

# References

1. McGuffin M. Statement of Michael McGuffin. Hearings Before the FDA, Docket (Aug. 8, 2000).
2. Abrahamson A. Wheeler used supplement. Los Angeles Times. Aug. 11, 2001; Sect: Sports.
3. Fernas R, Heckert J. Substances are easily obtained. Los Angeles Times. Aug. 11, 2001; Sect: Sports.
4. Springer S. Bobby Bowden says deaths have him scared. Los Angeles Times. Aug. 11, 2001; Sect: Sports.
5. Carey B. Risks of ephedra usage in spotlight. Los Angeles Times. Aug. 27, 2001; Sect: Health.
6. Barnes J., Winter G. Major food companies using herbal additives. San Francisco Chronicle. May 27, 2001.
7. Rogers P. A deadly diet aid? People Magazine. July 1, 2002.
8. Fong H. Ephedra-containing compounds: Historical and pharmacologic context. Hearings Before the US Public Health Service (Aug. 8, 2000).
9. Love LA. Adverse event reports: Database and clinical studies. Hearings Before the US Public Health Service (Aug. 8, 2000).
10. Mokdad AH, Bowman BA, Ford ES, Vinicor F, Marks JS, Koplan JP. The continuing epidemics of obesity and diabetes in the United States. JAMA. 2001;286(10):1195-200.
11. Mokdad AH, Serdula MK, Dietz WH, Bowman BA, Marks JS, Koplan JP. The continuing epidemic of obesity in the United States. JAMA. 2000;284(13):1650-1.
12. Mokdad AH, Serdula MK, Dietz WH, Bowman BA, Marks JS, Koplan JP. The spread of the obesity epidemic in the United States, 1991-1998. JAMA. 1999;282(16):1519-22.
13. Centers for Disease Control and Prevention. Obesity Epidemic Increases Dramatically in the United States. available at URL: <http://www.cdc.gov/nccdphp/dnpa/obesity-epidemic.htm>. Accessed 6/11/2002.
14. Kuczmarski RJ, Flegal KM, Campbell SM, et al. Increasing prevalence of overweight among US adults. JAMA. 1994;272:205-211.
15. Katzmarzyk PT. The Canadian obesity epidemic, 1985-1998. CMAJ. 2002;166(8):1039-40.
16. Katzmarzyk PT. Obesity in Canadian children. CMAJ. 2001;164(11):1563-4; discussion 1564-5.
17. World Health Organization. Controlling the global obesity epidemic. available at URL: <http://www.who.int/nut/obs.htm>. Accessed 6/20/2002.
18. Friedrich MJ. Epidemic of obesity expands its spread to developing countries. JAMA. 2002;287(11):1382-6.
19. Must A, Spadano J, Coakley EH, Field AE, Colditz G, Dietz WH. The disease burden associated with overweight and obesity. JAMA. 1999;282(16):1523-9.
20. Pi SY. Medical Hazards of Obesity. Ann Intern Med. 1993;119:S655-660.
21. Pi-Sunyer XF. Medical hazards of obesity. Ann Intern Med. 1993;119(7 pt 2):655-660.
22. Allison DB, Fontaine KR, Manson JE, Stevens J, VanItallie TB. Annual deaths attributable to obesity in the United States. JAMA. 1999;282(16):1530-8.
23. Colditz GA. Economic costs of obesity. Am J Clin Nutr. 1992;55(2 Suppl):503S-507S.
24. Colditz GA. Economic costs of obesity and inactivity. Med Sci Sports Exerc. 1999;31(11 Suppl):S663-7.

25. Allison DB, Zannolli R, Narayan KM. The direct health care costs of obesity in the United States. *Am J Public Health*. 1999;89(8):1194-9.
26. Sturm R. The effects of obesity, smoking, and drinking on medical problems and costs. Obesity outranks both smoking and drinking in its deleterious effects on health and health costs. *Health Aff (Millwood)*. 2002;21(2):245-53.
27. National Institutes of Health. NIH guidelines: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. The Evidence Report. *Obes Res*. 1998;6(Suppl 2):51S-209S.
28. Williamson DF, Pamuk E, Thun M, Flanders D, Byers T, Heath C. Prospective study of intentional weight loss and mortality in never-smoking overweight US white women aged 40-64 years. *Am J Epidemiol*. 1995;141(12):1128-41.
29. Galuska DA, Will JC, Serdula MK, Ford ES. Are health care professionals advising obese patients to lose weight? *JAMA*. 1999;282(16):1576-8.
30. Blanck HM, Khan LK, Serdula MK. Use of nonprescription weight loss products: results from a multistate survey. *JAMA*. 2001;286(8):930-5.
31. Heber D, Greenway FL. Herbal and alternative approaches to obesity. In: *Handbook of Obesity*. in press.
32. Harnack LJ, Rydell SA, Stang J. Prevalence of use of herbal products by adults in the Minneapolis/St Paul, Minn, metropolitan area. *Mayo Clin Proc*. 2001;76(7):688-94.
33. Bowers LD. Abuse of performance-enhancing drugs in sport. *Ther Drug Monit*. 2002;24(1):178-81.
34. Catlin DH, Murray TH. Performance-enhancing drugs, fair competition, and Olympic sport. *JAMA*. 1996;276(3):231-7.
35. Sobal J, Marquart LF. Vitamin/mineral supplement use among athletes: a review of the literature. *Int J Sport Nutr*. 1994;4(4):320-34.
36. Jonnalagadda SS, Rosenbloom CA, Skinner R. Dietary practices, attitudes, and physiological status of collegiate freshman football players. *J Strength Cond Res*. 2001;15(4):507-13.
37. Baylis A, Cameron-Smith D, Burke LM. Inadvertent doping through supplement use by athletes: assessment and management of the risk in Australia. *Int J Sport Nutr Exerc Metab*. 2001;11(3):365-83.
38. Catlin DH, Hatton CK. Use and abuse of anabolic and other drugs for athletic enhancement. *Adv Intern Med*. 1991;36:399-424.
39. National College Athletics Association. NCAA study of substance use habits of college student-athletes. available at URL: [www.ncaa.org/library/research/htm#substance\\_use\\_habits](http://www.ncaa.org/library/research/htm#substance_use_habits). Accessed 6/25/2002.
40. Kanayama G, Gruber AJ, Pope HG Jr., Borowiecki JJ, Hudson JI. Over-the-counter drug use in gymnasiums: an underrecognized substance abuse problem? *Psychother Psychosom*. 2001;70(3):137-40.
41. Gruber AJ, Pope HG Jr. Ephedrine abuse among 36 female weightlifters. *Am J Addict*. 1998;7(4):256-61.
42. Mahdihassan S. Ephedra, the oldest medicinal plant with the history of an uninterrupted use. In: *Ancient Science of Life*. 1987. pp. 105-109.
43. Lietava J. Medicinal plants in a middle paleolithic grave Shanidar IV? *J Ethnopharmacol*. 1992;35:263-66.
44. Chen KK, Schmidt CF. Ephedrine and related substances. *Medicine*. 1930;9:1-117.
45. Karch SB. Ma huang and the ephedra alkaloids. In: Cupp MJ. (Ed) *Toxicology and Clinical Pharmacology of Herbal Products*. Totowa, NJ: Humana Press, Inc; 2000. pp. 11-30.
46. Hu SY. Ephedra (ma-huang) in the new Chinese materia medica. *Economic Botany*. 1969;23:346-351.
47. Bensky D. *Chinese Herbal Medicine: Materia Medica*. Seattle, WA: Eastland Press; 1993.

48. Nadkarni KM. Indian Materia Medica, Vol. I. Bombay, India: Popular Prakashan; 1976.
49. Blumenthal M, Busse WR. Ephedra. In: Blumenthal M, Busse WR. (Eds) (Translated by) Klein S, Rister RS. Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Boston, MA: Integrative Medicine Communications; 1998. pp. 125-6, 414-6, 475-6.
50. Robbers JE, Tyler VE. Tyler's Herbs of Choice. New York: The Haworth Herbal Press; 1999.
51. Bruneton J. Phenethylamines. In: Bruneton J. Pharmacognosy, Phytochemistry, Medicinal Plants. Paris, France, Secausuc, NY: Lavoisier Pub; 1996. pp. 711-15.
52. Leung AY, Foster S. Ephedra. In: Leung AY, Foster S. Encyclopedia of Common Natural Ingredients Used in Foods, Drugs, and Cosmetics. New York, NY: John Wiley; 1996. p. 227.
53. Kamimura K, Iwamoto Y, Yamasaki K., Sakagami Y., et al. Variation of growth and contents in ephedrine type alkaloids in *Ephedra distachya*. Natural Medicines. 1994;48:122-125.
54. Tanaka T, Obha K, Kawaahara K, Sakai E. Comparison of the constituents of ephedra herbs from various countries on ephedrine type alkaloids. Natural Medicines. 1995;49:418-424.
55. Kondo N, Mikage M, Idaka K. Medico-botanical studies of Ephedra plants from the Himalayan region, part III: Causitive factors of variation of alkaloid content in herbal stems. Natural Medicines. 1999;53:194-200.
56. Zhang JS, Tian Z, Lou ZC. [Quality evaluation of twelve species of Chinese Ephedra (ma huang)]. Yao Xue Xue Bao. 1989 24:(11)865-71. (Abstract).
57. Zhu Y-P. Chinese Materia Medica. Amsterdam, Netherlands: Hardwood Academic Press; 1998.
58. McKenna DJ, Jones K, Hughes K. Botanical Medicines. New York, NY: The Haworth Herbal Press; in press.
59. Evans WC. Trease and Evans' Pharmacognosy. London: WB Saunders; 1989.
60. Sheu S-J. Identification by chemical analysis of the botanical sources of commercial samples of Chinese herbal drugs. Yao Wu Shih P'in Fen Hsi (J Food Drug Anal). 1997;5(4):285-294.
61. Gurley BJ, Gardner SF, White LM, Wang P. Ephedrine pharmacokinetics after the ingestion of commercially available herbal preparations of ephedra sinica (Ma-huang). Pharmaceut Res. 1997;14:(11 Suppl)S519(Abstract).
62. Chen KK, Wu C-K, Henriksen E. Relationship between the pharmacological action and the chemical constitution and configuration of the optical isomers of ephedrine and related compounds. J Pharmacol Exper Therapeut. 1929;36:363-400.
63. Chen KK, Schmidt CF. The action of ephedrine, the active principle of the Chinese drug Ma Hung. J Pharmacol Exper Therapeut. 1924;24:339-357.
64. Chen KK, Meek WJ. Further studies on the effect of ephedrine on the circulation. J Am Pharmaceut Assoc. 1926;28:31-57.
65. Hardman JG, Limbird LE, Gilman A. (Eds). Goodman and Gilman's The Pharmacologic Basis of Disease. New York, NY: McGraw-Hill; 2001.
66. Burnham TH, Novak KK, Bell WL, Schweain SL. Ephedrine. In: Drug Facts and Comparisons. St Louis, MO: Facts and Comparisons; 2002. p. 692.
67. Astrup A, Toubro S. Thermogenic, metabolic, and cardiovascular responses to ephedrine and caffeine in man. Int J Obes Relat Metab Disord. 1993;17(Suppl 1):S41-3.

68. Martin WR, Sloan JW, Sapira JD, Jasinski DR. Physiologic, subjective, and behavioral effects of amphetamine, methamphetamine, ephedrine, phenmetrazine, and methylphenidate in man. *Clin Pharmacol Ther.* 1971;12(2):245-58.
69. Astrup A, Toubro S, Christensen NJ, Quaade F. Pharmacology of thermogenic drugs. *Am J Clin Nutr.* 1992;55(1 Suppl):246S-248S.
70. Bukowiecki L, Jahjah L, Follea N. Ephedrine, a potential slimming drug, directly stimulates thermogenesis in brown adipocytes via beta-adrenoreceptors. *Int J Obes.* 1982;6(4):343-50.
71. Gurley BJ, Gardner SF, White LM, Wang PL. Ephedrine pharmacokinetics after the ingestion of nutritional supplements containing Ephedra sinica (ma huang). *Ther Drug Monit.* 1998;20(4):439-45.
72. Pickup ME, May CS, Ssendagire R, Paterson JW. The pharmacokinetics of ephedrine after oral dosage in asthmatics receiving acute and chronic treatment. *Br J Clin Pharmacol.* 1976;3(1):123-34.
73. Kanfer I, Dowse R, Vuma V. Pharmacokinetics of oral decongestants. *Pharmacotherapy.* 1993;13(6 Pt 2):116S-128S; discussion 143S-146S.
74. Sever PS, Dring LG, Williams RT. The metabolism of (-)-ephedrine in man. *Eur J Clin Pharmacol.* 1975;9(2-3):193-8.
75. Haller, Jacob P 3rd, Benowitz NL. Pharmacology of ephedra alkaloids and caffeine after single-dose dietary supplement use. *Clin Pharmacol Therap.* 2002;71:421-32.
76. Gurley BJ, Gardner SF, White LM, Wang P. Ephedrine pharmacokinetics after the ingestion of nutritional supplements containing Ephedra sinica (ma huang). *Therapeut Drug Monit.* 1998;20(4):439-445.
77. White LM, Gardner SF, Gurley BJ, Marx MA, Wang PL, Estes M. Pharmacokinetics and cardiovascular effects of ma-huang (Ephedra sinica) in normotensive adults. *J Clin Pharmacol.* 1997;37(2):116-22.
78. Dulloo AG, Seydoux J, Girardier L, Chantre P, Vandermander J. Green tea and thermogenesis: interactions between catechin-polyphenols, caffeine and sympathetic activity. *Int J Obes Relat Metab Disord.* 2000;24(2):252-8.
79. Han LK, Takaku T, Li J, Kimura Y, Okuda H. Anti-obesity action of oolong tea. *Int J Obes Relat Metab Disord.* 1999;23(1):98-105.
80. Dulloo AG, Seydoux J, Girardier L. Peripheral mechanisms of thermogenesis induced by ephedrine and caffeine in brown adipose tissue. *Int J Obes.* 1991;15(5):317-26.
81. Greenway F. The safety and efficacy of pharmaceutical and herbal caffeine and ephedrine use as a weight loss agent. *Obesity Reviews.* 2001;2:199-211.
82. Jadad AR, Moore RA, Carroll D, Jenkinson C, Reynolds DJ, Gavaghan DJ, et al. Assessing the quality of reports of randomized clinical trials: is blinding necessary? *Control Clin Trials.* 1996;17(1):1-12.
83. Moher D, Pham D, Jones A, Cook DJ, Jadad AR, Moher M, et al. Does quality of reports of randomized trials affect estimates of interventions efficacy reported in meta-analyses? *Lancet.* 1998;352:609-613.
84. Moheb MA, Geissler CA, Lancer K. Effect of ephedrine, caffeine, and aspirin, in combinations of weight loss in obese women. *Int J Obesity Related Metabol Disord.* 1998;22:(Suppl 3)S264(Abstract).
85. Pasquali R, Baraldi G, Cesari MP, Melchionda N, Zamboni M, Stefanini C, et al. A controlled trial using ephedrine in the treatment of obesity. *Int J Obes.* 1985;9(2):93-8.
86. Quaade F, Astrup A, Breum L, Toubro S, Hein P. [The effect of an ephedrine/caffeine combination as a supplement to a weight-reducing diet. A randomized, placebo-controlled, double-blind trial]. *Ugeskr Laeger.* 1992;154(18):1258-63.

87. Malchow-Moller A, Larsen S, Hey H, Stokholm KH, Juhl E, Quaade F. Ephedrine as an anorectic: the story of the 'Elsinore pill.' *Int J Obes*. 1981;5(2):183-7.
88. Jensen KB, Dano P, Draeby N, Hansen SH, Kanstrup J. [Elsinore tablets and ephedrine as slimming agents]. *Ugeskr Laeger*. 1980;142(23):1499-501.
89. Boozer CN, Daly PA, Homel P, Solomon JL, Blanchard D, Nasser JA, et al. Herbal ephedra/caffeine for weight loss: a 6-month randomized safety and efficacy trial. *Int J Obes Relat Metab Disord*. 2002;26(5):593-604.
90. Kettle R, Toubro S, Astrup A. Ephedrine/Caffeine enhances abdominal fat loss in females. *Intl J Obesity Related Metabolic Disorders*. 1998;22(Suppl 3):S264.
91. Van Mil E, Molnar D. Drug treatment in obese adolescents. *Int J Obesity*. 2000 24:(Suppl 1)S184(Abstract).
92. Buemann B, Marckmann P, Christensen NJ, Astrup A. The effect of ephedrine plus caffeine on plasma lipids and lipoproteins during a 4.2 MJ/day diet. *Int J Obes Relat Metab Disord*. 1994;18(5):329-32.
93. Colker CM, Swain MA, Lynch L. A pilot study evaluating the effects of an ephedrine and forskolin-based product on body weight and body composition in overweight, healthy women. *J Am Coll Nutr*. 2001;20(5):a98(Abstract).
94. Lumholtz IB, Thorsteinsson B, Wamberg T, Lehnshau A, Hansen G, Spellerberg S, et al. [Ephedrine in the treatment of obesity. A double-blind cross-over trial of the effect of Elsinore tablets]. *Ugeskr Laeger*. 1980;142(23):1487-90.
95. Roed P, Hansen PW, Bidstrup B, Kaern M, Helles A, Petersen KP. [Elsinore banting tablets. A controlled clinical trial in general practice]. *Ugeskr Laeger*. 1980;142(23):1491-5.
96. Kalman DS, Colker CM, Shi Q, Swain MA. Effects of a weight-loss aid in healthy overweight adults: Double-blind, placebo-controlled clinical trial. *Curr Therapeut Res*. 2000;61(4):199-205.
97. Hedges LV, Olkin I. Statistical methods for meta-analysis. San Diego, CA: Academic Press, Inc.; 1985.
98. Rosenthal R. Meta-analysis: a review. *Psychosom Med*. 1991;53(3):247-71.
99. DerSimonian R, Laird N. Meta-analysis in clinical trials. *Control Clin Trials*. 1986;7(3):177-88.
100. Mood AM, Graybill FA, Boes DC. Introduction to the Theory of Statistics. 3rd ed. London: McGraw-Hill, Inc.; 1974.
101. Ray JW, Shadish WR. How interchangeable are different estimators of effect size? *Journal of Consulting and Clinical Psychology*. 1996;64:1316-1325.
102. Assismos DG, Langenstroer P, Leinbach RF, Mandel NS, Stern JM, Holmes RP. Guaifenesin - and ephedrine-induced stones. *J Endourol*. 1999;13(9):665-7.
103. Daly PA, Krieger DR, Dulloo AG, Young JB, Landsberg L. Ephedrine, caffeine and aspirin: safety and efficacy for treatment of human obesity. *Int J Obes Relat Metab Disord*. 1993;17(Suppl 1):S73-8.
104. Berkey CS, Hoaglin DC, Mosteller F, Colditz GA. A random-effects regression model for meta-analysis. *Stat Med*. 1995;14(4):395-411.
105. Begg CB, Mazumdar M. Operating characteristics of a rank correlation test for publication bias. *Biometrics*. 1994;50(4):1088-101.
106. Egger M, Davey Smith G, Schneider M, Minder C. Bias in meta-analysis detected by a simple, graphical test. *BMJ*. 1997;315(7109):629-34.
107. Stata Statistical Software: Release 7.0 [computer program]. College Station, TX: Stata Corporation; 2001.

108. StatXact 4 for Windows [computer program]. Version 4.0.1. Cambridge, MA: Cytel Software Corporation; 2000.
109. Landis JR, Koch GG. The measurement of observer agreement for categorical data. *Biometrics*. 1977;33(1):159-74.
110. Robinson TE, Becker JB. Enduring changes in brain and behavior produced by chronic amphetamine administration: a review and evaluation of animal models of amphetamine psychosis. *Brain Res*. 1986;396(2):157-98.
111. Astrup A, Buemann B, Christensen NJ, Toubro S, Thorbek G, Victor OJ, et al. The effect of ephedrine/caffeine mixture on energy expenditure and body composition in obese women. *Metabolism*. 1992;41(7):686-8.
112. Molnar D, Torok K, Erhardt E, Jeges S. Safety and efficacy of treatment with an ephedrine/caffeine mixture. The first double-blind placebo-controlled pilot study in adolescents. *Int J Obes Relat Metab Disord*. 2000;24(12):1573-8.
113. Breum L, Pedersen JK, Ahlstrom F, Frimodt-Moller J. Comparison of an ephedrine/caffeine combination and dexfenfluramine in the treatment of obesity. A double-blind multi-centre trial in general practice. *Int J Obes Relat Metab Disord*. 1994;18(2):99-103.
114. Donikyan LA. A double-blind randomized, placebo-controlled, multicenter clinical study to evaluate the safety and efficacy of a natural herbal formulation when taken as recommended for weight control. Technical Report Version #1. Boca Raton, FL: Rexall Sundown. 2002 (Unpublished Work).
115. Boozer CN, Nasser JA, Heymsfield SB, Wang V, Chen G, Solomon JL. An herbal supplement containing Ma Huang-Guarana for weight loss: a randomized, double-blind trial. *Int J Obes Relat Metab Disord*. 2001;25(3):316-24.
116. Greenway F, deJonge L, Blanchard D, et al. Evaluation of a dietary herbal supplement containing caffeine and ephedrine on metabolic rate, body composition, serum lipids and tolerability. Pennington Center, Louisiana State University. (Unpublished Work).
117. Fujioka K, Seaton TB, Rowe E, Jelinek CA, Raskin P, Lebovitz HE, et al. Weight loss with sibutramine improves glycaemic control and other metabolic parameters in obese patients with type 2 diabetes mellitus. *Diabetes Obes Metab*. 2000;2(3):175-87.
118. Gokcel A, Karakose H, Ertorer EM, Tanaci N, Tutuncu NB, Guvener N. Effects of sibutramine in obese female subjects with type 2 diabetes and poor blood glucose control. *Diabetes Care*. 2001;24(11):1957-60.
119. Smith IG, Goulder MA. Randomized placebo-controlled trial of long-term treatment with sibutramine in mild to moderate obesity. *J Fam Pract*. 2001;50(6):505-12.
120. Wirth A, Krause J. Long-term weight loss with sibutramine: a randomized controlled trial. *JAMA*. 2001;286(11):1331-9.
121. Van Gaal LF, Broom JI, Enzi G, Toplak H. Efficacy and tolerability of orlistat in the treatment of obesity: a 6-month dose-ranging study. Orlistat Dose-Ranging Study Group. *Eur J Clin Pharmacol*. 1998;54(2):125-32.
122. Hill JO, Hauptman J, Anderson JW, Fujioka K, O'Neil PM, Smith DK, et al. Orlistat, a lipase inhibitor, for weight maintenance after conventional dieting: a 1-y study. *Am J Clin Nutr*. 1999;69(6):1108-16.
123. Karhunen L, Franssila-Kallunki A, Rissanen P, Valve R, Kolehmainen M, Rissanen A, et al. Effect of orlistat treatment on body composition and resting energy expenditure during a two-year weight-reduction programme in obese Finns. *Int J Obes Relat Metab Disord*. 2000;24(12):1567-72.

124. Micic D, Ivkovic-Lazar T, Dragojevic R, Jorga J, Stokic E, Hajdukovic Z. Orlistat, a gastrointestinal lipase inhibitor, in therapy of obesity with concomitant hyperlipidemia. *Med Pregl.* 1999;52(9-10):323-33.
125. Muls E, Kolanowski J, Scheen A, Van Gaal L. The effects of orlistat on weight and on serum lipids in obese patients with hypercholesterolemia: a randomized, double-blind, placebo- controlled, multicentre study. *Int J Obes Relat Metab Disord.* 2001;25(11):1713-21.
126. Munro JF, MacCuish AC, Wilson EM, Duncan LJ. Comparison of continuous and intermittent anorectic therapy in obesity. *BMJ.* 1968;1:352.
127. Oksbjerg N, Meyer T, Hvid-Jacobsen K. [Aerobic training increases the effect of ephedrine on energy expenditure]. *Ugeskr Laeger.* 1986;148(32):2021-4.
128. Bell DG, Jacobs I, Zamecnik J. Effects of caffeine, ephedrine and their combination on time to exhaustion during high-intensity exercise. *Eur J Appl Physiol Occup Physiol.* 1998;77(5):427-33.
129. Bell DG, Jacobs I, McLellan TM, Zamecnik J. Reducing the dose of combined caffeine and ephedrine preserves the ergogenic effect. *Aviat Space Environ Med.* 2000;71(4):415-9.
130. Bell DG, Jacobs I. Combined caffeine and ephedrine ingestion improves run times of Canadian Forces Warrior Test. *Aviat Space Environ Med.* 1999;70(4):325-9.
131. Bell DG, Jacobs I, McLellan TM, Miyazaki M, Sabiston CM. Thermal regulation in the heat during exercise after caffeine and ephedrine ingestion. *Aviat Space Environ Med.* 1999;70(6):583-8.
132. Pasternak H, Jacobs I, Bell D. Effects of ingesting caffeine and ephedrine on muscular endurance. *Can J Appl Physiol.* 1999;24(5):471.
133. Bell DG, Jacobs I, Ellerington K. Effect of caffeine and ephedrine ingestion on anaerobic exercise performance. *Med Sci Sports Exercise.* 2001;33:1399-1403.
134. Sidney KH, Lefcoe NM. The effects of ephedrine on the physiological and psychological responses to submaximal and maximal exercise in man. *Med Sci Sports.* 1977;9(2):95-9.
135. Horton TJ, Geissler CA. Aspirin potentiates the effect of ephedrine on the thermogenic response to a meal in obese but not lean women. *Int J Obes.* 1991;15(5):359-66.
136. Horton TJ, Geissler CA. Post-prandial thermogenesis with ephedrine, caffeine and aspirin in lean, pre-disposed obese and obese women. *Int J Obes Relat Metab Disord.* 1996;20(2):91-7.
137. Shugarman AE. Effect of thermogenic dietary supplements on resting metabolic rate in healthy male and female volunteers. Utah: University of Utah. 1998.
138. Toubro S, Astrup A. Randomised comparison of diets for maintaining obese subjects' weight after major weight loss: ad lib, low fat, high carbohydrate diet v fixed energy intake. *BMJ.* 1997;314(7073):29-34.
139. Ofman JJ, MacLean C, Straus WL, et al. A meta-analysis of dyspepsia and nonsteroidal anti-inflammatory drugs. *Arthritis Care and Research.* In press.

