

**Table 16. Ephedra + herbs containing caffeine versus placebo**

<b>Trial</b>	<b>Total n</b>	<b>Effect Size</b>	<b>95% CI</b>
Boozer <sup>115</sup>	48	-1.07	(-1.67, -0.46)
Boozer <sup>89</sup>	83	-0.63	(-1.07, -0.18)
Colker <sup>93</sup>	26	-0.87	(-1.68, -0.06)
Greenway <sup>116</sup>	30	-0.92	(-1.69, -0.15)
<b>Pooled Random Effect Estimate</b>		<b>-0.81<sup>1</sup></b>	<b>(-1.12, -0.51)</b>

<sup>1</sup>Chi-squared test of heterogeneity p-value = 0.689