

## **THE SKINNY ON WEIGHT LOSS SUPPLEMENTS**

**EPHEDRINE-** (Ephedra) derived from herbal extracts of Ma Huang or Chinese Ephedrine. Side effects are dizziness, heart palpitations, increased blood pressure, chest pain, anxiety, nervousness, psychosis (break from reality), anxiety, hyperactivity, insomnia, tremors, stroke, seizures, death. Found in Stackers, Metabolife, Diet Fuel, AM-300, Ripped Fuel, Diet Phen and over 100 other products.

### **CASES SIGHTED-**

- A woman in an apparent state of psychosis after taking an ephedra product for 5 days killed two teenage girls in a car crash.
- 37-year-old woman died after suffering from a stroke at a fitness club after taking an ephedra product for 5 days.
- Two women had been taking an ephedra product for just days and became pregnant lost their babies.
- 10 Northwest University football player collapsed during a conditioning drill, one Rashidi Wheeler, died (asthma.) Was using Ultimate Orange-ephedra and mahuang. Contain caffeine content 4 times that of coffee. The ephedra constricted his blood vessels, making it harder to get rid of heat.
- Florida State football freshman, Devaughn Darling, collapsed and died after his workout. Ephedra was in his system.
- 33 year old body builder purchased energy supplement, Mahuang, consisted of 20 mg ephedra, 200 mg caffeine, and other compounds. Also took creatine 6000mg (causes liver damage). Six weeks later had stroke, was unable to speak, weakness in right arm and right side of his face. Brain scans showed that he suffered from a stroke, where the blood supply to part of his brain had been cut off, perhaps by a clot. The man had no prior vascular risk factors, used no alcohol or tobacco and was perfectly healthy until he started using the supplement.

### **CHITOSAN- (kitosan)**

Found in exoskeletons of shrimp, crabs and other shellfish. Marine fiber that binds to fat in the stomach. You lose fat-soluble vitamins essential to good health like vitamins A, E, D, and K. Decreases calcium absorption, decreases bone mineral content. Decreases beneficial bacteria found in the intestinal tract. Causes abdominal bloating. Does not result in any significant weight loss. Drugs such as estrogen and contraceptives are fat-soluble and therefore subject to interference from Chitosan. You should never take chitosan with fat-soluble drugs or a vitamin supplement.