



Australian Government

Australian Sports
Anti-Doping Authority

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FACT SHEET

Cannabinoids

PURE
PERFORMANCE

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What are they?

Cannabinoids are one of the most commonly used illicit drugs in Australia and originate from the dried flowers, leaves, or resin of the cannabis plant. This plant contains Delt-9-tetrahydrocannabinol (THC). Other common names for cannabinoids include marijuana, pot, and weed.

How does it affect the body?

- > Difficulty concentrating
- > slow reflexes
- > impaired motor skills
- > reduced coordination and concentration
- > apathy
- > dryness of mouth.

What are the risks?

There are a number of serious risks associated with the use of cannabinoids. These risks, which can impact both mental and physical wellbeing.

- > Mental impacts can include:
 - > Mood swings
 - > memory impairment
 - > panic attacks
 - > anxiety
 - > paranoid thinking; decreased motivation
 - > psychological dependence.
- > Physical impacts can include:
 - > weight gain
 - > chronic bronchitis
 - > increased risk of cancer of the lung, mouth, throat and tongue
 - > interference with reproductive function.

Status in Sport:

Cannabinoids are **prohibited in-competition**. This means it is an Anti-Doping Rule Violation (ADRV) if evidence of cannabis is found in a sample provided by an athlete in competition.

Cannabinoids are stored in the body's fat cells and if used in the days, weeks or months before a competition can lead to a positive test result.

For further information about the status of any substance in sport please go to the ASADA website www.asada.gov.au or contact the ASADA Hotline on 1800 020 506.