Abstract

The Authors propose a research on the possible risks related to the use of Ephedrine in dietary supplements. Because of its lipolytic and sympathetic omimetic properties, it is widely used both for diet and voluptuary purposes, while no precise legislative rules exist regarding its distribution and purchase. This study underlines the potential toxicity of some products that can be purchased over the counter which contain quantities of Ephedrine, for each dosage unit, that are higher than those recommended in the Pharmacopoeia. In particular, one of the eight preparations that were chemically studied was found to contain an amount of Ephedrine which is almost four times higher than the maximum dosage allowed for single administrations by the Italian Law.

Keywords: Ephedrine, Toxicity, Dietary supplements