

Drug and Category	How it works?	Perceived Benefits	Harmful Side Effects	Common Athletes/ Sports	Legal Alternative
<i>Enhancing Oxygen Transfer</i> EPO	EPO is a naturally occurring hormone. Inserting synthetic EPO into the body.	increased RBC and oxygen carrying capacity.	Blood Clotting due to increased viscosity Increased pressure on heart. Hypertension Heart Failure	Cycling Marathon	Aerobic Training Altitude Training
<i>Enhancing Oxygen Transfer</i> Blood Doping	Taking blood out and returning it when the body has replaced the RBC.	increased RBC and oxygen carrying capacity. Increased VO2 max and reduced fatigue.	Blood Clotting due to increased viscosity Increased pressure on heart. Hypertension Heart Failure	Cycling Marathon	Aerobic Training Altitude Training
<i>Enhancing Oxygen Transfer</i> Artificial Oxygen Carriers	Inserting artificial oxygen carriers.	Increased RBC production.	Blood Clotting due to increased viscosity Increased pressure on heart. Hypertension Heart Failure	Cycling Marathon	Aerobic Training Altitude Training
<i>Increasing Arousal</i> Amphetamines	Increases arousal	Increased adrenaline Increased aggression Reduced perception of fatigue Increased alertness	Sleeping problems/ insomnia Addiction Anxiety Heart problems Organ damage	Sprinter Anaerobic Athlete Fielding cricketer	Caffeine

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<i>Decreasing Arousal</i> Beta Blockers	Reduces release of adrenaline	Reduces adrenaline, Decreases Arousal Keeps you calm.	Heart problems Hypotension Dangerous for asthmatics	Shooting and archery	Meditation Centred Breathing
<i>Enhancing Growth and Recovery</i> Anabolic Steroids	Helps the body recover better so we can train harder and more often. Increases level of testosterone in the body	Increased muscle size, Increased power and strength due to ability to recover and train harder and longer Increased aggression	Addiction Depression Hypertension Death Male breast enlargement Female breast reduction and increased hairiness (Females increased masculinity)	Bodybuilder Sprinter	Protein Supplements Resistance Training
<i>Enhancing Growth and Recovery</i> Human Growth Hormone (HGH)	Naturally occurring hormones are increased by injecting synthetic hormones.	Increased muscle and bone mass. Anti inflammatory. Increased protein synthesis.	Decreased immunity Diabetes Hypertension Heart problems	400m runner Discus Thrower	Protein Supplements Resistance Training
<i>Masking Agents</i> Diuretics	Increases water production and urine excretion in the body. Dilutes urine and concentration of drug	Masks the use of illegal drugs. Weight loss can help make weight division.	Dehydration Cramp Muscle strain	Boxer or a jockey. Any athlete taking illegal drugs.	

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Gene Doping	Artificial transfer of genetic material or illegal modification of gene expression.	Change variables controlled by genes such as protein production.	Not known	All	