



# The 2026 Prohibited List

Effective 1 January 2026

## Major Modifications on the 2026 Prohibited List:

M1.

### Manipulation of Blood and Blood Components

**Withdrawal of blood or blood components** has been clarified that is prohibited, except for analytical purpose e.g. medical tests, doping control, or donation purpose. Platelet-Rich Plasma (PRP) remains allowed.



M1.

### Manipulation of Blood and Blood Components

**Non-diagnostic use of carbon monoxide (CO)** is prohibited, under new section, M1.4. Manipulation of Blood and Blood Components, as it boosts erythropoiesis. Diagnostic use, like hemoglobin or lung function tests, is not prohibited.



M3.

### Gene and Cell Doping

**Cell components** (e.g. nuclei and organelles such as mitochondria and ribosomes) are added to the existing prohibition of using normal or genetically modified cells.



S6.

### Stimulants

**Flmodafinil and fladrafinil**, unapproved substances similar to modafinil and adrafinil, are now prohibited under the category S6 Non-Specified Stimulants. These are often sold as supplements.



## 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](http://www.antidoping.hk).



TUE Application Form

Please contact ADOHK to get a pocket-sized version of the 2026 Prohibited List.



Download the 2026 Prohibited List

