

Thread: Ephedrine

fingersweaver

Apr 26, 2007 08:26:29 PM

Subject: **Ephedrine**

Anyone used this ?

I've just bought a bottle of these bad boys & the wife has decided to google it . As you can imagine she then read me the riot act about side effects etc etc .

Do any of you have any genuine experience of ephedrine ?

Cheers , Fingers

;)

Wurzeluk

Apr 26, 2007 09:17:26 PM

Subject: **Ephedrine**

Yes of course it a staple of bodybuilding fat loss .. But is not without side effects , like Steroids it is illegal to supply without prescription in the Uk but not illegal to posess and use personally ..

It is safe to use if you are healthy but can cause serious problems if you have high BP , heart problems or are really obese (yes its a fat burner but only really suitable for fit people with a Bf of 20% or less)

Side effects vary depending on the individual but include jitterness , edginess , headache , heart palpitations etc .. my advice would be start with a small dose to see how you react and ramp up , if you experiance any unpleasant sides then cut back or stop

BTW it is much more effective with CAffeine and Aspirin ie the ECA stack you want about 20-30mg Eph 200 mg Caffeine and 15 mg Aspirin a day for best results ..

BUT do not expect miracles if

- a) your Bf is higher than 20%
- b) your diet is kak

Wurz

Deleted User

Rank: Newbie

Apr 26, 2007 09:35:17 PM

Subject: **Ephedrine**

I'm interested in trying ephedrine. Not for cutting up you understand, but I hear in a high dose the feeling is not entirely dissimilar to base.

Shane713uk

Apr 26, 2007 09:54:47 PM

Subject: **Ephedrine**

I have been tempted to purchase Ephedrine before, I read reviews that it has side effect, but weight loss success from many.

Could you post updates each week?

pugsyboy

Apr 26, 2007 10:17:00 PM

Subject: **Ephedrine**

I take it every Saturday to play Rugby.

You get one hell of a buzz off it and a slight come down afterwards.

It plays havock with my diet aswell as it supresses your appetite.

I find myself having to force food down me for the whole of Saturday night. Bit of a pain in the ass if the missus wants to go out for grub!!!

Never taken it as a dietary supplement mind as I enjoy my food and look forward to eating and they stop me doing that 😊

Everytime you stay out late

Everytime you sleep in

Everytime you dont give 100%

You make it that much easier for me to beat you

Dedication is my steroid

Reps for Life

MP22618 5% off myprotein

CoNsuk

Apr 27, 2007 08:30:52 AM

Subject: **Ephedrine**

i take eph regularly, awesome, and i have noticed the fat loss while on it!

i took some this morning and will take another dose about 12 or 1

i dont get much sides, a little jittery but i enjoy it, also feel the adrenaline pumping from about 7am-10am lol

DJ_Zeus

Apr 27, 2007 09:35:05 AM

Subject: **Ephedrine**

where can it be bought from? Or is it who you know?

irishdamien

Apr 27, 2007 09:43:11 AM

Subject: **Ephedrine**

are they illegal to buy in other countries?

pugsyboy

Apr 27, 2007 11:14:04 AM

Subject: **Ephedrine**

You can get it abroad in some countries but not here.

Ask around the gym from likley candidates with veins sticking out of their foreheads,throwing dumbbells about.

Dont overpay mind.

£10-£15 for 100 tablets.

T5s £20-£25 for 60 capsules

Everytime you stay out late

Everytime you sleep in

Everytime you dont give 100%

You make it that much easier for me to beat you

Dedication is my steroid

Reps for Life

MP22618 5% off myprotein

tri_

Apr 27, 2007 11:20:45 AM

Subject: **Ephedrine**

A mate of mine was taking ephedrine whilst he was training, thought it would be a good idea to take some with red bull before football on a saturday. At half time he had gone very red in the face and was having trouble with his coordination. Funny as hell, he scared himself that day and didn't take them anymore, I wanted to finish them off for him but he was having none of it.

CoNsuk

Apr 27, 2007 06:26:14 PM

Subject: **Ephedrine**

i can get lots of eph from in the UK

you can buy it legally from Canada aswell

giggysy06

Apr 27, 2007 08:23:25 PM

Subject: **Ephedrine**

where can u get the eca stack from? or is it illegal?

Deleted User

Apr 27, 2007 08:27:25 PM

Subject: **Ephedrine**

illegal to sll ephidrine so your best bet would be the local hardcore bodybuilding gym. I'm going to try and find some tomorrow. You can buy the caffeine and aspirin legally of course

Nialluk

Apr 28, 2007 08:37:09 AM

Subject: **Ephedrine**

Quoted:

illegal to sll ephidrine so your best bet would be the local hardcore bodybuilding gym. I'm going to try and find some tomorrow. You can buy the caffeine and aspirin legally of course

It wouldn't, just look it up on the net, you can get it easily

You can get it from astro nutrition, just to give one example.

Deleted User

Apr 28, 2007 08:40:03 AM

Subject: **Ephedrine**

Have you used it before Niall? What didyou think of it?

Deleted User

28, 2007 08:41:54 AM

Subject: **Ephedrine**

Quoted:

It wouldn't, just look it up on the net, you can get it easily

You can get it from astro nutrition, just to give one example.

I'd be tempted to use ephedrine for a bit of cutting up, but the cheapest I've seen it online is nowhere near as cheap as you can get it for if you know someone at a gym.

haz_Banned

Apr 28, 2007 09:38:45 AM

Subject: **Ephedrine**

Ephedrine has worked wonders for me. Its ability to curb cravings and slightly increase metabolism Using an ECA stack will create a more thermogenic effect.

This will help to prolong the effects.

If you use it with a proper diet you will see results. Its important to drink plenty of water and not to take it at least 6-8 hours before bed.

Deleted User

Apr 28, 2007 09:41:52 AM

Subject: **Ephedrine**

Just out of curiosity, how well has it worked for you?

So, say you were to compare yourself on the same diet and workout on ephedrine and without, what would the difference be?

Just a ballpark figure really. 10% faster fat loss? 20? 30?

CoNsuk

Apr 28, 2007 09:46:53 AM

Subject: **Ephedrine**

prob about 10% bud

eph + caffeine + AM cardio .. works like a motherfcuker!

joeboouk

Apr 28, 2007 09:49:59 AM

Subject: **Ephedrine**

Works in two ways. Slightly increases your BMR by producing excess heat plus helps curb appetite so lowering your calorie intake.

haz_Banned

Apr 28, 2007 09:56:07 AM

Subject: **Ephedrine**

Quoted:

Just out of curiosity, how well has it worked for you?

So, say you were to compare yourself on the same diet and workout on ephedrine and without, what would the difference be?

Just a ballpark figure really. 10% faster fat loss? 20? 30?

I would hazard a guess 20 - 25% difference when taking it with a good diet. The main thing I noticed is the appetite suppression. Also preserving more muscle than usual when cutting.

[Modified by: haz on April 28, 2007 09:57 AM]

Deleted User

Apr 28, 2007 11:01:48 AM

Subject: **Ephedrine**

do you still have to force yourself to eat or can you get away with less calories due to the drugs muscle preserving capabilities?

How much Ephedrine, Aspirin and Caffeine would you recommend taking Haz. Do you take it once a day or spread out.

I'm def going to ship some of this in today.

CoNsuk

Apr 28, 2007 11:15:23 AM

Subject: **Ephedrine**

i take it 3x a day usually

5.30am 30mg Eph + 200mg caff + 30mins walk

10am 30mg Eph + 200mg caff

2pm 30mg Eph + 200mg caff

dont worry about aspirin so much,

haz_Banned

Apr 28, 2007 11:15:32 AM

Subject: **Ephedrine**

Quoted:

do you still have to force yourself to eat or can you get away with less calories due to the drugs muscle preserving capabilities?

How much Ephedrine, Aspirin and Caffeine would you recommend taking Haz. Do you take it once a day or spread out.

I'm def going to ship some of this in today.

I have 30mg EPH 200mg Caffeine and 15mg Asprin. Spaced out every 4-6 hours.

Deleted User

Apr 28, 2007 11:31:30 AM

Subject: **Ephedrine**

just ordered some from astron. Was reading on their site that for every 5 days taking it you should have 2 off which fits in nicely for the weekend. Do you guys drink alcohol whilst on it? I can't imagine its to bad as I used to down vodka whilst necking pills

How about th nutriton? Do you find yourselve's eating less or should you still look to force the same amount of food down?

TELBOYuk

Apr 28, 2007 11:34:47 AM

Subject: **Ephedrine**

The aspirin increases the half life of ephedrine so its effects last longer and less is lost through going to the toilet etc.

When you start using it Brooksy, remember that Haz and Cons have been using it for a while so know how it effects their bodies. Don't go overboard on it until you've got an idea how well your body tolerates it. Start with half the dosages above (15mg eph, 100mg caff and 7.5mg asp).

haz_Banned

Apr 28, 2007 11:37:09 AM

Subject: **Ephedrine**

Drinking Alcohol is not a problem. I find myself eating less than usual because it does act as an appetite supressant.

Also the wired up feeling is nice.

haz_Banned

Apr 28, 2007 11:38:51 AM

Subject: **Ephedrine**

Yep, Telboy is right start with a lower dosage and see how you react to it first.

Deleted User

Apr 28, 2007 11:39:05 AM

Subject: **Ephedrine**

Quoted:

I can't imagine its to bad as I used to down vodka whilst necking pills

You and me both.

I almost never do pills now though. Those good times are long passed.

TELBOYuk

Apr 28, 2007 11:45:31 AM

Subject: **Ephedrine**

You can drink alcohol if you want but to be honest, when I used to use it, I had so much energy I just wanted to be active so never had time to sit down for a drink!

I'm pretty impressed with the way this is being discussed here. A lot of sites just tell you the horror stories of taking ephedrine but there's some good advice on dosages and experiences here!

If you bought your stuff from Astro Nutrition, they also sell stacks. These contain ma huang, guarana and white willow bark, these are the herbal equivalents of the ECA stack. They're cheaer but I never found them to be as effective as the chemical versions.

Deleted User

Apr 28, 2007 11:46:22 AM

Subject: **Ephedrine**

Same here Squelchy. Had some excellent weekends with pills, coke and booze but the payback was becoming to much:-(. Its amazing the crap in the mdeia that gives the impression you shouldn't drink alcohol and just plenty of water on pills. Most people i knew that did them would still drink the same amount of alcohol and just and the odd bottle of water.

I'm trying to find articles on maximum dosages for ephedrine. Is it a case of take 3 times a day, slowly increasing the dosage up to a maxium of 30mg a time?

TELBOYuk

Apr 28, 2007 11:47:38 AM

Subject: **Ephedrine**

I used to take it when I was doing Body For Life and sometimes just couldn't stomach starchy food so drank a lot of milk and ate juicy fruits.

[Modified by: TELBOY on April 28, 2007 11:51 AM]

TELBOYuk

Apr 28, 2007 11:50:25 AM

Subject: **Ephedrine**

The recommended dosages I've heard are upto 100mg a day spread out over the day. However, on a lot of bodybuilding forums, guys have said they've taken upto 200mg a day. I'm not sure about that but I suppose, if these guys are bodybuilders, they're probably pretty big so would need more to get the same effects.

Deleted User

Apr 28, 2007 11:56:33 AM

Subject: **Ephedrine**

i noticed the stacks but similar to yourself the people reviewing them weren't so impressed with the natural versions.

I like it when people are open about any experiences in life, I'm never ashamed talking about anything thats happened to me, including the couple of years of caining drugs. Some of my mates get really touchy about their drugs past. I wish people were generally more open, thus eradicating 'taboo's'

Deleted User

Apr 28, 2007 11:57:42 AM

Subject: **Ephedrine**

Quoted:

Same here Squelchy. Had some excellent weekends with pills, coke and booze but the payback was becoming to much:-(. Its amazing the crap in the mdeia that gives the impression you shouldn't drink alcohol and just plenty of water on pills. Most people i knew that did them would still drink the same amount of alcohol and just and the odd bottle of water.

Ah, I stopped doing pills because I was doing them every weekend and became known as a pillhead and I got banned from a club for it. My mates even had a word, and they've not exactly been shy of doing a few pills in their time, so if they're having a word then you know it's a problem.

But yeah, none of us really often drink water. We just tend to keep the double vodka and cokes flying down.

christianobrien

Apr 28, 2007 07:14:04 PM

Subject: **Ephedrine**

i'm actually takin the Ma Huang version of ephedrine at the moment in the form of a stack to cut for the summer... The effects are pretty good so far... i haven't taken ephedrine as plain tablet form for 10 yrs, but back in the day i used to knock back 5 of those little boys then go down the gym. Sometimes i was so %&*\$# that after doing a killer dumb bell press set i would just sit ans stare for ten minutes with a kind of speed buzz. good stuff...

Nialluk

Apr 29, 2007 05:13:47 PM

Subject: **Ephedrine**

Quoted:

Have you used it before Niall? What didyou think of it?

I have not personally used it, I just know how to get it becuase my brother and a couple of his mates used it.

The reason I haven't tried it is I am put off by the possible side effect of anxiety.

I've had problems with anxiety in the past, and I don't want to take anything that could even have the possibility of making me anxious again.

I don't think there is much doubt that it is effective.

I am taking PHD Lean degree, so i'll see how that goes. It won't be nearly as effective as aph, for sure. But everything has a cost, and the cost of eph is the sides.

Squelchy, fair point he could prob get it cheaper at the gym if he knows someone. I got the impression that the guy was suggesting he just start asking around, it might be easier then just to get it off the net.

edtelemryn

Apr 29, 2007 06:12:03 PM

Subject: **Ephedrine**

on a sort of similar note, what sort of steroids are recommended for a first time cycle - just for muscle growth and fat loss?

Deleted User

Apr 29, 2007 06:17:15 PM

Subject: **Ephedrine**

Quoted:

on a sort of similar note, what sort of steroids are recommended for a first time cycle - just for muscle growth and fat loss?

For muscle gain you can't go too far wrong with testosterone. It's the big daddy and I've seen with my own eyes how quickly it bulks people up.

For fat loss, from what I've heard it's Clenbuterol, and possibly nandrolone.

You'd be better off making a thread on steroid.com.

TELBOYuk

Apr 29, 2007 06:50:00 PM

Subject: **Ephedrine**

Not sure why you'd wanna take steroids, Ed. They can be pretty dangerous unless you know someone personally experienced to help you out, plus, aren't you 17? You'll have loads of testosterone flying around your system without messing your feedback systems up with extra.

Bombhead

Apr 29, 2007 07:05:59 PM

Subject: **Ephedrine**

I thought ephedrine is a steroid?

Are the natural herbal alternatives legal or they along the same lines as ephedrine?

People are saying that they are not as effective as ephedrine but do they have an affect?

TELBOYuk

Apr 29, 2007 07:47:16 PM

Subject: **Ephedrine**

No, Ephedrine's not a steroid. It's a stimulant that increases the amount of energy you use so can help you to lose weight.

The herbal forms do have an effect and it's actually legal to supply these but not for the purpose of weight loss. A lot of Chinese herbal shops sell them for breathing difficulties (ephedrine helps dilate your bronchi and can be found in some inhalers and a drug called Do Do Chesteze, which you can ask for at your local chemists). Some also sell it for weight loss but are not supposed to.

If you want a herbal equivalent, find out its name first then google it. Some people try to sell other substances such as Sida cordolifa as ephedrine when , in fact, it's a weaker relation to Ma huang, or true ephedrine.

Moouk

Apr 30, 2007 04:13:10 PM

Subject: **Ephedrine**

This is not an anti-supplement rant...but, there seem to be an awful lot of self-appointed pharmacists on this site, spouting pretty dubious advice.

Ephedrine is an extremely potent drug, very similar in nature to adrenaline. It does cause energy to be produced in fat cells (hence it will make you lose weight), but also carries some pretty unpleasant side effects such as tremors, nervousness, heart palpitations and even heart attacks.

Most of the supplements you can purchase contain herbal variants (such as Ma Huang) or chemically similar, but vastly less potent analogues (such as pseudoephedrine, which is what you'll find in most 'thermogenic' supplements and cold remedies).

To those wanting to shift a few pounds, save your cash, eat a little less and exercise a bit more!

CoNsuk

Apr 30, 2007 08:54:31 PM

Subject: **Ephedrine**

sides vary from person to person, you can minimise sides, by starting on a low dosage and working your way up to where you feel comfortable, obviously if you start and you start getting serious sides, eph isnt for you

no pain no gain!

haz_Banned

May 01, 2007 09:04:59 AM

Subject: **Ephedrine**


Ephedrine is not for someone who has high blood pressure or problems with their heart.

Other wise if you do take it and you have serious side-effects stop taking it.

CoNsuk

May 01, 2007 09:12:22 AM

Subject: **Ephedrine**

got my latest batch of eph last night, going to be a fun cpl months up to summer 

hixy

May 02, 2007 07:00:46 PM

Subject: **Ephedrine**

Quoted:

I'm interested in trying ephedrine. Not for cutting up you understand, but I hear in a high dose the feeling is not entirely dissimilar to base.

hello folks i used to use ephedrine for training and going clubing the side effects are very similar to doing speed, but it left me very jittery and anxious some people have no probs taking it but it wasnt for me

hixy

CraigP3

May 04, 2007 04:15:05 PM

Subject: **Ephedrine**

Im taking Ephidrine everyday that I get from India (1000 for £5) I dont get a buzz from them but I am loosing weight, does everyone get a speed like buzz from them ??? I know they make ur pills last longer if you take them before you go clubbing !!!!

CoNsuk

May 04, 2007 04:30:44 PM

Subject: **Ephedrine**

1000 FOR £5 .. probably talcum powder lol!

i can get 1000 for £55

you sure your not just losing weight from diet and training

CraigP3

May 04, 2007 04:41:03 PM

Subject: **Ephedrine**

Possibly lol , they are from a Pharmacy I went to when I was over in india on holiday, you can get what you want from them, well I guess something is working....

liamgt

May 08, 2007 02:12:19 PM

Subject: **Ephedrine**

Herbal Ephredine is legal in the Uk. Reflex do a product called sida cordifolia complex which is a variant of the eca

stack. <http://www.google.co.uk/search?hl=en&rls=DGUK%2CDGUK%3A2006-25%2CDGUK%3Aen&q=sida+cordifolia+complex&meta=>

Bombhead

May 08, 2007 02:21:20 PM

Subject: **Ephedrine**

Has anyone got any experience from using sida cordifolia?

Is it any good at getting rid of bodyfat? If so how quickly?

pugsyboy

May 08, 2007 02:33:56 PM

Subject: **Ephedrine**

I used Stack 2 few years back and went from 14st 2lb to 12st 12lb to go on holidays.

A lot was to do with diet but the supplements gave me loads of energy for the gym on low carbs days, it also supressed my appetite so didnt feel like eating later on in the evening.

They sell them on Myprotein

<http://www.myprotein.co.uk/capsules-tablets-softgels/weight-loss/sida-cordifolia-x-180-capsules/>

My brother has bought these and they have the similar affect
Use MP22618 for 5% off
Everytime you stay out late
Everytime you sleep in
Everytime you dont give 100%
You make it that much easier for me to beat you
Dedication is my steroid
Reps for Life

MP22618 5% off myprotein

liamgt

May 08, 2007 02:56:51 PM

Subject: **Ephedrine**

I used to use xenadrine when it had ma huang which was excellent.

damitzzy

May 08, 2007 06:05:57 PM

Subject: **Ephedrine**

i take thermogenesis(ephedrine) and the only effects apart from aiding my weight loss is feeling extremely hotter than normal; increased heartbeats and a slight general feeling of well being(think its more to do with self consciously feelin so)

taking 3/4 tablets after meals tho.

i recommend it above all other fat loss products

haz_Banned



Send message

Joined: Jan 18, 2007 10:36:59 AM

Posts: 8596

Rank: Elite Member

My other topics

Reply quoted Posted : **May 08, 2007 06:37:09 PM**

Subject: **Ephedrine**

I highly recommend it too.

mullen10

May 09, 2007 10:08:17 PM

Subject: **Ephedrine**

im really interested in some of this, im not expecting some super pill but anything that can aid in losing weight is a good idea, but i am a little cautious of the side effects, im applying for the police soon, what would happen if i had a urine test? would it appear as a banned drug and lead to a fail for drug traces?

also where online can i get some? ive seen all sorts of pills on ebay but they all state they DONT contain ephedrine, and yet still state rapid weight loss as if they did contain it? i think one is called metabo or something, can anyone vouch for these?

crazymattuk

May 09, 2007 10:21:23 PM

Subject: **Ephedrine**

there is an article on muscle talk that states the legal position of ephedrine in the US and the UK.

to some up its legal for a pharماسist to sell it provideing that the doses are under 30mg and the maximum dailly dose is 60mg.

as for the side effects well its basically legal muscle sparing speed so:

increased blood pressure
increased heart rate
shakes
insomnia
and even **penis shrinkage**

around a lot of lads i know clenbutanol or some form of androgenic steroids are more popular.

CoNsuk

May 10, 2007 08:58:44 AM

Subject: **Ephedrine**

yes Clen is good taken along side ECA

2 weeks clen, 2 weeks ECA

anyways a little OT

talking about thermogenic amplifiers!

Cayenne Extract.. WOOOF! started takin this to increase my bodytemp and dammm!

pop pills, sweating like %&*\$# in 5mins, heartburn occasionaly, if i dont drink plenty! red face!

good %&*\$#!.. will be good to stock up on in the summer for those cold days jogging outside 🏃:D:lol:👍

JC0071

May 16, 2007 09:18:31 PM

Subject: **Ephedrine**

Does anyone know the difference between ephedrine and ephedrine HCL?

Is the non HCL one derived from Ma Huang and the HCL a synthetic one?

Deleted User

Rank: Power Member

Posted : **May 16, 2007 10:11:15 PM**

Subject: **Ephedrine**

been on ephedrine hcl an caffeine for a week , but think i'll stop for now.

Felt really anxious at work to the point where i decided to leave early today. I was really nervous and didn't want to be around people. The girls i sit with commented that they thought i seemed really quiet and distant. Same in the gym, really not a nice experience, probably even come across as rude to a few people as couldn't handle getting into a conversation.

Its a shame as the abs are coming through nicely. I may book a week off work and do a crash course of them at the beginning of June

NimbleTurnkey

May 19, 2007 10:45:46 AM

Subject: **Ephedrine to beat fatigue**

I have read all the listings in this discussion about Ephedrine for weight loss, but I am even more confused than I was before I started.

It seems everyone has an opinion, but no-one seems to totally agree on much.

I have joined this discussion for one reason only....

I am trying to learn about Ephedrine to beat fatigue when running hard.

At 50 years old, I have NEVER taken ANY form of drugs to recreation, performance etc, so I am a little worried about doing it now. However, I really need to beat my fatigue problem when training hard and read about Ephedrine in the 'Mens Health' Mag.

I also don't know which product to buy or how often to take it i.e. only when required or what?

I have found this 'stack' (i think you call it). But I have no idea if this is what I require.

http://astronutrition.com/weight-loss-weight-loss-ephedrine-ephedra-25_1/thermalean-original-formula-7/

Nimble :)?

thenamesoni

May 19, 2007 12:53:11 PM

Subject: **Ephedrine**

It is thermalean I take when cutting and I got it from that astronutrition place.

A big problem with taking ephedrine is that it really does work too well sometimes - sometimes find myself going from my post workout protein shake at 8 in the morning and realising at 8 at night ive not eaten anything all day - doing that can really screw with your metabolism and actually cause you to put weight on in the long run.

One thing it is good/bad for is keeping you awake and mentally attuned which is a handy side affect.

Had 4 hours sleep on Wednesday night - did a 13 hour shift in work, went home studied for an exam all night, back in work at 7 yesterday morning then straight into the 3 hour exam in the afternoon. Then went pubbing and clubbing after it till 3. Awake for a total of about 45 hours including 2 shifts in work, 1 session in the gym a 3 hour exam and out all night clubbing with very little fatigue. Slept for about 5 hours last night and ready to go again.

What im saying is I wouldn't take it if you have difficult sleeping. Understand and manage the risks and cycle it - it loses a lot of its potency if you use it for any more than 4 weeks at a time. I do 4 weeks on/4 off when im cutting on it and use it in cases like thursday and yesterday purely as a performance enhancer.

Deleted User

May 19, 2007 01:04:34 PM

Subject: **Ephedrine**

did you not notice any anxiety or nervousness when using ephedrine?

I didn't notice the appetite suppression to much to be honest. How much do you take and do you also use caffeine?

thenamesoni

May 19, 2007 01:33:20 PM

Subject: **Ephedrine**

I wouldn't describe it as a nervousness or anxiety as I am a very laid back person but I definately feel switched on. I work in FX which is high pressured and there are several points throughout the day can get fairly hectic with multiple ccy cut offs and yards to get booked confirmed and settled in strict time deadlines and I found in times like that it really helps get more done and gives you a "wired" feeling.

The thermalean has a caffeine equivalent in it so don't take any extra. Take 2 in the morning 1 at lunch and another in the evening (but not too late).

Was talking to a mate in the club last night and he asked me if I was on speed! He said it was the way I was acting - talking non stop, full of energy and my eyes were really focused. Think ephedrine is a pretty similar but far milder version of speed so I can understand why he jumped to that conclusion.

I don't know if it is just me but it really increases your sex drive. I'm usually pretty horny anyway but on this stuff I just want to %&*\$# everything - which could get you into a spot of bother..

breezauk

May 19, 2007 03:20:57 PM

Subject: **Ephedrine**

http://www.creatinestore.co.uk/products/Sida_Cordifolia_Complex.asp

this any good??

NimbleTurnkey

May 19, 2007 03:38:03 PM

Subject: **Ephedrine - 'cutting'?**

Told you I was naive, what is 'Cutting'?

Nimble

somewhey2go

May 19, 2007 09:20:58 PM

Subject: **Ephedrine**

cutting is losing fat but trying to retain as much muscle mass as possible to get the mucsley defined look.

im liking the look of this ephedrine, does this astro nutrition place do the real deal? got a cut coming up and it looks like it may be helpful in fat burning and keeping energy up.

thenamesoni

May 20, 2007 11:29:18 PM

Subject: **Ephedrine**

Yeah the astornutrition place sells the real deal. Reasonably fast delivery considering its Canada as well.

damitz

May 21, 2007 09:55:54 AM

Subject: **Ephedrine**

epherdrine is good. however as posted above DO NOT TAKE IT when you are about to go to be i.e after your last meal.(altho in theory taking it overnight would mean you are oubling the amount of fat/calories you are burning).

the reason being it affect your heart rate and body temperature so you become hot sweaty, fidgety, restless- basically syptoms that coincide with sleepless nights.

i love the stuff but im so tired being on as im training hard and "trying" to get sleep to aid muscle growth, its really counteracting my purpose. 🤔

CoNsuk

May 21, 2007 10:45:28 AM

Subject: **Ephedrine**

im about to experiment with my own stack

GECC 😊

ginseng + eph + caff + capscium

ginseng + caff for the buzz and energy feeling and eph and caps for some intense thermo

Deleted User

Rank: Power Member

REPLY QUOTE Posted : **May 21, 2007 10:54:02 AM**

Subject: **Ephedrine**

I found many sources don't recommend using it less than 6 hours before you intend on sleeping.

somewhey2go

May 22, 2007 01:47:40 AM

Subject: **Ephedrine**

astro nutrition has 8mg pills and a stack called therma lean with 28mgs. im assuming the 8mg one is balls as it has less ephedrine and also isnt stacked and thats why its cheaper. is there any point in taking the 8mg one?

CoNsuk

May 22, 2007 07:26:23 AM

Subject: **Ephedrine**

no the 8mg isnt crap

8mg is the legal amount thier meant to sell

all you do is take 4x 8mg tabs for 32mg of eph hcl (presuming your tolerances can take it)

Deleted User

Rank: Power Member

REPLY QUOTE Posted : **May 22, 2007 01:51:10 PM**

Subject: **Ephedrine**

The strongest (and best) stuff you can buy is ephedrine hcl. Like CoNs mentioned, they can only sell it in 8mg tabs. If you're looking for the most effective fat burning stack buy yourself some ephedrine hcl and caffeine tabs.

somewhey2go

May 22, 2007 03:00:49 PM

Subject: **Ephedrine**

best price seems to be about £25 for 100 30m tabs over ebay. anyone know of a specific website an impoverished student could use? where do people get this stuff from? PM me or email if you want.

[Modified by: jitsudave86 on May 22, 2007 03:23 PM]

Deleted User

May 22, 2007 03:26:16 PM

Subject: **Ephedrine**

google 'astronnutrition'. you can't miss it. 150 ephedrine hcl tabs approx 23 quid. i bought 100 200mg caffeine tabs aswell and came to around £30 inc postage and packaging

Deleted User

May 22, 2007 03:29:11 PM

Subject: **Ephedrine**

each tab is only 8mg though. where are you buying those 30mg ones from - never heard of tabs that size before

somewhey2go

May 22, 2007 03:37:25 PM

Subject: **Ephedrine**

ebay ephedrine and it comes up. googling ephedrine get various sizes up to about 30mg however it always works out at bout £40 a month. ive see on this forum you can get the stuff for £10-£15 for 100 tabs.

Slojouk

May 22, 2007 04:29:09 PM

Subject: **Ephedrine**

I know nothing about ephedrine and have no intention of taking it but how does taking this sort of thing differ in any way to the age old model tactic of taking a load of amphetamines? What you guys get up to is up to you but I get the impression that if I came on here and said I took a load of base to suppress my appetite and give me a "lift" that you'd shoot me down in flames.

[Modified by: Slojo on May 22, 2007 06:07 PM]

somewhey2go

May 22, 2007 08:42:16 PM

Subject: **Ephedrine**

lol i wouldnt. ephidrine is safe as long are you in good nick. i would only moan if what you did negativly affected me or other people.

Slojouk

May 22, 2007 08:52:56 PM

Subject: **Ephedrine**

I share your live and let live attitude.

But is it basically just re-branded speed? I've gotta say the effects sound pretty damn similar to the drug that many people on here wouldnt dream of taking "recreationally":

- 1) loss of appetite
- 2) big "energy boost"
- 3) inhibits sleep

Sounds like speed to me!

somewhey2go

May 22, 2007 09:38:11 PM

Subject: **Ephedrine**

it is very similar but not quite as potent. you can get it cut wit speed but i want the proper stuff. its very similar to speed and i think that if you have a propblem with taking recreational drugs then you would have a problem with this but if you dont then why not. i know squelch was looking at it cos it was similar to speed and i know people who take it recreationally.

Slojouk

May 22, 2007 09:59:36 PM

Subject: **Ephedrine**

Cheers for the honesty mate. Just that I'm sure a lot of people on here wouldn't even consider something like speed recreationally but when you call it a weight loss pill people think it's fine.

The point I'm making is basically that people should think a bit more about the potential effects of what it is they're taking. I'm sure it's fine if you're healthy and know what you're doing but I'm a bit worried that overweight middle aged men are taking serious stimulants to lose weight when a healthy diet and a full body workout would be much safer and more effective.

Preaching session over - now get your glowsticks out and rave your tits off 🤪

[Modified by: Slojo on May 22, 2007 10:01 PM]

upforit99

Jun 04, 2007 05:58:12 PM

Subject: **Ephedrine**

I just ordered some of these from that world supplements site. They say it's already been sent, so should be receiving them in the next couple of days

RobLuk

Jun 06, 2007 11:22:00 AM

Subject: **Ephedrine**

I took this a few years back. I was working in bars and playing 5 a side to shift the extra weight. Someone recommended ephedrine. I took 2 small pills and 1 caffeine. I got in shape prity fast and noticed a difference when I took my top off. Even though I wasn't consiously try to achieve that cut look it worked prity well.

Maybe if I had adjusted my drinking and diet I could have achieved the same results. But when I took the dose before a 40 minute match it charged me to push harder which is probably the main thing that helped me loose. Obviously I was drinking around 1.5 litres of water through out the day when i was taking them.

I tried to explain to my mum what I was taking at the time. When I was done she simply said "your taking speed!" I said not really but she was adamant. After that i prity much said I was taking Chemists speed.

The down sides. I had prity bad mood swings on my off days and in the end I had a bad experience of heart palpatations while in Ibiza2001 partying and taking ephedrine recreationally. The heart thing scared the %&*\$# out of me and I binned them the following morning. I have tried to take fat burning supplements "fat strippers, nobese, etc" without the same success and serious dent to the wallet branded products carry. I have thought about giving the eph another go to help shift a stone in order to motivate continual training and good habits.

Still undecided, im 26 and 15 stone. I've just started a new office job and now need to be active outside of work as much as possible. Ive dieted for the last 8 months and my weight is prity much stuck where it is.

Undecided.: \?

Rob.L

NickyGee1

Jun 06, 2007 01:15:43 PM

Subject: **Ephedrine**

Just been reading your posts, cheers for the info guy's. I'm in the army and off away for a few months last time I went away I trained hard and toned up well, regrettably I let it go partying when i got back, Hoping to get the same results but Will be on a harder shift schedule this time for work,

This looks like will help hit both spots fat stripping and with energy boosting after night shifts etc.

Looking at the 150 tab's eph and caff tablets on astronutrition, they only have 200mg of caff and you suggest 100mg would local caff do i.e. pro plus etc, how long's delivery I leave on monday.

cheers lads you've al helped.:)

Deleted User

Jun 06, 2007 09:40:42 PM

Subject: **Ephedrine**

Taken around 10 days to arrive from astronutrition.

I stopped taking the things after suffering from mild anxiety. Felt nervous around people when on the stuff to the point where I wouldn't go into shops as the idea of dealing with a shop assistant was scarey. Was at a house party a few weeks ago and was really struggling to interact with other people due to the anxiety caused by ephedrine. Felt really self-conscious.

Felt the stuff had a really negative impact on my personality so decided to get rid of it. I also found my temper was a bit shorter than usual and did snap at my mates a couple of times which is out of charcter for me. Fair enough if you don't experience these side effects but sadly me and ephdrine aren going to have to go our seperate ways.

I've done quite a bit of research into it now and it looks like the majority of the fatloss is caused by the appetite suppression and not by fat burning properties in ephedrine.

thebbr

Jun 06, 2007 11:51:55 PM

Subject: **Ephedrine**

Your right what you say,the majority of weight loss is caused by the appetite suppression,but you do also get a buzz when you are doing cardio work,which can keep you going,even when you feel bad to start with.I personally have taken ephedrine sporadically over the past few years,and have noticed a slight irritability in my mood,but i feel the benefits far outweigh the side effects,and its nothing i cant handle!!!🙄

upforit99

Jun 07, 2007 11:28:31 AM

Subject: **Ephedrine**

Im worried about the anxiety aspect of this and the mood swings. I'll have to take some hypno sessions

upforit99

Jun 07, 2007 04:47:08 PM

Subject: **Ephedrine**

How many milligrams of aspirin and caffeine should i be having with each tablet?

alland123

Jun 07, 2007 05:07:20 PM

Subject: **Ephedrine**

I've taken this before. It gave me a really good buzz when I found the right dose and made me workout harder (more reps, slightly more weight)

I found that I couldn't really push myself on my CV workouts though as I felt like I wanted to

chuck up!!!

Other side effects were edginess, appetite suppression, wide eyes later on in the day and also you feel like you want to sleep when you "come down"

Overall it is really good for fat loss when used in conjunction with a good workout programme and a good diet.

P.S. you can get hooked on this %&*\$#, and if you do you'll look like a bag of %&*\$#!!!! Believe me, I've seen it!!

JC0071

Jun 08, 2007 05:43:31 PM

Subject: **Ephedrine**

A mate of mine has some T5s. Does anyone know what's in these (alleged) bad boys? I fancy a try, but want to make sure I know whats in it before I dabble.

Cheers

Digsy

Will2574

Jun 16, 2007 10:04:05 PM

Subject: **Ephedrine**

All right lads, been reading the posts for a few weeks now, I want to get into these wee bad boys, however what I need to know is..... Does anyone know if you get a drugs test in the army (CDT) do they test for Ephedrine?

Cheers for the advice thus far lads

Will

markechapman

Jun 18, 2007 04:04:57 PM

Subject: **Ephedrine**

I did hear the ephedrine does stay in your blood stream for a number of years, as does speed. It can be traceable if thats what is being searched for.

Wasn't Linford Christie done for having ephedrine in his system from having a 'sports' drink?

Surprised no one has mentioned Ultimate Orange yet.

<http://www.ultimateorange.com/>

I used to train on it when it contained ephedrine and then it got banned from everywhere. Fast into the system and you didn't have the jitters at work nor sweated like a hog who had drunk 20 espresso's!!!

Anyone used the latest formula from Ultimate Orange?

WhiteGoodman

Jun 18, 2007 04:20:42 PM

Subject: **Ephedrine**

eph only increases metabolism by approx 2%-3% . I have used numerous times although don't really feel I need it , became a bit dependent on it last time and had a hard time mentally convincing myself that I didn't need it. However, having said that I do like the 'up'

part of ephedrine. I believe ephedrine is one of the component parts of speed.

As mentioned earlier if you have an even slightly raised BP or family history you should stay clear. It has a phenomenal worldwide safety record despite a bit of scaremongering in the states and their knee jer reaction to a few high profile deaths. It is prob fair to say though that these were individuals who were especially susceptible to the side effects. Would also stay clear if you have a tendency to have depressive episodes once in a while, definitely made mine worse.

Bradley07uk

Jun 18, 2007 09:41:26 PM

Subject: **Ephedrine**

:?I have been reading up on this and will be recieving my stuff in the next few days. I have read lots about this but is there a clear guideline somewhere pointing out the following:-

What dosage to start with?

How many times a day to take this?

Where do I buy the Asprin & Caffine to make up the stack?

How many times do I take the stack?

Should I take it with food or before?

Is cardio best done before it? If so, how long before?

Any of the answers would be greatly appreciated.

Cheers
Bradley

Drive1

Jun 18, 2007 09:52:44 PM

Subject: **Ephedrine**

I suggest when your stuff arrives in the post you either send it back or bin it. How can you buy a drug that is potentially dangerous with misuse when you know so little about it or how to use it.

[Modified by: Drive on June 18, 2007 09:55 PM]

Bradley07uk

Jun 18, 2007 10:02:02 PM

Subject: **Ephedrine**

Thats why I am asking on here Drive.

LB4

18, 2007 10:06:46 PM

Subject: **Ephedrine**

Quoted:

im really interested in some of this, im not expecting some super pill but anything that can aid in losing weight is a good idea, but i am a little cautious of the side effects, im applying for the police soon, what would happen if i had a urine test? would it appear as a band drug and lead to a fail for drug traces?

also where online can i get some? ive seen all sorts of pills on ebay but they all state they

DONT containe ephedrine, and yet still state rapid weight loss as if they did contain it? i think one is called metabo or something, can anyone vouch for these?

Mate I wouldn't even risk it. I've read somewhere that it contains Ketamine (which would explain the buzz). If I had a %&*\$# test and that showed up; I'd get booted out of the Army and I'm sure the Police Force will have the same policy.

Davinho

Jun 19, 2007 12:29:13 PM

Subject: **Ephedrine**

Quoted:

<http://www.ultimateorange.com/>

ah Ultimate Orange - did u know that the gang the film Heat was based on used it post robbery to "focus" their minds.

I remember one of my friends went to a party (this was around 1991) and he told me that they had this orange drink that everyone was drinking. Turns out it was Ultimate Orange and quite a few of them were taken to A&E due to racing hearts, palpitations and generally speed overdose symptoms - seriously.

I actually had some about 3 or 4 months ago and took two scopes before a training session prior to work. I was buzzing my tits off by the time I got to work and stimulants don't tend to effect me that much

Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

Deleted User

Jun 19, 2007 12:42:03 PM

Subject: **Ephedrine**

Bradley 07, didn't you just post another topic re 6 meals a day? I wouldn't consider taking eph for a long, long time if I were you judging by what you put in that post

Do some searches on this site for diets and routines re losing weight and stick with this. You can lose all the weight you need to by training hard and eating well.

Eph should only be used by fairly experienced trainers and even then its debatable whether its really necessary.

ben_stretch90

Jun 19, 2007 01:01:19 PM

Subject: **Ephedrine**

Quoted:

:\?I have been reading up on this and will be recieving my stuff in the next few days. I have read lots about this but is there a clear guideline somewhere pointing out the following:-

What dosage to start with?

How many times a day to take this?

Where do I buy the Asprin & Caffine to make up the stack?

How many times do I take the stack?

Should I take it with food or before?

Is cardio best done before it? If so, how long before?

Any of the answers would be greatly appreciated.

Cheers
Bradley

Seriously, your an absolute idiot! This is your last post on 'eating 6 times a day';

Hi there,

I am new to all this and been reading that I need to eat six times per day.

I am a terrible cook and dont know what complex carbs and wholegrains are etc.

I looked at stuff online and it all seemed american with yams etc.

I weigh 16st and want to get down to 13. I currently eat:[

Breakfast - Ricecripies & 2 rounds of toast

Lunch - Large white roll with ham salad packet of crisps

dinner - meat and veg, broccoli & potatos etc.

After gym - protein shake.

Is there any guide menus out there like an idiots guide?

Sorry for my ignorance guys, but I need your help.

You eat ricecrispies for breakfast, white rolls and crisps and you don't know what a complex carb is. You should DEFINATELY stay away from ephedrine!! You weight 16 stone, so it will be dangerous anyway, despite the fact you don't actually have a CLUE what your doing. Your going to kill yourself. Its people like you that get their hands on steriods and end up dead.

Bradley07uk

Jun 19, 2007 06:46:18 PM

Subject: **Ephedrine**

I definatley think its not for me and I am too inexperienced to use it. I didnt realise it was such a powerful supplement. But if I dont ask, I will never know these things.

dean58

Jun 28, 2007 04:24:26 PM

Subject: **Ephedrine**

Quoted:

I just ordered some of these from that world supplements site. They say it's already been sent, so should be receiving them in the next couple of days

Hello "upforit99"

Hope u read this post, u wrote u ordered Ephedrine from that world supplements site earlier this month. Did you ever receive it, is it a good website?

Thanks

Dean

ak_man

Jun 30, 2007 01:36:35 AM

Subject: **Ephedrine**

I would like to know this too...?

Also any ordered from pure-ephedrine website?

Ta.

[Modified by: ak_man on June 30, 2007 01:37 AM]

upforit99

Jun 30, 2007 06:43:30 PM

Subject: **Ephedrine**

Quoted:

Quoted:

I just ordered some of these from that world supplements site. They say it's already been sent, so should be receiving them in the next couple of days

Hello "upforit99"

Hope u read this post, u wrote u ordered Ephedrine from that world supplements site earlier this month. Did you ever receive it, is it a good website?

Thanks

Dean

Hi,

I did order from world supplements, but the package came in a white container with a photocopied piece of paper stuck on the outside. It looked very dodgy to me. I emailed them back and asked them why this was. They said their stuff was genuine and if I was unhappy I could sent the product back for a refund. I doubt they would have given me a refund and I already opened the bottle anyway.

I ordered from Astronutrition as well, they seemed genuine and actually work.

ak_man

Jun 30, 2007 08:55:35 PM

Subject: **Ephedrine**

Quoted:

Hi,

I did order from world supplements, but the package came in a white container with a photocopied piece of paper stuck on the outside. It looked very dodgy to me. I emailed them back and asked them why this was. They said their stuff was genuine and if I was unhappy I could sent the product back for a refund. I doubt they would have given me a refund and I already opened the bottle anyway.

I ordered from Astronutrition as well, they seemed genuine and actually work.

Useful info - i was going to order from them. Did you try their tablets, and did you feel anything?

Thanks.

cool_minty

Jul 01, 2007 10:37:59 PM

Subject: **Ephedrine**

Ephedrine can be purchased over the counter of pharmacists in the form of Do Do's Chesteze - odd name I know but its for real. However, I took it regularly whilst on a Low Carb diet and ended up dealing with Major Depression symptoms - I am not saying that it was caused necessarily by Ephedrine etc but I think messing with the body chemistry probably didn't help the mental health issues. Don't know if this helps at all

[Modified by: cool_minty on July 01, 2007 10:38 PM]

[Modified by: cool_minty on July 01, 2007 10:39 PM]

upforit99

Jul 01, 2007 11:19:08 PM

Subject: **Ephedrine**

I didnt try it akman

op_doguk

Jul 02, 2007 09:12:43 AM

Subject: **Ephedrine**

there's an ECA by reflex called Reflex Silda Cordifilia.

This is for less potent but seems to work pretty well.

Only 25mg of Epherdrine per day (2 tabs) which is from the guarna extract. The "safe" dosage of epherdrine apparently is 100mg and so it's well under.

I had headaches for first two days but after that i've had no side effects whatsoever.

I am trying to gt down from 14% (ish) to 12 or less and have a good diet.

olih21

Jul 02, 2007 05:05:55 PM

Subject: **Ephedrine**

have just bought some ephedrine from astro nutrion and now need some aspirin and caffeine tablets to complete an ECA stack, i am new to ephedrine so you tell me which

websites to get the asprin and caffeine tablets you recommend and the recommended dosage for some one my size, 6'4 and 17.6 stone. Please help!! Cheers Oli

ak_man

Jul 02, 2007 05:32:36 PM

Subject: **Ephedrine**

I am reluctant to order 8mg tablets from Canada...anyone tried pure-ephedrine website?

Deleted User

Rank: Power Member

REPLY QUOTE Posted : **Jul 02, 2007 08:41:16 PM**

Subject: **Ephedrine**

should find all the info you need right here

http://www.muscletalk.co.uk/m_155953/tm.htm

28 pages in that link but with something like eph you should do all the research you can before you start using it. Believe me its not just another supp like creatine or protein. This stuff made me go through all kinds of moods and feelings. One minute i'd be chatty then i'd be anxious and nervous, then really tired in the evening, sometimes feel sick when working out, scattiness etc. It effects people in different ways so for your own good do some extensive research first.

That link should tell you all about the dosage.

You can buy the cafeine tabs in chemists or off the net. The impression I get is that there's no real benefit in taking the aspirin so wouldn't worry to much about that.

Why don't you want to buy it from Canada? The stuff aston sell is the real deal plus you can separate the dosage better

[Modified by: Brooksy80 on July 02, 2007 08:43 PM]

crazymattuk

Jul 02, 2007 09:52:36 PM

Subject: **Ephedrine**

you need your heads testing , i take it you are aware that the stuff is what people use to make crystal meth out off.

ive had one experience with ephedrine i used it to keep me awake 1 night and it made me that nasty that i said id never use it again

Deleted User

Jul 02, 2007 10:04:13 PM

Subject: **Ephedrine**

Quoted:

you need your heads testing , i take it you are aware that the stuff is what people use to make crystal meth out off.

ive had one experience with ephedrine i used it to keep me awake 1 night and it made me that nasty that i said id never use it again

Really?

I've done it probably 6-10 times when I've been out on the lash and I love it.

It's just like base. Makes me really happy, really chatty and really energetic.

crazymattuk

Jul 02, 2007 10:14:39 PM

Subject: **Ephedrine**

Quoted:

It's just like base.

thats cause it is virtually base

Deleted User

Rank: Newbie

Reply: You don't Posted : **Jul 02, 2007 10:18:30 PM**

Subject: **Ephedrine**

Thus explaining why I like it a great deal!

AVD_

Jul 03, 2007 01:43:31 AM

Subject: **Ephedrine**

I use Hot-Rox Extreme from Biotest at T-Nation. They seem to work pretty well at burning fat and keeping muscle whilst cutting. Make me sweat like a bitch though!

Also, what is base?

Nothing to see here.

Deleted User

Jul 03, 2007 08:04:27 AM

Subject: **Ephedrine**

Base is basically Speed. Ephedrine, base and speed are amphetamine drugs hence the similarities.

Apparently one of the reasons Eph was made illegal was due to drug dealers cutting it with harder street drugs and sometimes pretending it was 'e' due to the slight buzz you get when using it.

Ephedrine causes you to sweat like a mother-f*cker when you're working out due to the elevated heart rate

Rosdi

Jul 04, 2007 04:15:29 PM

Subject: **Ephedrine**

Hi ya guys,

Ive just brough some Eph and am going to start taking it soon but i have a few questions i was woundering you could answer?

Do you take it 7 days per week or do you have days off in that time?

How longer cyclcel should you do?

And for a beginner what is the best time to take it in the day and the amount that should be takin?

Cheers guys,

Rosdi :\)

stoney123

Sep 01, 2007 05:07:39 PM

Subject: **Ephedrine**

I've been taking eph 30mg for over 2 years now, It is amazing and I have not found anything that works like it. You do have to be careful if you have any heart problems, high blood pressure or kidney problems you shouldn't take it. You must make sure you drink plenty on it at least 2ltrs a day. You must not take it continually, otherwise the effect wears off as the body gets used to it. Normally you should take it before working out but if you take it all day then if you use it for 7 days it's best to have 4-7 days off it, the rule basically works for every day you have taken it you need the same time as a break, you take it for 5 days you have 5 days off. I wouldn't advise taking it for a month at a time.

The effects can vary on your individual body make up, but generally you get the jitters, this is normally a sign that you are not drinking enough water though.

Saying all that I am looking for a new source as mine has moved away. So any offers let me know



JJ69uk

Nov 01, 2007 08:00:37 PM

Subject: **Ephedrine**

Hi everyone

Im hoping for some help and advice please!!.....

I've been reading everyone's posts about ephedrine and have just got some off my friend for weight loss but also i have got a lot on at the mo and find staying motivated very hard! I bought 100 for a tenner and there really small tabs - i think this sounds about right from what i have read?

She takes 6 a day, 3 lots of 2 but advised me to start on one in the morning and one late lunch/mid afternoon to see how i feel then after a week slowly up it.

Today is my first day, had one about 9.30 with a coffee and again about 3.30 with coffee.

I do feel a little shaky, not to the point where i can actually see my hand shake or im physically moving or anything like that, just a bit shaky inside if you know what i mean??? I dont know wether its in my head tho cos of what i read!?!?

Im 21, in pretty good health and try to eat healthily, no heart probs that i know of or anything. Im trying to lose about a stone.

Oh and im female so should this affect how much i should take?

Also i read about it speeding your heart up so is it good to avoid taking them when you know your gonna feel excited and pumped up i.e going out / theme parks etc and anything else that gets the adrenaline going?

Also is it ok to take them on an empty stomach or should i take them with food or before?

Also confused about length of time, im reading a lot of "5 days on and 5 off" but my friend says it will take a week or two for them to kick in??

Any advice from the people who are experienced with this stuff would be SO SO appreciated, thanks very much

Im not looking to get a buzz off them

Davinho

Nov 01, 2007 08:43:14 PM

Subject: **Ephedrine**

it's amazing how people will chuck stuff down their neck without really knowing what it is. 😊

What other things are you doing for weight loss? You know Eph tends to work best on people who are already low in bodyfat. If you're not that all your doing is putting your heart at unnecessary risk. Review your diet and exercise prog before resorting to "supplements"
Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

Touch_me_im_mikeX

Nov 01, 2007 08:48:35 PM

Subject: **Ephedrine**

Quoted:

I'm interested in trying ephedrine. Not for cutting up you understand, but I hear in a high dose the feeling is not entirely dissimilar to base.

Why not just have base mate???

little nip here and a little nip there had me loosing 2stone in a month! haha, didnt stay off like.

Touch_me_im_mikeX

Nov 01, 2007 08:53:17 PM

Subject: **Ephedrine**

Quoted:

Quoted:

I can't imagine its to bad as I used to down vodka whilst necking pills

You and me both.

I almost never do pills now though. Those good times are long passed.

Squelch, the pillar of health, necking pills and downing vodka! who'd have thought it.

B80

Nov 02, 2007 07:20:11 AM

Subject: **Ephedrine**

agree with davinho, some of the messages in this thread are almost beyond belief. people hone onto eph expecting the fat to melt away. For f*cks sake do some research on it. The thermogenic effects are minimal, its the appetite suppression and lower intake of calories that helps with fat loss.

Give it go, but its not like taking creatine or zma. Its a mild amphetamine and most will feel wired on it. Not nice when sat at your desk in an office.

[Modified by: B80 on November 02, 2007 06:35 AM]

B80

Nov 02, 2007 07:28:42 AM

Subject: **Ephedrine**

if you insist on using it this link has all the info you'll need

http://www.muscletalk.co.uk/m_155953/tm.htm

sooty22

Nov 13, 2007 12:37:45 PM

Subject: **Ephedrine**

Ive been using Ephedrine for about a week now - no bad side effects although Ive been doing some more research on it and seems you shouldnt t ake it with certain anti-depressants such as Monoamine Oxidase Inhibitors and Tricyclic Antidepressants, however I take prozac which is an SSRI. Does anyone know if this is dangerous or has anyone taken Ephedrine whilst taking prozac/fluoxetine?

I really dont want to stop taking it as it supresses my appetite but obviously if its dangerous I will have to!!

Thanks

Davinho

Nov 13, 2007 12:46:01 PM

Subject: **Ephedrine**

Quoted:

Ive been using Ephedrine for about a week now - no bad side effects although Ive been doing some more research on it and seems you shouldnt t ake it with certain anti-depressants such as Monoamine Oxidase Inhibitors and Tricyclic Antidepressants, however I take prozac which is an SSRI. Does anyone know if this is dangerous or has anyone taken Ephedrine whilst taking prozac/fluoxetine?

f.uck me you have to ask us? don't you think **YOU** should have found out before knecking it? Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

sooty22

Nov 13, 2007 02:59:20 PM

Subject: **Ephedrine**

Quoted:

Quoted:

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f.uck me you have to ask us? don't you think **YOU** should have found out before knecking it?

I did but could only find info on anti-depressants that were not SSRI's which is what I take! So as I am unable to find it out from my research which I DID do before taking it I thought someone on here might have some personal experience they could share!

Davinho

Nov 13, 2007 03:07:15 PM

Subject: **Ephedrine**

seriously ditch the ephdrine if you're on or need to be on Prozac. The mere fact that ephedrine is mood changing should tell you whether it's a good idea or not
Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

Shadow_jam

Nov 16, 2007 09:39:54 PM

Subject: **Ephedrine**

ok i dont want this to sound dodgy but.... has anyone tried snorting ephedrine?

Xanity

Jan 13, 2008 01:36:38 AM

Subject: **Ephedrine**

Alright people.

Right Ive just actually read through this whole forum, Yeah - Sad I know. 😊

Most people are saying the same kinda dosages..

Basically, Ive started taking Eph today bought from Astro (150tabs [8mg per tab]), they recommended me to take 300MG Aspirin and 200MG Caffeine with it.. Which seriously confuses me, because Ive read the same amount on the Caffeine part.. but alot of you are just saying 15MG Aspirin.. And thats a pretty big %&*\$# difference, so whats the catch there?

I took one this morning, with a cup of coffee.. and Felt no difference whatsoever.

So I went the shop and got some Pro Plus (50MG per Tab) and a box of Aspirin (300MG per Tab).

I took one Eph(8mg), 2 Pro plus(100mg) and 1 Aspirin(300mg).. and drank a cup of coffee just before that. And to be honest, I guess I felt a little tiny bit 'buzzed' up but not much. I understand now that mine are only the 8mg Eph tabs though so tomorrow Im gonna take 4 Eph's so thats 32mg Eph, and again with the same amount of Pro plus & Aspirin.. and see how that goes.

Few things I want to know though. Am I doing something very wrong with the Aspirin side? I mean these ones are just a box of Aspirin caplets from boots.. 300mg per tab it says. Is that to much? OR does it not even matter that much anyway - Let me know on that so I can quit caring about the Aspirins.

Other thing is, Pro Plus. Is it ok to be taking pro plus for the caffeine? I mean there mainly made up of that anyway so I dont see why not.. But Id rather hear other peoples opinions on that too.

And last but not least, This is how I have it in my head of how im meant to be taking these.

Morning - 32mg Eph+300mg Aspirin+200mg Caffeine
Early afternoon - ^^ Same
Late afternoon - ^^ Same again

Also this ones abit random, but does anyone have any idea how much caffeine (In mg terms) is actually in a cup of coffee? Just 1 tea spoon of Coffee that is..

--

I know thats alot of writing, with alot of questions but I will be checking back regularly and most likely become a regular user of this forum, so please take some time and answer my questions and add any comments.

Cheers

B80

Jan 13, 2008 08:59:20 AM

Subject: **Ephedrine**

Iright people.

Right Ive just actually read through this whole forum, Yeah - Sad I know. 😞

Most people are saying the same kinda dosages..

Basically, Ive started taking Eph today bought from Astro (150tabs [8mg per tab]), they recommended me to take 300MG Aspirin and 200MG Caffeine with it.. Which seriously confuses me, because Ive read the same amount on the Caffeine part.. but alot of you are just saying 15MG Aspirin.. And thats a pretty big ****in difference, so whats the catch there?

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--

I know thats alot of writing, with alot of questions but I will be checking back regulary and most likely become a regular user of this forum, so please take some time and answer my questions and add any comments.
Cheers.'

I've read this post over several times and still come to the same conclusion: You're a moron.

Anyone considering taking eph please disregard the crap above

[Modified by: B80 on January 13, 2008 08:01 AM]

Xanity

Jan 13, 2008 09:07:45 AM

Subject: **Ephedrine**

Thanks for that

Was kinda looking for more genuine responses, but instead of you just calling me a moron, perhaps explain why you are saying that?

Came here to for help, to get some answers not to be called a moron 😊

Cheers

B80

Jan 13, 2008 09:19:30 AM

Subject: **Ephedrine**

.....

[Modified by: B80 on January 13, 2008 08:38 AM]

Xanity

Jan 13, 2008 10:38:03 AM

Subject: **Ephedrine**

Thats a link to the forum im already reading, Whats your point?

B80

Jan 13, 2008 10:51:26 AM

Subject: **Ephedrine**

http://www.muscletalk.co.uk/m_155953/tm.htm

this should answer all your questions

Xanity

Jan 13, 2008 11:00:55 AM

Subject: **Ephedrine**

Most of them yeah

So I guess I should find some new Aspirins or at least cut these up into quarters.. That will then be 75mg per dose.

Was you by any chance calling me a moron for me taking pro plus to act as the caffeine intake?

Or maybe that I said I was taking 3 dosages per day, as Ive only just started (Just after reading on there, First timers should just start by 1 dose it says).

Thanks for ya help anyways

B80

Jan 13, 2008 11:14:30 AM

Subject: **Ephedrine**

'Most of them yeah

So I guess I should find some new Aspirins or at least cut these up into quarters.. That will

then be 75mg per dose.

Was you by any chance calling me a moron for me taking pro plus to act as the caffeine intake?

Or maybe that I said I was taking 3 dosages per day, as Ive only just started (Just after reading on there, First timers should just start by 1 dose it says).

Thanks for ya help anyways'

Ignore the moron comment, it was out of order. No need for the aspirin, yet to find a study which proves it beneficial in the stack.

I could go into more detail but that link explains it all

tonker

Jan 14, 2008 10:35:25 PM

Subject: **Ephedrine**

%&*\$# mugs game, and a lazy way to lose weight.

How about just common sense?? Exercise, better diet, not relying on a drug to lose a few lbs.

Lass I know is on them, and has been for about two months, guess what, she never knew she had to take them in cycles and has been necking them for 2 Months straight.

sportacus07

Feb 11, 2008 10:44:49 PM

Subject: **Ephedrine**

I've been taking Ephedrine for a while now, post Christmas on the build up to summer. Works a treat.

However....

I do get worried that I am increasing my chance of a heart attack. Anyone else gets these worries? Cons, how bout you? DO you worry about damage its doing?

Shane713uk

Feb 11, 2008 11:16:10 PM

Subject: **Ephedrine**

How much you lost on ephadrine?

Next month in my final weeks of cutting I'm gonna give it a blast on ephadrine!

myles695

Feb 12, 2008 07:43:52 PM

Subject: **Ephedrine**

Hey.

Does Ephedrine have any effects on your muscles? I know its a diet thing but i dont want it to take away any muscle, because im looking to gain weight, just strip fat. Should i try these to reduce body fat?

Davinho

Feb 13, 2008 11:22:11 AM

Subject: **Ephedrine**

Quoted:

I've been taking Ephedrine for a while now, post Christmas on the build up to summer. Works a treat.

If you've been on it consistently since Xmas i.e almost 2 months I'd be inclined to knock it on the head and give your system a rest for a while

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<http://uk.virginmoneygiving.com/DavidWhite1>

atomicjake

Feb 24, 2008 03:40:23 PM

Subject: **Ephedrine**

ive started taking ephedrine for the last 2 weeks now. i had a body fat test at the beggining (10.6% body fat).

and now 2 weeks into it im 10.8% body fat. i dont understand.

i take 2x 8mg at 9.30am with 100mg caffeine and 150mg of aspirin. i do the same at 3pm. and only 1x8mg ephedrine at 8. i run 2miles a day at around 6pm on a treadmill, and do weights.

i haven't drunk any alcohol, i eat a good 7 portions of apples and oranges a day instead of crisps and chocolate which is what i used to. porridge for breakfast and chicken breast for dinner or a tuna sandwich. im definatly eating less and healthier (or so i thought). and all i drink is water.

but i have lost around 3kg's of weight. it cant be muscle because people are telling me i look really cut now.

what am i doing wrong?

[Modified by: atomicjake on February 24, 2008 02:42 PM]

wanman

Mar 03, 2008 11:51:47 PM

Subject: **Ephedrine**

The herbal stuff, mua huang is not as potent as the real chemical stuff.

I lost almost 4 stone on it in around 4 months but was throwing 150mg down my neck a day, minimum. It suppresses your appetite to almost nothing but you can run and run and run

What i will say is don't buy supposdly legitimate Eph off of sites like e-bay. a vast majority of it is fake or lower dosage than stated.

Join one of the b/building websites, muscletalk, elitefitness etc and read threads there.

If you want rapid weight loss i whole heartedly recommend eph but be careful with its addictive nature and some of the sides can be scary at first until you build up your tolerances

Davinho

Mar 04, 2008 01:33:45 PM

Subject: **Ephedrine**

Quoted:

What i will say is don't buy supposdly legitimate Eph off of sites like e-bay. a vast majority of it is fake or lower dosage than stated.

any legit Eph has to be sold at dosages of 8mg or less AFAIK

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<http://uk.virginmoneygiving.com/DavidWhite1>

WhiteGoodman

Mar 04, 2008 01:42:55 PM

Subject: **Ephedrine**

Quoted:

I lost almost 4 stone on it in around 4 months but was throwing 150mg down my neck a day, minimum.

You are quite frankly a complete moron then. You mention other websites for research but clearly did none yourself. I don't know any (big) bodybuilders who even go above 100mg per day and when they go to 100mg they only do so for short periods.

It has a worldwide safety record which is excellent when taken at sensible levels but what you have done is ridiculous and you are exceptionally lucky not to have done yourself any real damage.

Do everyone a favour and don't offer advice to new trainers/users in future because you are an example of how it should not be done.

I don't normally get angry on these boards but your post takes the %&*\$# quite frankly.

Davinho

Mar 04, 2008 01:59:17 PM

Subject: **Ephedrine**

Quoted:

I don't know any (big) bodybuilders who even go above 100mg per day and when they go to 100mg they only do so for short periods.

dodgy pills or is this mans adrenal glands now completely shot? 😬

I remember doing 3 x8mg once (so 24mg) and seriously felt the jitters and stimulants don't normally effect me that much (I can do 3 double espressos on the bounce)

I wouldn't like to bang down 18 of those 8mg pills a day, heart attack waiting to happen IMO
Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

WhiteGoodman

Mar 04, 2008 02:03:55 PM

Subject: **Ephedrine**

Quoted:

Quoted:

I don't know any (big) bodybuilders who even go above 100mg per day and when they go to 100mg they only do so for short periods.

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I wouldn't like to bang down 18 of those 8mg pills a day, heart attack waiting to happen IMO

me either, my max dose in one hit ever was 40mg . I had a meeting that afternoon and had to excuse myself and go home as my heart felt like it was going to come through my chest.

Davinho

Mar 04, 2008 02:08:59 PM

Subject: **Ephedrine**

Quoted:

me either, my max dose in one hit ever was 40mg . I had a meeting that afternoon and had to excuse myself and go home as my heart felt like it was going to come through my chest.

haha not your brightest idea ever? I can just picture you now, bright red face, sweating like a rapist. "Sorry everyone, I'm not feeling well....."



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<http://uk.virginmoneygiving.com/DavidWhite1>

WhiteGoodman

Mar 04, 2008 02:15:26 PM

Subject: **Ephedrine**

Quoted:

Quoted:

me either, my max dose in one hit ever was 40mg . I had a meeting that afternoon and had to excuse myself and go home as my heart felt like it was going to come through my chest.

haha not your brightest idea ever? I can just picture you now, bright red face, sweating like a rapist. "Sorry everyone, I'm not feeling well....."



it was %&*\$# awful I thought I was going to die, they must have thought I was mental as I'd spent the half hour that I managed to last fidgeting like I'd got my %&*\$# caught in my zip.

How the guy that I dug out managed 150mg for 4 months without serious consequences I don't know. That is a life threatening dose imo.

tobythechimp

Mar 04, 2008 06:48:36 PM

Subject: **Ephedrine**

well i have taken thermalean eca (a herbal version i think) before and didnt really see much difference. I was just wondering where i can get any eph with the same sort of amounts in (25g +) as where ever i look on the internet they are always 8mg and i dont think thats enough. I will be getting some caffeine with it btw.

cheers

tobz

WhiteGoodman

Mar 04, 2008 06:51:51 PM

Subject: **Ephedrine**

Quoted:

well i have taken thermalean eca (a herbal version i think) before and didnt really see much difference. I was just wondering where i can get any eph with the same sort of amounts in (25g +) as where ever i look on the internet they are always 8mg and i dont think thats enough. I will be getting some caffeine with it btw.

cheers

tobz

just swallow more pills?

tobythechimp

Mar 04, 2008 06:55:02 PM

Subject: **Ephedrine**

that will probs just eat away at my wallet though.....

Shane713uk

Mar 04, 2008 10:07:53 PM

Subject: **Ephedrine**

I got ephadrine in front of me now, starting on it tomorrow with a spot on diet.

Some guy in work said that it was amazing!

Davinho

Mar 05, 2008 10:05:29 AM

Subject: **Ephedrine**

Quoted:

Some guy in work said that it was amazing!

well if *some guy at work* said that, what are you waiting for?

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<http://uk.virginmoneygiving.com/DavidWhite1>

WhiteGoodman

Mar 05, 2008 10:13:27 AM

Subject: **Ephedrine**

Quoted:

Some guy in work said that it was amazing!

It's not really, it's pretty average and I haven't used it for a couple of years for that reason.

You need to make sure you taper off for various reasons when ceasing use as well but I'm guessing you already knew that if you have them in front of you ready to use?

D_RWF

Mar 05, 2008 10:14:30 AM

Subject: **Ephedrine**

%&*\$# me, people are scary, stupid fools aren't they?

<http://www.realworldfitness.co.uk>

MyProtein Code: MP28706 | Twitter: @rwf_rwf

Blog: <http://www.realworldfitness.co.uk/category/blog/>

addictuk

Mar 05, 2008 10:14:54 AM

Subject: **Ephedrine**

I would like some.

MORBULOUS_PRIME

Mar 05, 2008 12:02:40 PM

Subject: **Ephedrine**

Just wanted to put my 2 cents (pence) in here re the ECA stack.

I have completed my first cycle of it (5 weeks on) and I am coming to the end of my rest period (2 weeks off)

I gradually went up to the max recommended dose of 32mg eph / 200mg Caffeine / 325mg Aspirin 3 /day

I did get the jitters and a couple of times it was hard to go to sleep. This was due to taking it TOO LATE. I have a 1500 cutoff, a good 8 hours later and I am good to go for sleep at 2300. I did monitor my cardio and my resting heartbeat was normal with no change. I did feel like I had more energy for both cardio and weight sessions and I did sweat more during both.

I am not tracking my weight purposely as wieght naturally goes up and down. When I get to a good defintion and I feel I am where I should be then I'll check what my good weight is.

One thing I'll say is that for my second cycle coming up I'll be going with EC and not ECA. The last week I had gastro-intestinal bleeding which was scary stuff. So it will be only one aspirin a day for me. I have been taking one a day for years anyway as a precaution as I am adopted and thus have no medical history (which of course blows)

For anyone reading this thread that has not taken this stack before it is the real deal and must be treated with kid gloves. It will give you quicker results but is not miracle, a proper balanced diet and exccercise IS A MUST

MP 8\)

Davinho

Mar 05, 2008 12:06:22 PM

Subject: **Ephedrine**

Quoted:

The last week I had gastro-intestinal bleeding which was scary stuff.

but at least you may have lost some fat eh

Sponsor me for the 2011 London Marathon and give to The Samaritans :-

<http://uk.virginmoneygiving.com/DavidWhite1>

MORBULOUS_PRIME

Mar 05, 2008 12:26:59 PM

Subject: **Ephedrine**

Quoted:

Quoted:

The last week I had gastro-intestinal bleeding which was scary stuff.

but at least you may have lost some fat eh

Can't argue that some fat (a good start) did come off but seeing "THAT" in "YOU KNOW WHAT" was SOME SCARY ___T INDEED! I am going to do without that this time around!

MP

WhiteGoodman

Mar 05, 2008 12:34:39 PM

Subject: **Ephedrine**

the effects of the aspirin are overrated in the ECA stack imo anyway. Just stick with the EC part.

Big_Bear

Mar 05, 2008 01:06:06 PM

Subject: **Ephedrine**

Best place to buy?

Anyone rate Ephedrine HCL 150 tabs for £22.49 from Kaizen Nutrition?

century supplements .com

WhiteGoodman

Mar 05, 2008 01:06:54 PM

Subject: **Ephedrine**

Kaizen = good quality tabs

Hamish_The_Junglist

Mar 05, 2008 02:59:39 PM

Subject: **Ephedrine**

Quoted:

I'm interested in trying ephedrine. Not for cutting up you understand, but I hear in a high dose the feeling is not entirely dissimilar to base.

lol squelch u bell-end bass is only 5squid a G why pay more for ephedrine?

MORBULOUS_PRIME

Mar 12, 2008 04:55:18 PM

Subject: **Ephedrine**

Quoted:

Kaizen = good quality tabs

Kaizen is great agreed but it looks like I have had TWO shipments of 8mg EPH HCL 50s stopped as they EXITED Canada for what reason lord knows why...

Anyone know of any other sources? International that is? I am way off schedule now cause of this

MORBULOUS_PRIME

Mar 12, 2008 04:55:19 PM

Subject: **Ephedrine**

Quoted:

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Anyone know of any other sources? International that is? I am way off schedule now cause of this

WhiteGoodman

Mar 12, 2008 05:29:52 PM

Subject: **Ephedrine**

Quoted:

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Anyone know of any other sources? International that is? I am way off schedule now cause of this

just bad luck imo. Did you order from Astronutrition?

Jon1311

Mar 12, 2008 05:45:56 PM

Subject: **Ephedrine**

For everyone rating a stack with Ephedrine and Caffeine it really doesn't make a difference if your exercising for more than 10 minutes.

I just finished a study and almost all of the recent literature in this area shows that stacking E and C doesnt produce any better results than just using E when doing a lot of exercise. On a sub-10 minute test it shows a slight advantage to stack it.

And of course there are long term effects of using caffeine can include paranoia and schizophrenia.

sirguk

Mar 12, 2008 09:21:25 PM

Subject: **Ephedrine**

people have to watch what there doin,but like anything if traeted the right way and no abused,it seems alright

some places are selling EPH 25+ has anybody here tried this??
feel free to pm me if you know where i can get ephidrine online thanks

[Modified by: sirg on March 12, 2008 11:37 PM]

Hamish_The_Junglist

Mar 12, 2008 09:52:08 PM

Subject: **Ephedrine**

i dont think you can PM people on here 🤔

MORBULOUS_PRIME

Mar 13, 2008 12:55:42 PM

Subject: **Ephedrine**

Quoted:

just bad luck imo. Did you order from Astronutrition?

Yup! And apparently they discovered that Customs Canada was seizing their packages before they had left the country! As to why is baffling. I will be calling CC directly as to why my shipment was "seized" for no apparent valid reason.

I must say that Astronutrition has been great throughout this whole ordeal and refunded my money in full yesterday. They are no longer shipping Kaizen Ephedrine 50s 8mg

Oh yeah, walked into my local Boots and picked up some DoDo ChestEze so now I am able to start the stack again.

How d'ya like dem apples CC... 🍏

[Modified by: MORBULOUS_PRIME on March 13, 2008 02:53 PM]

Liverpool-Lass

Mar 13, 2008 02:15:11 PM

Subject: **Ephedrine**

Morb, what makes you think you have had a GI bleed?

WhiteGoodman

Mar 13, 2008 03:39:41 PM

Subject: **Ephedrine**

Quoted:

Quoted:

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How d'ya like dem apples CC... 🍏

[Modified by: MORBULOUS_PRIME on March 13, 2008 11:59 AM]

Morb, just a pertinent piece of advice. I advise strongly against taking the Do Do Chest Eze.

This was my original source of eph prior to getting it from Canada. There is a high instance of these tabs making you feel like utter %&*\$# for two hours or so after taking them. In discussions with other users who have used the pure Eph as well, we put it down to the Theophylline content in the Do Do Chesteze. Theophylline although not likely to cause you any lasting damage is not a very nice substance imo. I got quite nasty nausea when taking the DDC and combined with a thumping heart rate , it makes you feel less than fighting fit.

I am prepared to admit I may have taken more than the stated dose on occasion but had these effects on lower dosages as well.

it really is horrible stuff most have found and I feel sorry for asthmatics if they have to take this %&*\$# on a regular basis.

Just a warning for you mate.

You may be lucky and experience no side effects at all.

[Modified by: Follow the Bear on March 13, 2008 02:40 PM]

MORBULOUS_PRIME

Mar 13, 2008 04:00:58 PM

Subject: **Ephedrine**

Quoted:

Morb, what makes you think you have had a GI bleed?

Hey there, well before rushing off to the doctor I sat down and simply asked myself these two questions:

- 1)Have a ever had this before?
- 2)What has changed recently

So considering I had never experienced GI bleed before and I was taking the full ECA with close to 975mg of ASA a day that seemed like the logical answer. GI bleeding can happen when taking ASA in large doses. For me it took a while to build up and manifest which threw me off. So when I cycled off the stack for a two week break the GI bleed stopped after a day or so. So it is no more ECA pour moi but EC for me...

[Modified by: MORBULOUS_PRIME on March 13, 2008 03:31 PM]

MORBULOUS_PRIME

Mar 13, 2008 04:29:39 PM

Subject: **Ephedrine**

Quoted:

Morb, just a pertinent piece of advice. I advise strongly against taking the Do Do Chest Eze.

This was my original source of eph prior to getting it from Canada. There is a high instance of these tabs making you feel like utter %&*\$# for two hours or so after taking them. In discussions with other users who have used the pure Eph as well, we put it down to the Theophylline content in the Do Do Chesteze. Theophylline although not likely to cause you any lasting damage is not a very nice substance imo. I got quite nasty nausea when taking the DDC and combined with a thumping heart rate , it makes you feel less than fighting fit.

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Just a warning for you mate.

You may be lucky and experience no side effects at all.

[Modified by: Follow the Bear on March 13, 2008 02:40 PM]

Hey there Bear,

Trust me I know what you are saying regarding the DoDo. I am quite concerned about the Theophylline as well. This is only a stop gap until I get the pure eph again. I have been feeling "off" but not utter Sh@t as you say. This I believe is due to the fact that due to the dosage size I am unable to ramp up normally from 8mg and have to start at 18mg! i don't think that cutting tabs in two is good for absorption rates either. The jitters happened when I started the proper ECA cycle and this I am not surprise by this. We'll see how quickly these side effects diminish, this will determine the max dosage. I kow that I can handle the max stated dose of 24mg eph *3 day no prob, it is the Theophylline that goes along with these DoDos that I am concerned about.

Heard of any other countries that you can order eph from? I've had my fill of CC...8\)

WhiteGoodman

Mar 13, 2008 04:37:04 PM

Subject: **Ephedrine**

[quote]

Quoted:

Hey there Bear,

Trust me I know what you are saying regarding the DoDo. I am quite concerned about the

Theophylline as well. This is only a stop gap until I get the pure eph again. I have been feeling "off" but not utter Sh@t as you say. This I believe is due to the fact that due to the dosage size I am unable to ramp up normally from 8mg and have to start at 18mg! i don't think that cutting tabs in two is good for absorption rates either. The jitters happened when I started the proper ECA cycle and this I am not surprise by this. We'll see how quickly these side effects diminish, this will determine the max dosage. I kow that I can handle the max stated dose of 24mg eph *3 day no prob, it is the Theophylline that goes along with these DoDos that I am concerned about.

Heard of any other countries that you can order eph from? I've had my fill of CC...8\)

I've got them from less developed countries in the past before, used to use a site that would source all sorts from roids to eph to pretty much everything (not posting the link up here though, email me if you want it). However, I've got no idea which country it is in and the clenbuterol I got from them came via Bulgaria. Using sites like that you have to be careful of the legitimacy of the stuff imo as so many fakes about.

I'd stick with the Canadians if I was you, probably just bad luck last time.

[Modified by: Follow the Bear on March 13, 2008 03:37 PM]

ghettovets

Mar 17, 2008 02:21:19 AM

Subject: **Ephedrine**

honest experience. I was 105 kg. after taking eph for 2 weeks, i'm 84kg. no kidding. now im off them.

Cyber_A3

Apr 12, 2008 12:59:22 PM

Subject: **Ephedrine**

Hi everyone, noob here (although I am not really a noob to taking ephedrine.

Basiacally I have looked everywhere for an answer and get ALOT of contradictory advice as to whether ephedrine HCL or pure ephedrine is best?

If someone could answer this for me once and for all, I would be very greatfull.

P.S I have been taking ephedrine HCL and I have some mental weight training sessions on it so I am assuming this is the best although I haven't tried pure ephedrine.

Cheers

SuckitandSee

Apr 15, 2008 01:27:59 PM

Subject: **Ephedrine**

has any one got a trusted supplier that can get ephidrene here within 2 weeks .

ordered mine through century still wating nearly 3 weeks later

MORBULOUS_PRIME

May 02, 2008 02:15:31 PM

Subject: **Ephedrine**

Quoted:

has any one got a trusted supplier that can get ephedrine here within 2 weeks .

ordered mine through century still wating nearly 3 weeks later

Did you ship them internationally? No doubt they have been stopped by customs upon exiting the country. Seems that consider bulk ephedrine as a potential precursor for the manufacture of methamphetamines!

Hard to believe BUT TRUE!

korduk

May 05, 2008 01:13:52 PM

Subject: **Ephedrine**

What do people think of this product?

<http://www.creatinestore.co.uk/products/Muscletech-Hydroxycut-Hardcore.html>

tobythechimp

May 05, 2008 03:03:10 PM

Subject: **Ephedrine**

Im two days in so no fat loss yet(pretty obvious really) but the kick iv been getting is great, really wide awake all the time. Im taking 2 8mg HCL with 2 caffiene tabs twice a day from centruy supps (astro has stopped doing it) and although i had some shipping problems (bought on 5th march! package lost by royal mail!) Century sent me another package, unfortuntly theyre policy means they wait 6 weeks until declared lost! Bit of a bummer but at least they got here and they did offer a full refund.

will post up results after a few weeks

just wanted to know if my dosage is ok? As i stated im taking 2 8mg eph with 2 200mg caffeine twice a day.

So thats 32mg eph and 800mg caff a day.

any other suggestions?

clara07uk

May 14, 2008 10:30:07 AM

Subject: **Ephedrine**

Hi, just scanned through this post, and am slightly confused!!!

Could someone please tell me the best form of ephedrine to lose weight and where to get it from???

I want to lose about 2 stone, I eat ok and exercise but just can't shift it!

Any advice would be greatly appreciated!

Thanks

clara07uk

May 14, 2008 10:31:45 AM

Subject: **Ephedrine**

Quoted:

honest experience. I was 105 kg. after taking eph for 2 weeks, i'm 84kg. no kidding. now im off them.

Where did you get the eph from and how did you do it??!!!!

Deleted User

May 14, 2008 10:35:29 AM

Subject: **Ephedrine**

Isn't this stuff illegal now anyway?

jonts

May 14, 2008 10:36:17 AM

Subject: **Ephedrine**

I believe its what coke dealers cut their coke with apparently. Very addictive, personally i wouldn't bother myself as you're only accelerating fatloss; unless you're a BB'er wanting to squeeze every last day out of a bulk, its a lot healthier/safer just to start cutting earlier if you ask me.

tobythechimp

May 27, 2008 11:33:56 PM

Subject: **Ephedrine**

personally id stick off this %&*\$#, been on it for a few weeks now and yes iv seen a bit of fat loss (hardly had any to lose anyway, was 12% now 9/10%)

id watch out with the doses as its really easy to up the dose, your body gets used to it quickly i started on 32mg eph a day and until i stopped taking it a few days ago was takeing double that! Bad idea!

It IS addictive, VERY ADDICTIVE especially with the caffiene. I had days where i just warped out all day and could work out. I was taking too much but its very easy to do.

Im gonna stay off it a for a few weeks and then take it sensibly after that. But i would approach with caution.

Use carefully and if your taking alot, get off it!

lozingeruk

May 28, 2008 10:31:38 AM

Subject: **Ephedrine**

Firstly, this isn't in judgement before I get flamed. But I've worked so hard to get a stone an half now, I don't want any "cheating" help.

I'm not saying that it is or it isn't. id just feel that for me personally after getting this far, I want to feel it was 100% my own sweat, tears and lack of ale that earned it.

Again, it isn't a knock on those who are on it, its just I really want to keep it erm "organic".

Deleted User

May 28, 2008 12:50:40 PM

Subject: **Ephedrine**

how much Ephidrine is too much?

tobythechimp

May 28, 2008 01:54:37 PM

Subject: **Ephedrine**

lozinger i understand your point and agree with you to a degree. Some people (myself included) are/were just curious about the myths etc etc. I did not and still do not need it and i

would recommend not taking it at all. Some people think that taking protein/creatine etc is cheating too, its all just personal preference.

Tank, the recommended dosage is 24mg a day, thats 3 tablets a day although most dosages are purposely low having said that i stated that i was using 64mg a day at one point, and that WAS TOO MUCH! lol

Im speaking from personal experience rather than a chemists degree however so please dont take what i say as set in stone.

lozingeruk

May 28, 2008 02:20:16 PM

Subject: **Ephedrine**

Quoted:

lozinger i understand your point and agree with you to a degree. Some people (myself included) are/were just curious about the myths etc etc. I did not and still do not need it and i would recommend not taking it at all. Some people think that taking protein/creatine etc is cheating too, its all just personal preference.

Tank, the recommended dosage is 24mg a day, thats 3 tablets a day although most dosages are purposely low having said that i stated that i was using 64mg a day at one point, and that WAS TOO MUCH! lol

Im speaking from personal experience rather than a chemists degree however so please dont take what i say as set in stone.

Cool, absolutely no judgement intended, and I have in the past been known to munch heartily on the disco biscuits of an evening so its def not a moral thing.

Just, I feel when I'm in training mode that I'm really cutting back on the junk food, cutting out the booze, working my body hard and i suppose to some extent I get residual mental/spiritual benefit from the fact that finally I'm on the right road and it inspires me that I'm not a lazy f*ck after all and there is some fight and spirit in there...

Therefore now for me to cut up with ephedrine, would sort of undo that sense of achievement if you catch my drift.

This is merely a personal opinion and like I say no hating on anyone else, just thought I'd share it as i figure there'll be others out there feeling the same.

tobythechimp

May 28, 2008 02:36:59 PM

Subject: **Ephedrine**

yeh exactly i understand your point. Which was sort of one of the reasons i got off it, as yeh iv been a bit of a druggy before and you dont feel healthy!

I have to say after warping out for a month on this %&*\$# the feeling is not dissimilar.

My main advice is to just be careful and treat them as though they are drugs (which they are).

I think its good people on here are at least talking about it so that people can get the full picture before spending they're hard earned.

Mizz1

Jul 09, 2008 10:17:54 PM

Subject: **Ephedrine**

i started on eph about a week ago and ive been taking 4 tablets upto 4 times a day im new to all this and im following a friends advice after reading the articles on here im sceptical if im doing the right thing, any advice??????:\?

Gobby_Bobby

Jul 10, 2008 10:05:06 AM

Subject: **Ephedrine**

im no expert on them mate but, i started 1 tablet once a day, just to see if im ok with it, jumpin straight in is never a good idea, once u swallow it u cant get it out.

im just gently building up, as i feel i need that little kick, before exercise etc.

im told your body will build up tolerance to them pretty quick, 1 month on, 1 month off. slowly slowly catchy monkey (be careful is always the best advice)

Veni, Vidi, Vici. Tantum Validus Superstes



Junkey_Monkey

Sep 30, 2008 12:31:49 AM

Subject: **Ephedrine**

Hi Guys new here!

Ok theres loads of things i find that get answered and loads of things that dont get answered, ever1 has there own opinion and suggestions.

Some say its cheating. But its like your going to do a car race everyday for 2 weeks. Why have a normal car, which you can tweak by doing various things, when you can have a normal car with nos? Then people say nos is bad, but if nos has been used and installed correctly it works wonders. So point being is research the stuff before popping it in your gut. I went to many forums and viewed questions from members about various drugs, legal and illegal and generally people would say, what is this ive been taking it for x amount of days and the x amount, and the forum users would be absolutely disgusted with this and would cane the user, and general replies would be 'pardon my lingo' " you %&*\$#, you %&*\$# blah blah, you dont even know what your doing and taking it!" and generally people would tell them to go away and do research and really flame them. i first thought these guys were noobs. but i researched more and found over the years taking drugs of any kind has really helped especially beacsue i researched it. so when you see someone who writes research it, regardless of the tone used, take their advice its the best you can use. now gettinbg back to the real thing i found with ephedrine, i know hundreds of people who take it and dont know what it even is! Many people also call it effergin effagin effrigin, these are the people who really annoy me. This is how it came about(my idea) someone works out in the gym and sees a body builder taking the pills asks what it is and is told it helps with weight loss and the body builder says its ephedrine, when the person hears this first all they really want to hear is magick pill and somewhat forget the name. then they tel;l a mate all about it how there mate is absoulutely massive with no bf, or he/she was dead fat and lost this much, and that they are getting some of this bb'der this is when the friend asks what it called the person cant remeber and they say i think effergin? then that friends tells someone else the same. Its Ephedrine not efferegin or whateva. So if you hear someone say that please correct them. i have taken these and wihtou the stack and found them very effective, What is a stack? many people dont even know what a stack is, in simple terms its like taking/combining chemicals or herbs together and taking them. So for example you have

ephedrine rda(not medical fda, general idea) none. everyone is different and the bigger people will need more skinny people will less till tolerance is built up, but take 200mg or a big cup of coffee with one aspirin tablet. this is a stack known as ECA ephedrine/caffeine/aspirin i think the ration is something like 1:1:1 then 2:1:1 then 3:2:1, so that like one pill the first few days or if you can handle it the first day, then two pills the next and up the caffeine slightly, and so on. Now many people have different views on how much to take and how long and supplementing it with thyroid pills t3 etc etc etc. Personally it doesn't matter what size in mg or pill make you use always start with one tab, you don't know if your allergic to this stuff it could KILL you! i made the mistake of taking two and my heart was pounding, i %&*\$# my pants and thought i was going to die, but i got a buzz started to sweat, without working and and gradually came down, then the next day i only took one then built up my tolerance. What is the buzz everyone is talking about? yes it is a great buzz, like taking speed or coke. think of being pretty drunk without loss, of stability and coordination and focus and the know feeling that you won't be having a hangover, you feel cold chills down your back, but it's a good type of feeling, your head has tingling sensations over it and it feels amazing, you feel like nothing wrong (not in a deluded sense but very happy), if your a smoker you feel like smoking the whole box in one shot, you feel very energetic, you can feel your body just burning to do something and without a doubt it does give a real kick in the workout. if you don't get this feeling from your pills or liquid or whatever you either have weak stuff/fake stuff or your body is tolerant of it and shut down some receptors in your body making the pills useless! The suppressant? yes it really does kill your r appetite especially the few days, for example you get up at 9am have breakfast at 9.30 and take the pills at lunchtime, you literally won't be hungry(menatally especially) till ?????? unknown everyone's different some people are just pigs! lol. sometime after lunch time i didn't have anything till next breakfast so breakfast then nothing till breakfast very unhealthy! don't do this, force a little food down your belly or losing too much weight fast can damage you or even kill you. even if your really fat don't. people say if your over 20% body fat it don't work, let me tell you it does but is not as effective but helps, if you have a thyroid problem it may not work at all, the only way you can find out for thyroid is a blood test at the docs. you can still use it to kick start the weight loss, then after two weeks off it take them again. you can get body fat done from bmi measuring scales, found anywhere for £10 ish, argos, asda, lloyds pharmacy just some names.

What is a cycle or what is cycling?

this is very complicated but yes pretty much all drugs have to be cycled to work efficiently. but everyone has different rules and patterns. i would simply stick to the earlier in the day possible the better. the later you stick it in your gut the more chance of you not being able to get to sleep at all! i've had that i took it after 6pm and i couldn't get to sleep till 7am and was nearly in tears cos i could get to sleep i done everything worked out, watched telly went out for a bit with pals, even read a bloody book! and i don't read and that didn't work! So that's why earlier the better, but i would not recommend more than three pills a day, run more than three and there's a high chance of getting heart palpitation, google it if you need info on it but i'm no doctor, but what i can tell you is ur %&*\$# if you get it. Now you could take one at 9am then wait at least till 1pm then again at 4pm. i would not recommend any earlier, minimum gap between each tablet is 4 hours. but i only tried this for experience and there is no point to it and is useless. Look at it this way you have to travel 100 miles and you 1 hour to get there or you lose your job, you can have petrol for the full journey or 1/4 each time and have to make stops to refill, and everytime you stop you lose 15 mins so overall you won't make it in time and lose your job. Point being you in the gym and why have the burning effect and energetic buzz for a small amount of time and weak amount? then leave the gym and take more? your not working out therefore your wasting your pills and just getting a buzz also take it for a month? i think not! don't do this it will kill your receptors and what ever runs your body, its simple two week on two weeks off that's 14 days! take it longer than this its more likely that you will need more pills for the burn your body will not give you the buzz as much or at all and will build tolerance to it, and take many weeks or it to be able to use it again to work. and yes the buzz does gradually go down as your body gets use to it. this

leads to the the next part, the buzz! yes people use it for the buzz, these are the guys who need a slap , cos then they will get it banned for people who use it sensibly! they use it for the buzz for when they go out to clubs and so on. the other day i found my mates sister taking them! she was only sixteen aswell! she had no idea as to the name! but only the price and she got ripped off. yes the school girls are taking them as the day goes by it supposedly get tough for young girls to look and be thin to be glamorous just like the celebs, ask any bb'der do they know a model or girl who takes them to slim. i bet you they do, if they dont, they dont have any gf's or dont know any girls(for whatever reason). I wish i could get these bitches and give them a tight slap, they live on 3-5 cups off coffe and the pill and maybe one muffin tahts it its shocking! i know people who do that, they arent my friends but i know them. please dont do this, you will %&*\$# your body up after a while. this pill is good dont get me wrong here im pointing out how you will get it wrong, i love the pills but i take them as remedies. the sick feeling? i was taking the pills dosed and was going good, one day i took two pills as normal then within 2 hours i was feeling sick, like really sick, i could work out, talk to people, being sick didnt help, i felt like a flu had hit me, i was hot and cold at the same time, while feeling like i had to puke constANTLY, THIS HAPPENED FOR 2-4 HOURS. i thought what have i done wrong? i dont know it just happed, then the next day it was fine, then after months of taking it again it happened again, this is just a fluke it happens. But i believe it happens beacuse of the pill soyu grt you may get pills made by anyone and they arent dosed correctly, most of the pills in the pack may be 9-10-11mg and the odd ones 15-16-17-18mgs cos they had a little bit left and could make more so just bunged it all in their or it may not of been mixed properly, or if its pure ther was just too much in it. How to spot if there fake? you cant! simple as that, but yes i would be a bit suspicious if the tabs were green or yellow or had harry potter on his broom on them! stay away, wikipedia reckons they look like miniture paracetamols with w or m on them. i think the same but they can have any letter name or picture on them. but be wary of the ones with a picture! i cannot mention any names, as i dont want anyone in trouble or getting a hield of them beacaus they can nick it from somewhere. some dont have any name son them at all, i have tried them and they have worked and some times the branded ones dont even work as good! They shoiuld look like tiny whit tablets size of small beads more or less, put not round but flat beads. the can be coated and pressed preffesionally or just semi profeesion, wher the crumble away in your hands and from rubbing again the other tablets in the pack. the professional one have a name on them my ones start with the letter u, i wont disclose any names. these tablets are the real deal and dont crumble away easily, althought the semi profession one do they still worked just as good. they can come in any amount and or any packing, generally made and packe din thousands and 10 thousands. they can come in plastic bags, weed bags aka jewellery bags or any %&*\$# the dealer or mate has lying around, the online oines can come in proper blister packj with advice and the name and logo printed on. personally i would never buy online only if i really could get hold of them. you dont know what your getting online and most them are eith fake or over priced, buy from sites that only except major credit cards, not like escrow and western union, it could be legit but if they want to scam you they can with you having no proff of it even if you werent allowed to but them, if they say they want to prtoect your and there identity its bollicks, if its legal for them to sell it in whatever country then the rest of the impoirt/export risk is your they wont give a %&*\$# cos they will get the money and you will get thewarp if its too much stuff or just confiscated. i always hear people saying this and thought i dont know anyone, that is absolutely bollicks, i can be a %&*\$# or very nice if i want anyone can be, if im i n they gym and someone asked me mate can you get hold of or have you heard of ephedrine? i would instantly point them in the right direction. i done the same thing,i met people got to talk to them after a few general workout i aksed have they heard of blah blah? they would say yeah thats it you ask them can they get it? then ask for oyu? sometimes leave it at have you herad off then next time ask for it. trust me if you want it people sell it. i can bet my life on loads of people who take it in any gym9i dont know for official government and olypics professional ones) if you dont feel comfortable ask a mate, or just go and work out in the weights section for a bit and say hi to the person you see all the time, then one day ask him about anything,

not drug related he could be a cop! just like how many of them sets does he do on whatever hes working on. thats the first step then gradually you make a gym buddy if he doesnt know someone else he might know will and so on. generally try to make buddies with the bigger guys if you can. people think that they are all big and meat heads! they are right they are.lol but no seriously the bigger ones are more likely to help you as they are at a place they are advanced and cant afford to take it slower, where the smaller ones are too busy trying to get big and will least likely help you, but this is just in general. what should you expect to pay for it? if you trust the source and know its good %&*\$#! pay whatever they ask at reasonable amount. like £10-20 for 100 no more any more the person is probably the 35th man in the line of selling the stuff £30 for 250 £60/80 for 600-1000. remember everythings price is going up to produce it and so on so it will cost more to make. so dont be surprised in price hikes. Another question fat people ask is how fast will it work, and they literally think like this will it work straight away ill take the pill and lose a stone every day by like four days i will be from 16kg to 12kg, this will not happen it will not work unless you change your diet and exercise, all any tablets do is boost workout and help release fat cells and speed metabolism. i take more powerful and more expensive stuff, its the same it help with the work out. if your fat dont think your gonna get it go to the gym for like 1 week and your gonna lose all the weight! im sorry to disappoint you but it wont happen! you have to set the target dates plan and timing! you have to work out everyday with the correct odd days off. hyou have to eat right! if you dont i can tell you what will happen, you will fork a load of dosh on this stuff, get all happy and think that your gonna lose your fat belly and ass, then go to gym a couple of days, then give up and sit at home and take the pills just for the buzz, then your body will get used to it therefore making it useless, with you coming back to these types of forums and saying it didnt work and is %&*\$# blah blah blah, there is no such things as a percentage of effect like someone said 10% someday i felt 30% i dont know how the percent is calculated but out of the felling and energy i had if was different all the time. but its realistic and not miraculous. please please do more research on this, im no expert if your buying i would really want it to work for not mess you up or KILL you. also dont recommend it to anyone let them come and find it on forums like this so they can do research. cos if you tell them they just get it and take it, tell them to come to this forum and check it out. so many people will tell him or her what it is and how to get it and so on. Knowledge is power! pills arent for cheaters but people who can use them for a push start and advanced workout. if you dont take them thats fine, i not forcing you some people just have the genetics to be superfit like my cousin, been all muscles and speed and that all his life, i dont know how, but i think its great for people who can do it naturally. so please dont get me wrong all you natural people out there. i have been typing for so long now, my spelling is totally effed all over so please dont remind, and this is my first post! have i missed something you have a question about ephedrine? contact me and i will be glad to share what i know. i dont meant to offend anyone when i say fat, i am fat my self. its just saving time, your either taking cos your fat or cutting heavily the bf percentage so somewhat you have fat you dont want and are fat in your minds.(my mind aswell) remember if you have any heart probs dont take it, pregnant women especially! do more research there is many other reasons for why you cant take it. people say tell your doctor i always thought na, cant cos its illegal or not right or whatever, but tell your doctor she /he cant do anything about it but advise you. dont think you can cum to a forum and all will be well, you could Kill your self. if you aint gonna tell your doctor keep researching it more and more, 10mins 1 hour aint enough research neither is 1 week two week, wait a few months before taking them, i have know about them for a few years and still research them to find out on the new studies they do on them. I will not be held responsible for what is posted here, this is not medical advice. it is your responsibility to understand what is said here and to apply it correctly with the correct info. I never tell anyone about ephedrine and how to get them until i tell them what it is and does and tell them to do some research on if before i tell them how they are bought be it internet or people, i dont sell so dont ask, it is illegal to sell without prescription, legal to possess and use in small doses, carrying them in bags regardless of where you are can get you done, as bags are for dealers. carrying on you can land you in trouble aswell if your gonna have it keep it in the

house, if you have kids in the house make sure its locked way not just out of reach, if they get it, you will regret it when you visit there grave this is not advice its a Warning! anyhow im not saying im im right everyones wrong, im just popping my suggestion with the other, if im wrong anywhere anyone please point it out. i have know literlaly hundreds of people who take ity, i have been at 1 gym for about 5 years now and have met many different people. if you want any more advice or just want to correct me please contact me, and good luck for any programs and pills you take. one more thing most important think, you have to drink water loads and loads even if your not thirty, if you drink too much at once you can get water runs, and get bad stomach etc, just carry a bottle with oyu and keep sipping on it all day and refilling it.they say 8 glasses i say 15 when i work out i have upto 4-5 glasses their its important to lose fat to have water when working out. take multi viatamins, calciul selenium and zinc to help witht the piulls and natural fat burning and enhacing.

nickeuk

Sep 30, 2008 08:41:55 AM

Subject: **Ephedrine**

That has got to be the longest paragraph in the world ever.

Junkey_Monkey

Oct 01, 2008 03:13:18 AM

Subject: **Ephedrine**

Quoted:

That has got to be the longest paragraph in the world ever.

Yeah i know, i thought if im gonna comment here, ill put down everything i know about it.

ChrisAuk

Oct 07, 2008 11:03:49 PM

Subject: **Ephedrine**

so are there any legitimate sites anymore that actually sell ephedrine hcl online?

Billy_Big

Oct 21, 2008 03:05:23 PM

Subject: **Ephedrine**

Epherine HCL can be purchsed here :

<http://www.slimmer.p3web.biz/eph/>

Hope that helps.

Wilmot99

Oct 21, 2008 03:12:23 PM

Subject: **Ephedrine**

This thread has got silly now.

Got some bloke claiming to have lost 20KG in 2 weeks and some other bloke spamming with some dodgy looking site.

Surely thats enough to get this thread locked and out of view of any other muppets looking for a quick fix.

Training log **<http://www.menshealth.co.uk/community/forums/thread/1559982>**

MyProtein code MP48443

bartek300

Feb 10, 2009 11:26:59 PM

Subject: **Ephedrine**

I have used eph for a few months now, I have found in moderation is good.

Helps to go through that physical barrier.

Best wishes

edit: just found some on ebay search buffcore

[Modified by: bartek300 on February 10, 2009 10:29 PM]

Keikaiuk

Mar 07, 2009 08:16:46 AM

Subject: **Ephedrine**

I picked up a product called T5 from fitclothing.com its ephedrine based and contains enough to train with, i'm on the go for at least 16hrs a day with it.

lee24bpool

Apr 06, 2009 05:48:05 PM

Subject: **Ephedrine**

try desirablebody.com, they specialise in producing ephedrine in 30mg tablets. I just purchased 500 for £39:99, £2 postage. You can pay with paypal. Hope this helps



stevizzle

Apr 07, 2009 04:03:46 PM

Subject: **Ephedrine**

may as well give it a go, where's the best place to get this stuff then?

Formerfatboy

Apr 07, 2009 04:51:22 PM

Subject: **Ephedrine**

thats what happens when you take too much Ephedrine whilst sitting on a forum!

Grizzle1

Apr 07, 2009 06:26:36 PM

Subject: **Ephedrine**

Stevizzle ignore this thread. There are far safer and more long-term methods to lose weight than relying on drugs

Deleted User

Apr 07, 2009 07:03:27 PM

Subject: **Ephedrine**

Quoted:

Ephedrine has worked wonders for me. Its ability to curb cravings and slightly increase metabolism Using an ECA stack will create a more thermogenic effect.

This will help to prolong the effects.

If you use it with a proper diet you will see results. Its important to drink plenty of water and not to take it at least 6-8 hours before bed.

Sorry to hyjack here but I think this is the most intelligent post Haz has ever made.

stevizzle

Apr 08, 2009 12:19:26 PM

Subject: **Ephedrine**

Quoted:

Stevizzle ignore this thread. There are far safer and more long-term methods to lose weight than relying on drugs

Thanks for the concern Grizzle, I was more interested in looking at the sites people were buying it from than actually taking it. I'm still achieving good results without drugs so I'll continue as I am for now, but I thought if things slow down or stop all together I'd look into it. Appreciate the comment though mate

stevizzle

Apr 08, 2009 12:30:17 PM

Subject: **Ephedrine**

Quoted:

Got some bloke claiming to have lost 20KG in 2 weeks and some other bloke spamming with some dodgy looking site.

haha too true, I've just been on those sites and I bet the owner of the site has made a mint from muppets clicking the "shop now" button

I don't know how true this is but I read somewhere Ephedrine is a favorite amongst Cocaine dealers to make their substances go further...

trouttrout

Apr 08, 2009 12:33:43 PM

Subject: **Ephedrine**

It's basically speed but doesn't cross the blood brain barrier so doesn't affect your '%&*\$# off your tits' as much. To be fair, If I wanted to lose weight I'd go for the speed option instead. It'll do a better job. Addictive tho so be careful.

RainbowTrout39948

Apr 08, 2009 12:43:07 PM

Subject: **Ephedrine**

Just get an image of him frantically banging out that paragraph, shovelling handfuls of ephedrine caps in surrounded by overflowing bags of them. 🤪

RainbowTrout39948

Apr 08, 2009 12:45:28 PM

Subject: **Ephedrine**

Quoted:

It's basically speed but doesn't cross the blood brain barrier so doesn't affect your '%&*\$# off your tits' as much. To be fair, If I wanted to lose weight I'd go for the speed option instead. It'll do a better job. Addictive tho so be careful.

Had a mate at uni who did speed every day for about a year to control weight/for the hell of

it. Totally wrecked her - when she stopped, had to sleep for about three weeks, these days looks way older than she is and has some sort of heart condition, stay safe kids!

stevizzle

Apr 08, 2009 12:50:04 PM

Subject: **Ephedrine**

Bloody hell this really is getting more and more ridiculous!

Speed for weight loss? wtf

A friend of mine lost weight by smoking about 6 joints of weed a day - doesn't mean it should be encouraged!

Any appetite suppressent could do that

A-U-L

Apr 08, 2009 12:50:38 PM

Subject: **Ephedrine**

Try reviewing psychological problems correlated with ephedrine.

chrisyboy1

Apr 25, 2009 04:34:36 PM

Subject: **Ephedrine**

Need advice,

Im going to use Ephedrine, i done my research. Just need recommendation of dosage. I am 95Kg, quite muscular but got some fat i need to loose, i train hard in the gym but not seeming to lose weight. What advice would you offer me. Thanks.

D_RWF

Apr 25, 2009 04:39:43 PM

Subject: **Ephedrine**

What advice would you offer me

Improve your diet.

<http://www.realworldfitness.co.uk>

MyProtein Code: MP28706 | Twitter: @rwf_rwf

Blog: **<http://www.realworldfitness.co.uk/category/blog/>**

Deleted User

Apr 25, 2009 04:45:11 PM

Subject: **Ephedrine**

<http://www.alwyncosgrove.com/hierarchy-of-fat-loss.html>

glennamy

May 07, 2009 01:32:56 PM

Subject: **Ephedrine**

Hey,

Been reading the posts, great info, thanks!


I have just Googled for Ephedrine and got the following site: EPH nutrition offering:

30mg Forza HCL 1000 tablets @ £67.49p

A) Does anyone know of this site reputation

B) Anyone tried these & know the quality of the tabs

Cheers in advance

Glenn 

sonnybatty

Aug 25, 2009 09:17:04 PM

Subject: **Ephedrine**

I have used them before mate and the quality is good. I have found that most of the suppliers offer basically the same product. Forza have recently put their prices up so I have recently used www.x-burn.co.uk

Seem to do the trick

z33shan5

Sep 17, 2009 05:38:48 PM

Subject: **Ephedrine**

www.just-ephedrine.co.uk

lushy79

Aug 08, 2010 08:58:07 PM

Subject: **Re: Ephedrine**

hey i saw yer postand wondered where you got your ephedrine from
?? please help

lushy79

Aug 08, 2010 09:07:31 PM

Subject: **Re: Ephedrine**

hey canu help me get some i feel the ones online aint very good i bought from centuary supplements but they wer a diff size and melted on my tongue.i ate everything and could not be bothered. i had good ones b4 but they wer from a friend of a friend of a friend and i cant get themnoe ?? thanks

lynda

jez111

Apr 03, 2011 05:38:10 PM

Subject: **Re: Ephedrine**

Hi

I have been getting eca 30+ Stackers from here they are very good, i get 2 - 4 hours energy burst and really curb my hunger. www.t5fatburners.co.uk not sure i am allowed to put this on here but thought i would help out.

<http://www.t5fatburners.co.uk>

HATEfat

Jun 07, 2011 11:05:17 PM

Subject: **Re: Ephedrine**

Hi..i am 25 in age, i had liposuction with local anesthesia on march 11 2011 on my lower and upper abdomen.. was planing to do on my love handles and hips but it's expensive and lipo didn't satisfied me at the first place.. i found this medicine on my research last night. i am glad there is something that could really help me and cheap too i know the risks and side effects of high dosage but really wana lose this fat from my body.. Many post about this medicine says it works but need to be careful with the dosage.. i am doing my workout and i used to do a lot of workout and exercises and diet but i never saw any good results on my body.. i just want to confirm is it ok and safe to use it after i had liposuction. anything u recommended height 5.7 waist 40 inch hips 45 inch.. thanks

Sc0tty

Jun 08, 2011 11:26:25 AM

Subject: **Re: Ephedrine**

If you can't see results with diet, resistance training and cardio alone then ephedrine isn't for you. It ramps up your metabolic rate ever so slightly, so if you can't get the general principles of losing fat down, it won't do anything for you but jack up your heart rate.

Forget about ephedrine, as it is **NOT** a quick fix at all. Personally, I didn't even respond to it much.

HATEfat

Jun 08, 2011 09:34:03 PM

Subject: **Re: Ephedrine**

i do lose sum weight when i exercise but as soon i left it weight cum back as i feel more hungry when i am tired of doing alot exercise..

-AJP-

Jun 08, 2011 09:36:55 PM

Subject: **Re: Ephedrine**

Reported.

This thread should have stayed dead.

Sc0tty

Jun 09, 2011 12:03:48 PM

Subject: **Re: Ephedrine**

Quoted:

i do lose sum weight when i exercise but as soon i left it weight cum back as i feel more hungry when i am tired of doing alot exercise..

You trolling? Seriously, get off your arse and stay consistent with training. Drugs and surgery will only get you so far, don't be disillusioned that they can substitute hard work, because they can't.

sher21

Mar 20, 2012 11:02:24 AM

Subject: **Re: Ephedrine**

hi there i was just looking for a bit of advice before i go and get myself a personal trainer

i an going to be going on eph next week that i am getting from the local gym and was wondering what advice you could give me on my current routine, or if i need to scrap it and get a complete new routine...

i do spin class 4 times a week
combat/ combat fx 2-3 times a week
and fit in an hour on the treadmill atleast 3 times a week

i know this does not sound alot but before i started this i was really unfit, i eat pretty healthy in general anyway, apart from the weekends i have a treat and a few drinks.

i have 6 weeks before i move abroad and any advice would really beappreciated.because i need my bikini body back!!!!

what times do you take eph, and how much should i take? i work 5-10 at the moment so pretty much have all day and normally go to the gym for 9 in the morning...

thanks guys!!

D_RWF

Mar 20, 2012 11:17:52 AM

Subject: **Re: Ephedrine**

Your post is too ridiculous for words.

What is your daily diet like?

Do you do any resistance training?

All FAR more important than taking speed for fat loss.

Some people are morons 🙄😏

<http://www.realworldfitness.co.uk>

MyProtein Code: MP28706 | Twitter: @rwf_rwf

Blog: **<http://www.realworldfitness.co.uk/category/blog/>**

Divw

Apr 18, 2012 12:34:02 PM

Subject: **Re: Ephedrine**

I'm looking to start using Ephedrine HCL and was wondering if the ones in the link below are ok for use. I don't have any contacts in gyms to get them from. Look forward to your response. 😊

<http://centurysupplements.com/pure-ephedra-50-tablets>

<http://centurysupplements.com/ephedrine-hcl-50-tabs>

Foodie70

Apr 18, 2012 12:38:16 PM

Subject: **Re: Ephedrine**

That's Ephedra, not ephedrine.

Sort your diet

Fix your training

If you are still struggling,

Get **<http://www.maximumsports-nutrition.com/product.php?product=327>**

<https://www.facebook.com/gladiatormuscle>

Handles

Apr 18, 2012 12:41:11 PM

Subject: **Re: Ephedrine**

You can order them from astro nutrition.

www.MyProtein.co.uk - UKs Cheapest Protein and Supplements Store Guaranteed
Discount in your first order with this code: MP97017

Handles

Apr 18, 2012 12:41:30 PM

Subject: **Re: Ephedrine**

Or buy it in boots.

www.MyProtein.co.uk - UKs Cheapest Protein and Supplements Store Guaranteed
Discount in your first order with this code: MP97017

Trap_Brah

Apr 18, 2012 12:48:13 PM

Subject: **Re: Ephedrine**

or work harder at your diet and training.

5% off first order at myprotein with this funky code MP142432

Divw

Apr 18, 2012 12:48:46 PM

Subject: **Re: Ephedrine**

The second link says Ephedrine, still no good though? 🙄

-TG-

Apr 18, 2012 12:49:05 PM

Subject: **Re: Ephedrine**

Trolls be trolling.

Ignore.

Aynon_Emus

Apr 18, 2012 12:52:12 PM

Subject: **Re: Ephedrine**

Trolls be trollin

Gangers be gangin

Reppers be reppin

Potatoes be potatin

[YOUR ADVERT HERE]

Aynon_Emus

Apr 18, 2012 12:54:02 PM

Subject: **Re: Ephedrine**

Oooo,

Ephedriners be epherin

[YOUR ADVERT HERE]

Cornie85

Apr 18, 2012 12:56:10 PM

Subject: **Re: Ephedrine**

Take a sudafed...

-TG-

Apr 18, 2012 12:56:36 PM

Subject: **Re: Ephedrine**

Shirley it only works if the verb matches the noun...

I can't recall ever seeing a potato 'potatin' 😊

Aynon_Emus

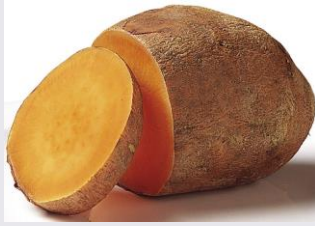
Apr 18, 2012 01:00:43 PM

Subject: **Re: Ephedrine**

Quoted:

Shirley it only works if the verb matches the noun...

I can't recall ever seeing a potato 'potatin'



This, my friend, is a sweet potato. As it stands, it is doing what it does best, potatin. Just a potato copping it sweet my man, copping it sweet.

[YOUR ADVERT HERE]

Divw

Apr 18, 2012 01:02:59 PM

Subject: **Re: Ephedrine**

☹️ So it's that good, just new to this and thought it was a start. Any good sites I can get it from?

-TG-

Apr 18, 2012 01:04:39 PM

Subject: **Re: Ephedrine**

Jog on Divw.

That sweet potato is fucking hench 🤔

Titch1984

Apr 18, 2012 01:07:49 PM

Subject: **Re: Ephedrine**

Quoted:

That's Ephedra, not ephedrine. Sort your diet Fix your training If you are still struggling, Get <http://www.maximumsports-nutrition.com/product.php?product=327>

Have you actually used these?

Age - 27; Weight - 10st 4lbs; Height - 168cm

Squats - 100kgs; Bench - 70kgs; Deadlifts - 110kgs; Military Press - 45kgs

Divw

Apr 18, 2012 01:15:12 PM

Subject: **Re: Ephedrine**

Quoted:

Quoted:

That's Ephedra, not ephedrine. Sort your diet Fix your training If you are still struggling, Get <http://www.maximumsports-nutrition.com/product.php?product=327>

Have you actually used these?

Never tried them Titch, are they any good?

Titch1984

Apr 18, 2012 01:21:18 PM

Subject: **Re: Ephedrine**

Quoted:

Quoted:

Quoted:

That's Ephedra, not ephedrine. Sort your diet Fix your training If you are still struggling, Get <http://www.maximumsports-nutrition.com/product.php?product=327>

Have you actually used these?

Never tried them Titch, are they any good?

I have no idea and to be honest I have no desire to try them myself but I am interested in other peoples views and experiences.

Age - 27; **Weight** - 10st 4lbs; **Height** - 168cm

Squats - 100kgs; **Bench** - 70kgs; **Deadlifts** - 110kgs; **Military Press** - 45kgs

Foodie70

Apr 18, 2012 01:32:57 PM

Subject: **Re: Ephedrine**

They raise metabolism by around 5% which isn't a lot - about 150kcal at the higher end - but every little helps.

Energy boost is awesome

Appetite suppression though is probably the most important function, if you aren't hungry it's easier to eat less

<https://www.facebook.com/gladiator Muscle>

Divw

Apr 18, 2012 01:43:08 PM

Subject: **Re: Ephedrine**

Quoted:

They raise metabolism by around 5% which isn't a lot - about 150kcal at the higher end - but every little helps.

Energy boost is awesome

Appetite suppression though is probably the most important function, if you aren't hungry it's easier to eat less

Do you think they are worth a go or try and get decent ephedrine tabs?

Foodie70

Apr 18, 2012 01:48:03 PM

Subject: **Re: Ephedrine**

Do you really need to ask that?

What is your diet/training like?

<https://www.facebook.com/gladiator Muscle>

Divw

Apr 18, 2012 01:53:56 PM

Subject: **Re: Ephedrine**

Quoted:

Do you really need to ask that?

What is your diet/training like?

Train 4-5 days a week, diet could be better which I'm looking at. Was looking for something to suppress appetite and increase energy levels.

Cornie85

Apr 18, 2012 01:58:49 PM

Subject: **Re: Ephedrine**

My money's on a sub-BW squat...

Foodie70

Apr 18, 2012 02:01:47 PM

Subject: **Re: Ephedrine**

Quoted:

diet could be better

You don't need ephedrine

<https://www.facebook.com/gladiator Muscle>

Titch1984

Apr 18, 2012 02:03:35 PM

Subject: **Re: Ephedrine**

Quoted:

They raise metabolism by around 5% which isn't a lot - about 150kcal at the higher end - but every little helps. Energy boost is awesome Appetite suppression though is probably the most important function, if you aren't hungry it's easier to eat less

For the sake of an extra 150 calories this really doesn't seem worth it to me, surely that can be burnt off by a 15 minute jog and then you're saving yourself £20?

Age - 27; Weight - 10st 4lbs; Height - 168cm

Squats - 100kgs; Bench - 70kgs; Deadlifts - 110kgs; Military Press - 45kgs

Leanne4284

Apr 18, 2012 02:09:10 PM

Subject: **Re: Ephedrine**

I take ephedrine now and again but for the energy boost pre-gym.

I sweat like a horse with it.

bartek300

May 13, 2012 09:06:21 PM

Subject: **Re: Ephedrine**

Is this thread still going? Was around when I first started taking msj eph30s

I can't seem to find a reliable source on the internet - it seems <http://www.dont-buy-retail.com/vitamin.html> is the only place these days. Can anyone offer any alternatives? 🤔

DezGalbie

Jul 06, 2012 06:00:09 PM

Subject: **Re: Ephedrine**

Quoted:

it's amazing how people will chuck stuff down their neck without really knowing what it is.

What other things are you doing for weight loss? You know Eph tends to work best on people who are already low in bodyfat. If you're not that all your doing is putting your heart at unnecessary risk. Review your diet and exercise prog before resorting to "supplements"

I've seen a couple of posts saying that ephedrine only really works for people relatively low in body fat anyway. Can anyone explain this and school me on this topic?

I can't get my head round this and it seems a bit counter-intuitive to me but I'm no expert.

Can anyone give a good reason why ephedrine wouldn't help an obese person lose weight? Or is it just that the general consensus is that obese people shouldn't try it because "their heart is under enough strain as it is already" etc? (If that was the case you could say that obese people shouldn't exercise either due to the increased heart strain and that would seem a bit ridiculous!).

??? ??? ??? ???
😞 😞 😞 😞

stephani3809

Aug 28, 2012 07:51:07 PM

Subject: **Re: Ephedrine**

hey how are you? just read your comment there im and yes as mad as it sound i love training etc i just bought ephedrine and want some advice on how to take it?i was away on holiday for two months and wasnt training properly so iv a bit of fat around my belly and back but legs are still toned arms bum etc i dont want to be taking too much of the ephedrine im gona take one pill just and would like to know how much caffeine and aspirin to take for one pill of ephedrine?

Falo1

May 27, 2013 06:10:19 PM

Subject: **Re: Ephedrine**

You can buy it Century Supplements (<http://centurysupplements.com/weight-loss-energy/ephedrine-ephedra>).

Newbie86

May 30, 2013 09:35:06 AM

Subject: **Re: Ephedrine**

What are peoples thoughts on ThermoGenesis Ephedrine ECA Stack? You can get it from Century Supplements.

I go to the gym in the morning before work and then again at lunchtime!

As im trying to lose fat i thought these might be good for me, i dont like tea or coffee so dont get and caffeine an often find it hard to stay awake at my desk.

Any thoughts would be much appreciated.

coachdaz

May 30, 2013 09:59:28 AM

Subject: **Re: Ephedrine**

For the Consumer

Applies to ephedrine: parenteral injection

Side effects include:

Parenteral ephedrine: Nervousness, insomnia, restlessness, anxiety, tension, tremor, weakness, dizziness, vertigo, headache, confusion, delirium, hallucination, pallor, respiratory difficulty, hypertension (resulting in cerebral hemorrhage), tachycardia, palpitation, sweating, nausea, vomiting, anorexia, vesical sphincter spasm (resulting in difficult and painful urination), urinary retention (particularly in males with prostatism), precordial pain, cardiac arrhythmias.

For Healthcare Professionals

Applies to ephedrine: compounding powder, injectable solution, intravenous solution, oral capsule

Nervous system

Nervous system side effects associated with large doses of ephedrine have included nervousness, insomnia, vertigo, and headache. Seizure, anxiety, and tremors have also been reported.

Cardiovascular

Cardiovascular side effects associated with large doses of ephedrine have included tachycardia and palpitation. Precordial pain and arrhythmias have been reported following administration of ephedrine injection. Hypertension, stroke, and myocardial infarction have also been reported.

Other

Other side effects associated with large doses of ephedrine have included sweating.

Gastrointestinal

Gastrointestinal side effects have included nausea, vomiting, and anorexia.

Genitourinary

Urinary retention has mainly been reported in male patients with prostatism.

Genitourinary side effects have included dysuria and urinary retention.

Psychiatric

Psychiatric side effects associated with prolonged abuse of ephedrine have included

symptoms of paranoid schizophrenia. Suicide and psychotic episodes have also been reported.

Newbie86

May 30, 2013 10:36:30 AM

Subject: **Re: Ephedrine**

Is that your way of saying that i shouldnt really take them?

coachdaz

May 30, 2013 10:38:43 AM

Subject: **Re: Ephedrine**

Quoted:

Is that your way of saying that i shouldnt really take them?

That's my way of taking less than a minute to find out what the possible side effects are. Up to you if you take them or not.

Bowsa

May 30, 2013 11:11:46 AM

Subject: **Re: Ephedrine**

Quoted:

Is that your way of saying that i shouldnt really take them?

Your a big boy, and so will make your own decisions. If it were me I would make sure that I had nailed my diet and routine before I thought about taking something like this.

Then I would do some more research, and weigh up the potential pro's and con's make a decision from there.....actually think I had a thread myself about this, with loads of useful information. Will see if I can find it.

Obsessed is what the weak call the dedicated!

MY LOG

[Fail to prepare and prepare to FAIL](#)

Screechii

May 30, 2013 11:14:31 AM

Subject: **Re: Ephedrine**

Really stupid idea when you can eat less food.

Learn now to become conscious while you dream - <http://lucidability.com/>

Bowsa

<http://www.menshealth.co.uk/community/forums/thread/1681606>

<http://www.menshealth.co.uk/community/forums/thread/1715992>

2 fairly useful threads mate

[This post was edited by Bowsa at May 30, 2013 11:17:58 AM .]

Obsessed is what the weak call the dedicated!

MY LOG

[Fail to prepare and prepare to FAIL](#)

Screechii

May 30, 2013 11:19:41 AM

Subject: **Re: Ephedrine**

The reason people take ephedrine is because IIFYM doesn't work. It's interesting how you seem to be keen on talking about eph Bowsa. Are you ready to admit IIFYM is a long way to nothing? 😏😏

Learn now to become conscious while you dream - <http://lucidability.com/>

Bowsa

May 30, 2013 11:27:58 AM

Subject: **Re: Ephedrine**

Quoted:

The reason people take ephedrine is because IIFYM doesn't work. It's interesting how you seem to be keen on talking about eph Bowsa. Are you ready to admit IIFYM is a long way to nothing?

I tried it a long time ago when doing PSMF more as a way to help with hunger, it certainly helped with that. IIFYM is what I am doing now mixed with IF and I am still losing weight (even though I am not working out atm).

For me (as I said above) he is a big boy, but I wouldn't take it unless he had nailed his nutrition and work out. I don't take it any more and haven't for a while. Considerably cheaper to not, though I have no problem in saying for me it helped.

What can I say I am impatient, which is why I did the PSMF in the first place 😏 which also worked, and jump started my weight loss again.

you know me finny, I am keen on talking full stop. Just ask foodie and trane 😏

Obsessed is what the weak call the dedicated!

MY LOG

Fail to prepare and prepare to FAIL

elf_employed

May 30, 2013 12:17:32 PM

Subject: **Re: Ephedrine**

I took Eph once and won a go kart race. True story

Bowsa

May 30, 2013 12:19:12 PM

Subject: **Re: Ephedrine**

Quoted:

I took Eph once and won a go kart race. True story

there you go

take EPH win go kart races!

Obsessed is what the weak call the dedicated!

MY LOG

Fail to prepare and prepare to FAIL

elf_employed

May 30, 2013 12:36:46 PM

Subject: **Re: Ephedrine**

Can I just point out I was in a go kart not on foot 😏

n00bie

May 30, 2013 12:39:39 PM

Subject: **Re: Ephedrine**

Mario Kart doesn't count.

Rumple9

Jun 22, 2013 02:32:27 AM

Subject: **Re: Ephedrine**

I've taken an ECA stack before (standard 1 chesteze, 3 pro plus and 1 junior aspirin) and didn't notice any discernible effects (i.e buzz, rapid heart rate, sweating etc) so not sure if it actually worked.

elf_employed

Jun 22, 2013 02:14:21 PM

Subject: **Re: Ephedrine**

That's exactly what I took before ma kart race

eaglewind1

Jul 04, 2013 10:58:12 PM

Subject: **Re: Ephedrine**

Anyone bought from astronutrition before? <http://astronutrition.com/diet-energy/ephedrine-ephedra>

[This post was edited by eaglewind1 at Jul 04, 2013 11:33:45 PM .]

Ip3ly

Jul 24, 2013 02:25:49 PM

Subject: **Re: Ephedrine**

Hey the kaizen ephedrine sold on Astra is 8mg tablets I presume?....would you need to take 2 tabs at one time equaling 16mg with 200mg caffeine to get any decent results or will just one 8mg tab at a time be sufficient?

Ip3ly

Jul 26, 2013 12:34:39 PM

Subject: **Re: Ephedrine**

Anyone use this anymore answer my question?....anyway used chesteze with 18mg earlier and didn't get much out of other than a little lift for extra reps, will I need to take more than 18mg a time?

BeastModeBB

Aug 05, 2013 09:27:23 PM

Subject: **Re: Ephedrine**

this drug is not safe do your fat loss the correct way <http://bit.ly/151aVlp> cheers mates;)

Ip3ly

Aug 19, 2013 09:30:18 PM

Subject: **Re: Ephedrine**

Quoted:

this drug is not safe do your fat loss the correct way <http://bit.ly/151aVlp> cheers mates;)

That's why you try it first and see how your body reacts but it does work very well if u can handle it.