

Table 1. Herbs containing caffeine commonly combined with ephedra in products marketed for weight loss or improved physical performance

Common Name	Botanical Name
Cocoa	<i>Theobroma cacao</i>
Coffee	<i>Coffea arabica</i>
Guarana	<i>Paullinia cupana</i>
Kola nut	<i>Cola acuminata</i> <i>Cola vera</i>
Maté leaf	<i>Ilex paraguayensis</i>
Tea (black, green, oolong)	<i>Camilla sinensis</i>