

# **Ephedra and Ephedrine for Weight Loss and Athletic Performance Enhancement: Clinical Efficacy and Side Effects**

**Prepared for:**

Agency for Healthcare Research and Quality  
U.S. Department of Health and Human Services  
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[www.ahrq.gov](http://www.ahrq.gov)

**Contract No. 290-97-0001, Task Order No. 9**

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**AHRQ Publication No. 03-E022**  
February 2003