

What is xenadrine?

[Health & Medicine](#), [Obesity](#)



Xenadrine Xenadrine is one of the more popular and controversial dietary supplements on the market today. As you read this paper, you will come to know that there are two different types, Xenadrine RFA-1 and Xenadrine EFX. These two might not seem that different, but they are in a way that your life may depend on it. Xenadrine, made by the New Jersey company Cytodyne Technologies, has quickly grown to be one of the most talked about weight loss supplements in the United States. Although considered by FDA (Food and Drug Administration) a "nutritional supplement" and not a drug, the main ingredient in its original formula (Xenadrine RFA-1) is ephedrine. Ephedrine is derived from the ephedra plant. It speeds up your metabolism which suppresses the appetite. Also fat cells are broken down and converted into energy. The effects of ephedrine are commonly compared to those of amphetamines (aka: speed). Ephedrine can raise the heart rate as well as blood pressure. So people with heart conditions and high blood pressure are urged to use caution when using supplements containing Ephedrine. Records produced by the FDA stated that ephedrine has been linked to 81 deaths, 32 heart attacks and 69 strokes from 1993 to 2000. From the start of 2001 to June of 2002 another 100 ephedrine related deaths had been reported. These numbers of deaths may not seem to be much and chances are that you probably do not know of anyone who has been seriously affected by ephedrine. If this is the case let me change that for you. When Baltimore Orioles Pitcher Steve Belcher died of a 108 degree heat stroke, he had been taking a weight loss supplement containing ephedrine. Xenadrine RFA-1's warning label notes that not only does ephedrine cause cardiovascular problems, but also that the consumer may experience mind- altering effects.

An example of the mind-altering effects that are noted, in 1998 an American woman ran her car into another vehicle at over 100 mph, killing two Canadian teens. When the woman was brought up and tried on criminal charges, she was found not guilty by reason of mental illness. Her attorneys had argued that she was psychotic at the time of the accident because she had been using Xenadrine RFA-1. Today Cytodyne Technologies has formulated a new ephedrine-free Xenadrine. It's called Xenadrine EFX. The attention that was brought on by the many side effects that ephedrine, which was in the original formula created has made the new Xenadrine EFX formula that much more popular. This product claims to do the same or better effects than that of its original, plus ephedrine free. In order to get an understanding of the significance that Xenadrine EFX has in a normal to abnormal diets, Eastern Michigan University conducted a study that included twenty obese individuals (15 women and 5 men). These subjects were equally divided into two separate groups. One group was to receive Xenadrine EFX and the other to receive the placebo. The individuals were matched accordingly to gender, age, height, weight and body fat. During the study both groups experienced no significant changes in their eating habits, so food intake remained the same throughout the study. Also, both groups participated in a minimal exercise routine, this was to mimic the effect of an average human. At the end of the six weeks study, the subjects who received Xenadrine had lost 75% more weight and 52% more total fat than the subjects who received the placebo. Also, there was a group gain of 61% more lean body mass. The conclusion of the study clearly stated that, "Xenadrine supplementation cause significant statistical decreases in the

percentage of fat, fat mass and overall body weight compared to the placebo." In conclusion of this paper, it has been proven that both formulas, Xenadrine RFA-1 and Xenadrine EFX have high significance as substantial weight loss supplements. Although, the side effects of the original formula had become well known and eventually caused a stop to the production of this product. Cytodyne Technologies were able to produce a product that gives the same results as the original without the risk of ephedrine. I feel that dietary advancements such as Xenadrine EFX are well suited for some people, but still believe that exercise and a healthy diet is more important than using a supplement as a substitute. References -www.bodybuildingforyou.com/xenadrine/xenadrine-efx-review.htm -www.thefactsaboutfitness.com/research/xenadrine.htm -www.drugs.com/meds/xenadrine