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.