HOW TO CHECK FOR STIMULANTS:

- Read the Supplement Facts label (many stimulants end in “-ine”)
- Check the OPSS Stimulants List
- Look for a warning

EXAMPLES OF INGREDIENTS TO LOOK FOR:

- Caffeine/caffeine anhydrous
- Yohimbe/yohimbine
- Ephedra/Ephedrine*
- DMAA/1,3-dimethylamylamine*
- DMBA/AMP citrate*
- DMHA/octodrine*
- BMPEA/β-methylphenylethylamine*
- Methylsynephrine/oxilofrine*

*Illegal as an ingredient in dietary supplements.

NEGATIVE SIDE EFFECTS INCLUDE:

- Rapid or irregular heart rate
- Chest pain
- Headaches
- Sleep problems
- Elevated blood pressure
- Feeling jittery or shakey
- Anxiety

If you experience any of these, it could affect your performance! Contact your healthcare provider immediately.

Stimulants are often found in supplements (such as pills, powders, and drinks) marketed for:

- Pre-workout
- Energy enhancement
- Weight loss

STIMULANTS GET UP TO SPEED

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