

To the IPC Membership  
By email

Bonn, 30 March 2016

## Warning to NPCs to Alert Athletes Regarding Meldonium (Mildronate)

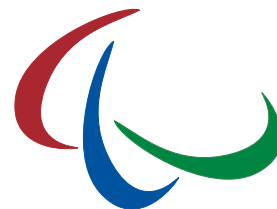
Dear Members,

Following a number of public cases featuring Meldonium (Mildronate) the International Paralympic Committee (IPC) would like to remind all National Paralympic Committees (NPCs) and Members that the substance has featured on World Anti-Doping Agency's (WADA) 2016 List of Prohibited Substances and Methods since 1 January 2016. The addition of Meldonium on the Prohibited List was released at the end of September 2015. We ask that you ensure your athletes are made aware of this information.

Meldonium (Mildronate) is a metabolic modulator, prohibited at all times, both in- and out-of-competition. It is a cardioprotective medication available in some Eastern European countries in both oral capsules and solution for injection.

A reference list for athletes to check their medication labels is included below:

<b>PROHIBITED SUBSTANCE NAME:</b>	<b>BRAND NAMES (Distributor, Country):</b>
Meldonium	Meldonium (UP Minskintercaps, Georgia)
	Meldonium Olainfarm (Olainfarm, Latvia)
<b>GENERIC NAME:</b>	Meldonium-MIK (UP Minskintercaps, Georgia)
Mildronate	Mildronat (Grindeks, Georgia; Sanitas, Georgia)
	Mildronat Grindeks (Grindeks, Latvia)
<b>ALTERNATE NAMES:</b>	Mildronats (Grindeks, Georgia)
[3-(2,2,2-trimethylhydrazinium)propionate]	Mildroxyn (Aversi, Georgia)



MET-88	Vazomag (Olainfarm, Russian Federation)
THP	Midromax (BioPolus, Georgia)
quaterine	Mildronate (Grindeks, Lithuania)
	Cardionate (STADA, Russian Federation)
	Milkor (GMP, Georgia)

The IPC urges all athletes to double check all medications and supplements which could contain Meldonium. Athletes are also reminded of the Therapeutic Use Exemption (TUE) process that is required when an athlete needs a prohibited substance for a medically justified reason.

The IPC TUE process can be found here: <https://www.paralympic.org/the-ipc/anti-doping/tue>

The 2016 WADA Prohibited List can be found here: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>

The IPC also recommends contacting your National Anti-Doping Organisation or Regional Anti-Doping Organisation for more information on all anti-doping matters and to strengthen partnerships: <https://www.wada-ama.org/en/code-signatories>

Any questions or comments on the matter can be directed to [antidoping@paralympic.org](mailto:antidoping@paralympic.org)

We thank you for your attention to this important matter.

Kind regards,

A handwritten signature in blue ink, appearing to read 'Peter Van de Vliet', is positioned below the 'Kind regards,' text.

Peter Van de Vliet  
Medical & Scientific Director  
International Paralympic Committee