

Table 18. Exercise trials by Bell and colleagues

Reference	Compounds	Type of Exercise	Results
Bell, Jacobs & Zamecnik ¹²⁸	Placebo 1 mg/kg Ephedrine 5 mg/kg Caffeine 1mg/kg Ephedrine + 5 mg/kg Caffeine (E+C)	Cycle ergometer trials to exhaustion	E+C significantly increased time to exhaustion compared to placebo. Heart rate during exercise was significantly increased for E+C, caffeine arms.
Bell & Jacobs ¹³⁰	Placebo 75 mg Ephedrine + 375 mg Caffeine (E+C)	Canadian Forces Warrior Test - 3.2 km run wearing 11 kg equipment	E+C trial run times were significantly faster than control and placebo trials.
Bell, Jacobs, McLellan, Miyazakie, and Sabiston ¹³¹	Placebo 1 mg/kg Ephedrine + 5 mg/kg Caffeine (E+C)	Treadmill walking at 50% VO ₂ peak, 40 degrees celsius climate, 30% relative humidity	E+C did not significantly change tolerance times when compared to placebo. E+C did not affect skin or rectal temperature, sweat rate, or sensation of thermal comfort.
Bell, Jacobs, McLellan & Zamecnik ¹²⁹	Placebo 5 mg/kg Caffeine + 0.8 mg/kg Ephedrine 4 mg/kg Caffeine + 1 mg/kg Ephedrine 4 mg/kg Caffeine + 0.8 mg/kg Ephedrine	Cycle ergometer trials to exhaustion at 85% VO ₂ peak	A lower dose of E+C resulted in ergogenic effect similar in magnitude to those reported previously with a higher dose, with fewer side effects.
Pasternak, Jacobs & Bell ¹³²	Placebo 0.8 mg/kg Ephedrine 4 mg/kg Caffeine 0.8mg/kg Ephedrine + 4 mg/kg Caffeine (E+C)	Three supersets of leg press & bench press, to exhaustion	Ephedrine, E+C increased muscular endurance, but only in the first set. Systolic blood pressure was increase with ephedrine, E+C.
Bell, Jacobs & Ellerington ¹³³	Placebo 1 mg/kg Ephedrine 5 mg/kg Caffeine 1 mg/kg Ephedrine + 5 mg/kg Caffeine (E+C)	Two different cycle ergometer tests, one was to exhaustion at 125% VO ₂ peak	Ephedrine improved performance during Wingate test of anaerobic power. Caffeine increased time to exhaustion in second test.