



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



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.