## **Important notification**

Dear Fencing Family,

We need to draw your attention to the fact that, as of 1 January 2016, the substance "meldonium" has been included on the WADA Prohibited List (section S4. Hormone and Metabolic Modulators).

Meldonium, is found chiefly in the drug "Mildronate", but may also be present in other preparations, such as Mildronats, Quaterine, MET-88, or THP.

It's use is prohibited at all times, i.e. both in- and out-of competition.

The mere presence, however little, of this substance in your body may constitute an Anti-Doping Rule Violation which may lead to a 4 year ban from participation in all sport.

You have been warned!

Links to the 2016 Prohibited List and the Summary of Major Modifications to the List:

https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf

https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-summary-of-modifications-en.pdf