/method that is added or removed from the Prohibited List.

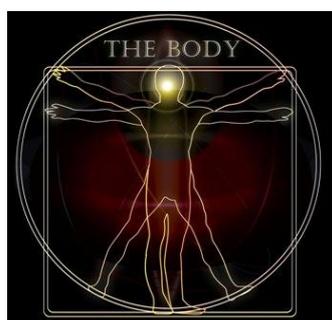
The List's annual revision process is led by WADA, beginning with an initial meeting in January and concluding with the publication of the List by 1 October. The List then comes into effect on 1 January of the following year. This is an extensive nine-month consultation process that includes WADA's List Expert Group gathering information; circulating a draft List amongst stakeholders; taking their submissions into consideration and revising the draft; followed by review by the Agency's Health, Medical and Research (HMR) Committee. The HMR Committee then makes its recommendation to WADA's Executive Committee that approves the List during its September meeting.

The List is harmonized across all sports and a substance may be considered for inclusion if it meets two of the following three criteria:

- 1. it has the potential to enhance sport performance;*
- 2. it represents a health risk to the athletes; and*
- 3. it violates the spirit of sport.*

It is important to note that the List is not static but evolves based on new scientific evidence; therefore, WADA maintains dialogue with athletes, administrators, scientific experts and other stakeholders and closely follows the literature in this area to obtain new evidence and information as it becomes available.

To note: many prohibited substances are pharmaceutical products used for medical purposes, so even if cannabidiol may have an application in medicine, this is not relevant when the status of a substance vis-à-vis the List is determined.



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