

## Stimulant Use & Athletic Performance: Ephedrine Containing Nutritional Supplements

David R. McDuff, M.D.; Don Thompson, M.D.; & Johannes Dalmasy-Frouin, M.D.

Product/Claims	Dose/Ingredients	Risks/Benefits	Comments
<b>Ripped Fuel</b> *metabolic enhancer *fat burner	<b>start: 1 cap 3 times a day</b> <b>max: 2 caps 3 times/day</b> <u>ephedrine 10mg/cap</u> <u>caffeine 100mg/cap</u> chromium 100 mg per cap	*jitteriness *dizziness *headaches *fast heartbeat *crash after use *insomnia <i>*alertness if fatigued</i> <i>*increased muscle contractions and endurance</i>	*very high daily caffeine & ephedrine levels *avoid extra caffeine products & drinks *limit if also using allergy, cold, asthma, weight loss, & cough products  *avoid daily use
<b>Ultimate Orange</b> *workout intensity booster *fat burner	<b>start: 3 caps/day</b> <b>max: 12 caps/day</b> <u>ephedrine 8 mg/cap</u> <u>caffeine 80 mg/cap</u> magnesium 3mg/cap tyrosine 170mg/cap	<b>same as above-but risks usually exceed benefits at higher doses</b>	*very high daily ephedrine & caffeine-cautions as above *use cautiously since ephedrine is greater than 24 mg/day *risk of stroke/heart attack if ephedrine is >100 mg/day
<b>Metacuts</b> *exercise booster *energy booster *improved mental focus	<b>start: 4 caps/day</b> <b>max: 4 caps/day</b> <u>ephedrine 4 mg/cap</u> <u>caffeine 40 mg/cap</u> chromium 50 mcg/cap magnesium 25 mg per cap	<b>same as above</b>	*moderate ephedrine & caffeine levels
<b>Thermadrene</b> *performance enhancer *fat burner *increased mental alertness	<b>start: 1 cap/day</b> <b>max: 2 caps/day</b> <u>ephedrine 20mg/cap</u> <u>caffeine 80 mg/cap</u> magnesium	<b>same as above</b>	*very high single dose for ephedrine-use cautiously *moderate caffeine
<b>Thermo-stat</b> *increase physical performance *fat burner *increased mental alertness	<b>start: 1 cap/day</b> <b>max: 2 caps/day</b> <u>ephedrine 24 mg/cap</u> <u>caffeine 115 mg/cap</u> ginseng guarana	<b>same as above</b>	*high single does of ephedrine & caffeine *contains other mild plant stimulants
<b>Diurlean</b> *fat burner *increased metabolic rate	<b>start: 1 cap 3 times/day</b> <b>max: 2 caps 3 times/day</b> <u>ephedrine 8 mg/cap</u> <u>caffeine 20 mg/cap</u> <u>synephrine 65 mg/cap</u>	<b>same as above</b>	*contains three different stimulants
<b>Hydroxycut</b> *workout intensity booster *fat burner	<b>start: 2 caps 3 times/day</b> <b>max: 4 caps 3 times/day</b> <u>ephedrine 4 mg/cap</u> <u>caffeine 20 mg/cap</u> <u>synephrine ?? mg/cap</u>	<b>same as above</b>	*contains three different stimulants