

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## SHOULD YOU TAKE EPHEDRINE?



Have you considered taking Ephedrine to help you lose weight? If so, you should educate yourself on the safety of this supplement and the effects it has on your body.

Ephedrine kills your appetite while dramatically increasing your metabolic rate and fat burning, which helps you burn fat faster.

Here are some of the most common side effects of taking this stimulant:

- ✗ Increased heart rate
- ✗ Elevated blood pressure
- ✗ Dizziness
- ✗ Jitters
- ✗ Insomnia
- ✗ Hand tremors

### **CAN YOU TAKE EPHEDRINE?**

Like other supplements, it needs to be used responsibly. It's generally safe, but it can be dangerous if doses are too high or combined with drugs such as large amounts of nicotine, MDMA, or alcohol.

### **THE BOTTOM LINE ON EPHEDRINE**

Ephedrine is a stimulant that can help you lose fat faster by increasing your metabolic rate and blunting your appetite.

It may also improve exercise performance and appears to help preserve lean mass while dieting, but these effects aren't clearly established or understood.

Ephedrine is also unique in that it becomes more potent over time, whereas other stimulants tend to drop off with continued use.

It's generally safe and well-tolerated when used responsibly, but common side effects include elevated heart rate and blood pressure and jitters, which tend to dissipate after the first week or so of use.

If you take too much ephedrine, combine it with other drugs such as alcohol and nicotine, or have preexisting health conditions, then you could face serious consequences, even death.

So, if you want to speed up your fat loss and aren't afraid of the potential side effects, then including ephedrine if your regimen can make sense.

**If you're like me, though, and prefer to stick to natural supplements whenever possible, then you need to check out its natural counterpart, [synephrine](#).**

It's a natural, safer alternative to ephedrine that helps you burn more calories and stubborn fat and feel less hungry without putting your long-term health at risk.

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