

BLACK MARKET REPORT on EPHEDRINE (BMRE)

Welcome

Legally Break Free from Government Bans and \$60 Bottles of Fat Burners

You want to know where and how to find ephedrine? The **Black Market Report on Ephedrine (BMRE)** will tell you all about it. With the information inside you can recoup the cost of the report in one month!

If you have any questions you can Contact Todd Massey masseybiz@gmail.com and I will answer as soon as possible. Please remember, I do have a regular job and family life so please be patient in waiting for a reply.

I originally started investigating all of this information years ago to save money and to learn all I could about weight loss to help myself and my wife.

When the government announced the ban on ephedrine a got a little bit mad at their constant meddling in our lives and frankly I thought they were just misinformed about ephedra or were being influenced by "big money".

At first I was worried because I actually rely on ephedrine to relieve some of my breathing problems associated with asthma. I thought I was going to be forced to buy some expensive prescription drug. Then after some investigation I realized that the ban on ephedra related only to "weight loss products" or "fat burners".

Then I became confused. Didn't the government and media know about the millions of people who take ephedrine products found in Over-the-Counter medications?

Of course they had to know. They just chose to ignore it. Why? Well the media loved all the supposed "death related" complications associated with weight loss products. Those are just plain wrong. And the government? I have no real idea, just guesses.

Anyway, I realized that lots of people, just like me, would still want to use ephedrine for weight loss, staying awake or whatever. But lots of people just did not know where to look or how to use it.

Well, I hope you find this information useful and save a ton of money with it.

Todd Massey

Disclaimer: This is an information resource only. It is not meant to treat or diagnose any condition or offer any medical advice. You should consult a licensed professional before undertaking any weight loss efforts or taking any medication. There are potential adverse side effects associated with any herb or drug and you must use caution, read and follow manufacturer recommendations.

Congratulations on your discovery for recreating the formula of the world's most popular fat burner.

About this Report

The first two pages of this report is important information about ephedrine and herbal ephedra. The third page is the recipes.

IMPORTANT: I highly recommend you read through the ENTIRE Black Market Report on Ephedrine at least once before making any decisions about which source of ephedra or ephedrine you want to use.

The Short Version

Here is what you need to know in a nutshell.

The "Power of Ephedra" is ephedrine.

Natural herbal ephedra contains a variety of chemicals but the main chemical that is the most powerful and provides the most stimulation is called ephedrine.

Herbal ephedra is about 90% ephedrine, with the next most abundant chemical being pseudoephedrine.

The basic recipe for creating the fat burners that used ephedrine is 20 mg of ephedrine plus 200 mg of caffeine for one serving. Most companies recommended 2 or 3 servings per day.

To find pure ephedrine today is really very simple. You can find this stimulating chemical in products called bronchial dillators which are used by people everyday that have breathing problems or asthma.

Some brand names for bronchial dillators are Primatene, Bronk-Aid and Vasopro. You can find these products in drug stores and even in grocery stores. You can also find the 200 mg of caffeine in brand names like Vivarin or No Doze also in drug stores.

To more fully understand the information please read the rest of the Black Market Report which goes into more detail.

Natural Ephedra

Ephedra has been in use for thousands of years by the Chinese in the form of Ma Huang (the natural herb from which ephedrine was originally derived) to help treat colds, asthma and other breathing constrictions. Plus it has been used as a safe and highly effective means of weight loss by millions of people for over 20 years.

Ban Creates Black Market

Now, because of the ban by our government, that seems to know what is best for us, on ephedra in weight loss products they have created another potentially hazardous situation.

The creation of a black market in extreme weight loss ingredients.

People who normally would never think of breaking the law have asked me if I know where I can find outlawed or black market fat burners that contain ephedra. I have even been contacted by people with excess stock of popular brand name fat burners trying to get me to recommend them to my customers.

Of course I have to refuse because it would be illegal and I could possibly end up in jail. Believe me, I find this situation totally ridiculous that something as innocent as an herbal fat burner that is really quite safe could land me or others in jail.

Not only are fat burners made with ephedra illegal, according to the FDA, but there is no way I could vouch for the safety of these products since it is possible that scammers could be making this stuff up, slapping a label on it and calling it excess stock.

The dispute goes on about the present legality of fat burners with ephedra. Right now people are selling what is considered "low dose" ephedra products and this is reluctantly being tolerated by the FDA. "Low Dose" diet products are considered to have 10 mg of ephedrine or less.

With the information you are about to read you can continue to safely find and benefit from ephedrine legally. Plus you will be able to harness the strength of of the old style fat burners that used 20 mg of ephedrine.

Find Ephedrine Legally

Ephedrine is the chemical found within the herb ephedra that produces the side effects such as an increase in metabolism.

You have two sources in which to get the ingredient ephedrine. One source is

buying the all natural herb ephedra in bulk form. The second is man-made ephedrine and pseudoephedrine.

Natural Herbal Ephedra

The government made sure you can no longer buy "products" that contain herbal ephedra but as of right now you can still buy the herbal ephedra in bulk form since the government has classified it as a "food item". What?

Many companies are not selling even bulk ephedra anymore. It took me a long time to find this source and then to recreate the recipe formula but let me share this email with you I got from the company selling the herb ephedra.

"In regards to Ephedra, we are still allowed to sell the bulk material, as the FDA considers this to be a food item, and what they are mainly concerned about right now is dietary supplements containing a concentrated amount of ephedrine alkaloids. So for the time being we can still offer bulk Ephedra. I hope this helps to answer your question and if there is anything else please do not hesitate to contact me."

What she meant when she said concentrated ephedra alkaloids was the fact that every manufacturer used a concentrated ephedra or ephedra extract in their fat burning pills.

Kind of strange that you can still buy herbal ephedra but once you add the very same (concentrated) ingredient into a product mix it becomes "harmful" and "illegal".

PLEASE NOTE: The following source for powdered herbal ephedra is NOT concentrated. You will NOT get the same strong jittery effects you remember.

Anyway, here is the link to buy herbal ephedra. [Buy Herbal Ephedra](#) (When the page comes up you will need to use their SEARCH function for ma huang or ephedra then scan down the page and find the listing for Ephedra/MaHuang). It is very cheap. Be sure to find the recipe section on [PAGE 3](#) of this report so you know how to make an herbal tea using this product). It is very different to use from taking a pill.

There are presently 2 products you can find (through the link below) that ONLY contain herbal ephedra in 10mg quantity and nothing else. These 2 products are great for building your own fat burner.

Super Caps with Ephedra 90 Ct (see picture below) Please note: This product is half strength with only 10 mg of ephedra alkaloids. Old ephedra fat burners had 20 mg of ephedra alkaloids so if you want to make a full strength fat burner with this

product take 2 servings along with 200mg of caffeine like No Doze found in any drug store. [World Class Nutrition](#) also carries a 200 mg caffeine pill called - Caffeine Pill Supplement 200ct (Sci-Fit) - So you can buy both products in one place.



[World Class Nutrition](#) Super Caps with Ephedra 90 Ct

Pure Ma Huang 100 ct Capsules (see picture below). Please note: This product is half strength with only 10 mg of ephedra alkaloids. Old ephedra fat burners had 20 mg of ephedra alkaloids so if you want to make a full strength fat burner with this product take 2 servings along with 200mg of caffeine like No Doze found in any drug store. [World Class Nutrition](#) also carries a 200 mg caffeine pill called - Caffeine Pill Supplement 200ct (Sci-Fit) - So you can buy both products in one place.



[World Class Nutrition](#) Pure Ma Huang 100 ct Capsules

This product listed below, Pure Ephedrene (notice the different spelling of ephedrene instead of ephedrine) by NVE Pharmaceuticals can also be used when deciding where to get your strong, concentrated ephedra from. Pure Ephedrene is only available online as far as I know.



How to use Pure Ephedrene to make your own fat burner. Use one (1) Serving of Pure Ephedrene combined with one (1) 200 mg caffeine pill. This recipe will make the basic fat burner.

Remember the simple formula: 20 mg of ephedra alkaloids (which would be 2 pills of the product called Pure Ma Huang or Super Caps)
200 mg of caffeine also available at the same online store listed as Caffeine Pill Supplement 200ct (Sci-Fit)

Man-made Ephedrine

This type of ephedrine is easier to find and use because most of the time you can find it at most any local drugstore. What you will be looking for is real ephedrine but it is a man-made ephedrine that imparts the very same stimulating benefits you used to find in fat burners.

Ephedrine has been used for years as a bronchial dilator for people with asthma problems.

Bronchial dilators are products classified by the FDA as an over-the-counter medication or drug used in the treatment of asthma. For anyone to recommend it or to use it for any other reason than those stated on the package would be illegal.

Pseudoephedrine is another milder stimulant that is normally found in the ephedra plant although the alkaloid ephedrine makes up about 90% of the Ma Huang plant.

Pseudoephedrine is mainly used as a decongestant, for colds and allergy problems.

Pseudoephedrine is classified by the FDA as an over-the-counter medication or drug used in the treatment of colds or asthma products. For anyone to recommend it or to use it for any other reason than those stated on the package would be illegal.

Where to Find Ephedrine

Ephedrine and Pseudoephedrine are typically available in any grocery store, drug store or pharmacy where they keep the cold and allergy medicines.

Yes, millions of people take ephedrine yearly and don't even realize they are taking nearly the same product the government saw fit to ban in weight loss products. Now you tell me, what is the difference? We never heard the media say word one about ephedrine being taken daily by millions of cold and allergy sufferers.

Personally, I have to take ephedrine at various times during the week for my mild asthma attacks. I use both the pseudoephedrine pills and Bronchial dilator pills.

There are several brand names of bronchial dilators to look for either online or in any drugstore. The most well known is called Primatene. There is BronkAid and Vasopro and also generics.



Primatene is pure ephedrine. The main chemical found in ephedra diet pills



Bronkaid is another brand that is pure ephedrine.

One brand name of pseudoephedrine you may be familiar with is called Sudafed. Generic or store brands will simply call it a Nasal Decongestant.

In some states you may actually have to show your ID when you are buying ephedrine or pseudoephedrine products. Plus they may be limitations on how much you can purchase at any one time.

Another recent development is these products are now being kept behind the pharmacy counter and you may have to ask for them.

Buy Ephedrine or Pseudoephedrine Online

If you would like to purchase the stronger ephedrine stimulant online then get



[VasoPro, Ephedrine HCL](#)
(48 Tabs)

If you would like to purchase the weaker pseudoephedrine stimulant online then get [Suphedrine](#).

Many people are now buying their favorite fat burner and simply adding one or two tablets of ephedrine by taking Primatene or Vasopro (as shown above) or [Suphedrine](#) or any other brand along with it. One popular fat burner that people are doing this with is [Zantrex 3](#) also available at [Drugstore.com](#)



On the left is the generic store brand and on the right is the the brand name Sudafed

Caution:

Make sure the ONLY active ingredient listed on the package is Pseudoephedrine HCL.

DO NOT get cold remedies that contain additional ingredients.

The dosage typically listed for pseudoephedrine is 30 mg. per dose.

When buying ephedrine, in the US, it is required that the product contain guifanesin. This additive is relatively harmless in large doses and simply helps to break up mucus.

Here is Why I Personally Choose to Use the Over-the-Counter (OTC) Sources of Ephedrine

I used to buy 20 mg ephedra capsules from GNC before the FDA ban and built my own fat burners long before I even wrote this book.

When I realized my allergy medicine had the exact same chemical (ephedrine and pseudoephedrine) in it as the base for my fat burner, I wondered why I was buying 2 products.

After the FDA ban on ephedra in diet pills it became easier and way cheaper to buy my allergy medicine that contained ephedrine. If the FDA bans ephedra again, that will be my **only** choice.

>Here is why I consider the main chemicals the same whether they come from a diet pill fat burner or from my allergy medicine.

Ephedrine and pseudoephedrine are the main stimulant chemicals naturally found in the herb plant ephedra.

They are commonly called alkaloids.

If you look on any ingredients list from a fat burner that contained ephedra you will typically see it listed something like this.

Standardized to contain
Ephedra Alkaloids 20 mg.

That means there are 20 mg of the alkaloids (the stimulating chemical ephedrine) contained in the capsule.

That does not mean there is 20 mg of the ephedra plant in the capsule.

If you walk out into a field and pick 20 mg of the natural herb ephedra plant and eat it you will not even notice any kind of effects.

You could chomp on a handful of the leaves and stems and might not notice anything.

Because 20 mg of the natural herb ephedra does not contain enough ephedrine and pseudoephedrine to even give a fly a buzz.

All diet pill companies used the concentrations of the Alkaloids (ephedrine and psuedoephedrine) to provide the stimulating effects.

The alkaloids were extracted in huge vats via a chemical process to increase the concentrations of the alkaloids to higher levels to provide proper stimulus.

Powerful Stimulant

Ephedrine is a powerful nervous system stimulant. This is why people complain of their heart racing when they take it. Ephedrine can also increase blood pressure and it should be avoided if you are unhealthy, pregnant, taking MAO inhibitors, exercising strenuously and in very hot weather. This is also one of the reasons why it is such a powerful thermogenic weight loss aid. It revs your metabolism, that is what it does, a side effect. Some people hate this feeling but some people like the charge it gives them and the physical motivation they get from it.

Since I work a 12 hour shift at night ephedrine and pseudoephedrine has helped me stay awake and alert at my job working around dangerous machinery and on my drive home.

Ephedrine has been a very beneficial drug for me. It relieves my allergy symptoms, keeps me energized, alert and helps me to maintain a low body fat.

My Report on Ephedrine is not meant to be a recommendation for you to use an OTC drug as a weight loss agent. It would be illegal for me to do so and violates the indications and directions labels on OTC medicines. My report is simply an information source on what I have personally discovered.

Only you can decide what is best for your body.

ReCreating the best known fat burner

You now know how to find and get ephedrine. To get pure ephedrine you simply go to any drug store, locate the allergy medicine and then find PRIMATENE.

This page is about creating the best proven fat burner and combining the BIG 3 in the proper dosages.

3 Secret Ingredients = Billions of Dollars

EVERY popular brand name fat burner from Hydroxycut to Xenadrine used 3 main ingredients.

Those ingredients were

1. Ephedrine
2. Caffeine
3. Aspirin

Yep. That was the secret to the multi-billion dollar fat burner industry. Some people called it the ECA Stack. Because you stacked the ingredients together.

Synergy: Let's Work Together

Why is this combination so special? Because these three ingredients were highly synergistic. That means they work well with each other. The aspirin was thought to make the effects of the caffeine last longer and the caffeine was thought to make the ephedrine work better.

Especially ephedrine and caffeine. Each one does a fair job of boosting your metabolism but together they were an awesome combination.

I told you how to find ephedrine in the form of herbal ephedra or in bronchial allergy medicine. Next you need caffeine. Well everybody has heard of the brand name VIVARIN or No-Doze. That is all Vivarin or No-Doze is, caffeine.

You can find Vivarin and maybe a generic at any drug store or pharmacy. You may also be able to find it at a grocery store.

Generic aspirin is cheap and found everywhere. You may not want to take the 300 mg 3 times per day and that is fine. That much aspirin can cause people problems.

In fact, the "aspirin" that was used in the fat burners was herbal aspirin called

White Willow. This herbal aspirin is generally considered safer.

The ephedrine/caffeine combination works great and does not necessarily require aspirin.

The Proven Weight Loss Combination

Here were the recommended dosages to take 3 times per day (This was the ratio used in the scientific studies that went on to prove how effective the ECA Stack was).

1. Ephedrine 20 mg
2. Caffeine 200 mg
3. Aspirin 300 mg

Ephedrine:

Standard safety recommendations for ephedra were not to consume more than 90mg in a 24 hour period. The pseudoephedrine is great because it comes in 30 mg doses that let you easily control the amount you take.

Caffeine:

Vivarin and most generics are perfect because they come in 200 mg doses.

Aspirin:

I tended to worry about people taking too much aspirin so I like to tell them to find the low dose aspirin that doctors recommend to their heart patients. This low dose aspirin is 81 mg. You can also find the natural herbal form of aspirin called white willow that seemed to cause people fewer problems.

Clearing Up a Few Confusing Facts

Lots of people get confused about the mg quantities that I talk about so here is an explanation that should clear things up.

Ephedrine comes from the ephedra plant.

Ephedrine is the ingredient/chemical that stimulates your body.

When fat burner pills had ephedra in them they typically did not contain more that 20 mg of ephedrine.

So each fat burner pill would have 20 mg of ephedrine which if you take it 3 times per day should equal 60 mg of ephedrine.

HERE IS A BIG PROBLEM

The fat burner companies used a concentrated ephedra or ephedra extract in their fat burning pills. The concentration of ephedrine in these pills was about 6-8 % in 200 mg of ephedra (see my [Brand Name Ingredients Chart](#) to see the percentage of ephedrine some companies put in their pills.

In real life if you [buy Herbal Ephedra here](#) 200 mg of herbal ephedra might only have .10 % ephedrine (that is one-tenth of a percent).

In other words you would have to eat the herbal ephedra by the spoonfuls to reach a concentration of 8-13 % ephedrine.

Another word of note about herbal ephedra. Ma Huang (herbal ephedra) or Ephedra Sinica is the plant with the highest concentrations of ephedrine. This plant mainly grows in China.

Some people want to grow this plant and harvest it themselves. While the plant is very hardy and grows well under conditions found in areas like Nevada, New Mexico and other similar areas. An economic feasibility study was performed many years ago when someone was trying to find out if it would be profitable to grow the plant here in the US. They found out it would not be beneficial. The plant is hard to tend, must be harvested by hand (machine harvesting does not work with this plant). It can take up to 4 years for the plant to reach harvestable maturity. Must be harvested at a specific time. All of those conditions can greatly affect the amount or concentrations of the chemical ephedrine within the plant.

If you order herbal ephedra as with any herb the amount of chemicals within the plant can vary greatly depending on a number of conditions.

Ephedrine and Pseudoephedrine

Not only does ephedrine and pseudoephedrine measure differently but it also effects you a little bit differently also.

For starters, just take what the manufacturer recommends on the label. That is typically 2 pills and each pill of ephedrine should have 12 mg and pseudoephedrine should have 30 mg. (Please note: those are US numbers. If you live in Canada the government there limits their ephedrine content to 8 mg.)

If you want to add an extra pill that would be your choice based on how you feel it is affecting you.

Remember the stimulant with the stronger effect will be ephedrine found in bronchial dilators and the weaker stimulant will be pseudoephedrine found in sinus medicine.

Okay, so the fat burner companies spiked their fat burning pills with a concentrated form of ephedrine. I don't want to eat a big bowl full of herbal ephedra, so what do

I do? Find out by reading my recipes on the next page.

Part 3

Ephedra Recipe and Creating Copy Cat Recipes of Famous Fat Burners

You will find several recipes listed below.

(To find out how to create Brand Name Fat Burners read further down the page.)

BRAND NEW INFORMATION... New Products and Places...

Low Dose Ephedra Weight Loss Pill

Original diet pill with ephedra is back but this is a low dose version.

All diet pills with ephedra used to contain 20mg of ephedrine alkaloids. This one only contains 10mg. That means you either need to take twice as much or you can simply add pure ephedrine as I informed you earlier.

(Availability of these products can change)

[Hurry - Buy Original Diet Pill WITH EPHEDRA - right now !!](#)



Discovered in 2005 - the following product...



[Herbal ThermoStack](#)

(90 Caps)

Herbal Thermostack does NOT contain ephedrine but contains Synephrine which is considered a chemical cousin of ephedrine. This ephedrine mimic packs a good punch but is not as strong as ephedrine (read below to discover how one tiny addition can kick it into overdrive).

SPECIAL NOTE: A woman who bought the Herbal Thermostack listed above wrote

me back and said she would take it with one or two ephedrine pills and that the results she got were fantastic! That is not bad for a very cheap fat burner. Herbal Thermostack sells for about \$15.00 and you just can't beat that.

Both products listed above already contains the proper amounts of herbal caffeine (guarana) and herbal aspirin (willow bark) plus a chemical cousin of ephedrine called synephrine (bitter orange).

If you buy either product listed above that may be all you need, give it a try. But if I wanted to boost it even more then you could try one of the 3 solutions listed below.



add this product from [World Class Nutrition](#)

2. Add in the man-made ephedrine from brands like Primatene, Bronkaid or Vasopro or the weaker pseudoephedrine mentioned earlier on page 1 of the report
3. Add in the powdered herbal ephedra using the recipe listed below.

Here is another new place to get a great product with ephedra already in it but it also contains Hoodia. Hoodia Gordonii is probably the best herb available for appetite supression.

[Triton Health](#) has [Lipodrene](#) They have the best prices for Lipodrene starting at only \$31 or a 6 Bottle deal for \$28 a bottle.

****Please Note**** Do NOT get Lipodrene SR, that product does not contain ephedra.

If you are building your own fat burner or ECA Stack and want to add in Hoodia Gordonii then here is the only Hoodia product I recommend. [Buy 100% pure hoodia diet pills here.](#)

[HOODOBA](#) has been investigated by 60 minutes and has been independently tested to show that they have real Hoodia in their products. A recent article with independent testing showed the majority of Hoodia brands to be fake but this one was not .

Powdered Herbal Ephedra Recipe

Sometimes I use the powdered herbal ephedra so I can get the holistic properties found only in the herb not available in man-made ephedrine or pseudoephedrine.

Ingredients:

Powdered Herbal Ephedra (amount is highly variable based on personal reactions)
Ephedrine or Pseudoephedrine (one or two pills. This acts as my ephedrine extract to boost the level of ephedrine. Add to regular herbal ephedra)
Caffeine (Vivarin, No-Doze or any generic equal to 200 mg)
Aspirin (Optional, for safety use a low dose brand usually about 80 mg) or get a white willow supplement.

How to use the powdered herbal ephedra:

While this may sound complicated at first it is really very fast and easy to do.

First you need to make a decoction which is just a term used in creating herbal remedies. An infusion is a simple process and does nothing more than extract the ephedrine from the powdered herbal ephedra by using hot water. It is not necessary to make the infusion if you can find a way to actually eat the powdered ephedra (you can always buy a capsule kit from Mountain Rose Herbs).

While there are a variety of ways to make an infusion this is the method I use. It is a lot like making an herbal tea. The more herbal ephedra you use and the longer you let it steep, the more ephedrine you will extract from the herb.

I take a microwave safe coffee cup and put in 1/2 cup of water. Microwave till water is boiling.

Then I remove cup from microwave and add 2 tablespoons of powdered herbal ephedra. Let steep for 5-10 minutes.

Next find a way to drain the liquid from the herbal sludge. Here is the method I use. I take another coffee cup and place a paper coffee filter over the top of the second empty coffee cup. Then I pour the liquid into the coffee filter trying to leave as much sludge behind in the first coffee cup. The infusion now in the paper coffee filter will take a long time to drip through so I speed up the process by gathering up the ends of the filter and slowly squeeze from the top down. Much like you would a tea bag where you are just trying to get the excess water out of the filter.

What you have left is one coffee cup with sludge which you can throw out and one coffee cup with a brown tinted liquid. This is your infusion which contains ephedrine extracted from the herbal ephedra. Hold your nose and drink it down. Yucky!

Actually it is just a bitter tasting herbal drink. I've had some herbal teas that didn't taste any better.

The liquid will easily keep for a day so you could make up enough to take with you

wherever you go. [Buy Powdered Herbal Ephedra Here](#)

Quick Ephedrine Recipe

This recipe I use the most. It is easy!

Ingredients:

Ephedrine or Pseudoephedrine (two pills)

Caffeine (Vivarin, No-Doze or any generic equal to 200 mg)

Buy Ephedrine here



[VasoPro, Ephedrine HCL](#)
(48 Tabs)

Buy pseudoephedrine pills here [Suphedrine](#)

The Ultimate Homemade BURN FACTOR Recipe

You have learned the 3 main ingredients that every popular fat burner used. In my opinion there are only a few more ingredients you may want to add to create your own PERSONAL ULTIMATE FAT BURNER.

The ECA stack was great for increasing the Burn Factor. But, there are a few more ingredients you probably should add.

Take a Multivitamin

Take a Multivitamin. This will insure that you get some of the following vitamins known to help with weight loss.

- Chromium Picolinate
- All the B vitamins
- Calcium - get 1000mg per day from a variety of sources
- Magnesium
- Vitamin A

- Vitamin C
- Iron
- Vitamin E
- Zinc
- Copper

Take an Amino Acid Complex

Next Take an Amino Acid Complex. This is like a multi-vitamin but you get a variety of amino acids that are important to good health. You particularly want

- L-Carnitine
- L-Tyrosine

Green Tea

Then find a green tea pill. Green tea has been shown to be beneficial for weight loss. You can also drink green tea but you have to drink a minimum of 4-7 cups a day to gain any weight loss benefits. **Remember that green tea contains caffeine.**

Increase metabolism by 4% and increase the percentage of calories burned by 10%. You could burn at least an extra 64 calories per day with green tea.



Cayenne Pepper

Cayenne Pepper (Capsaicin) pills are easy to find and will really heat up your body. One study proved cayenne pepper increased metabolism by up to 20%

Little known facts about cayenne

- Loaded with vitamins C, B and A
- Contains calcium, phosphorous and iron
- Rich with vitamin E that helps the heart
- Contains the immune boosting antioxidant beta-carotene
- Acts as a pain killer for arthritis

Powdered Baking Cocoa (Chocolate)

What? That's right. Chocolate for weight loss. Chocolate is shown to make our brains feel satisfied and happy. Many fat burners today are including the very same chemicals found in cocoa to help reduce the bad feelings that can go along with weight loss. Such as the desire to eat more.

I will make sugar free chocolate milk or add two heapings of powdered baking chocolate to my coffee.

Adding sugar or using chocolate syrup will add extra calories. Try to not add sugar or find a sugar substitute. I highly recommend STEVIA and herbal sweetner.

Take the following and drink with no fat or low fat sugar free chocolate milk to help get 1000mg of calcium

- ECA Stack 3 times per day
- Multivitamin 1 time per day
- Amino Acids 1 time per day
- Green Tea Pill 2 or 3 times per day
- Cayenne Pepper pill 2 times per day or season food with hot sauce

That great combination will cover 90% of the ingredients in almost any fat burner and send your BURN FACTOR into orbit.

Copy Cat Recipes

You can use the [Brand Name Ephedrine Chart](#) to help you recreate some of the top brands that used to exist. Also use the chart to see how much of an ingredient was used.

To make **Xenadrine RFA-1**: You need

- ECA Stack
- L-Carnitine (available from Amino Acid Complex)
- L-Tyrosine (available from Amino Acid Complex)
- Vitamin B-5 (available from a Multivitamin)
- Synephrine also known as Bitter Orange (available from a vitamin store or online - chemical cousin of ephedrine, read Fat Burner Secrets Revealed)
- Ginger Root (many fat burners included herbs like ginger root to keep the stomach from becoming upset. It does not help with fat loss)

To make **Hydroxycut** You need

- ECA Stack
- Chromium Picolinate (available from Multivitamin)
- L-Carnitine (available from Amino Acid Complex)

- Hydroxy Citric Acid (HCA) 1000 mg per dose (available from a vitamin store or online - read Fat Burner Secrets Revealed)

To make **Stacker** You need

- ECA Stack

To make **Stacker 2** You need

- ECA Stack
- Chromium Picolinate (available from Multivitamin)

To make **Yellow Jacket** You need

- Ephedra extract (25mg ephedrine alkaloids)
- Kola Nut extract (300mg caffeine)
- Capsicum (cayenne pills)
- Ginseng
- Citrus Aurantium (6mg synephrine)

This product is not listed in my chart.

To make **Trimspa (original)** You need

- Ephedrine 12mg (Trimspa used a lower amount than the other fat burners)
- Caffeine (Trimspa used a lower amount than the other fat burners)
- B6 (available from a Multivitamin)
- Zinc (available from a Multivitamin)
- Manganese (available from a Multivitamin)
- Chromium (available from a Multivitamin)
- Vanadium (available from a Multivitamin)
- Spirulina (available in some Multivitamins. A digestive enzyme)
- Lipotropics (available from a Multivitamin)
- Cinnamon (any HOT spice like hot peppers, cinnamon etc acts as a thermogenic - read Fat Burner Secrets Revealed)
- Glucosamine (may delay the effects of insulin)
- Gymnema Sylvestre (available from a vitamin store or online - "sugar destroyer" read Fat Burner Secrets Revealed)

I think the original Trimspa tried to include too much and ended with small amounts of a bunch of ingredients. The new Trimspa EF (or Trimspa X32) uses ingredients that focus on appetite suppression and conversion of energy. Visit my other site to learn more about [Trimspa](#).

One possibly highly effective approach would be to use the new Trimspa EF along with your own fat burner creation. To make **Metab-o-lite** You need

- Ephedra
- Vitamin E (available from Multivitamin)
- Magnesium (available from Multivitamin)
- Zinc (available from Multivitamin)
- Chromium Picolinate (available from Multivitamin)
- (no caffeine)

Note: To make **Metab-o-lite Plus** just add caffeine to the above ingredients.

To make **Metabolife 356** You need

- Ephedra
- Caffeine
- Vitamin E (available from Multivitamin)
- Magnesium (available from Multivitamin)
- Zinc (available from Multivitamin)
- Chromium Picolinate (available from Multivitamin)
- Bee Pollen
- Ginseng (root)
- Ginger (root)
- Lecithin
- Bovine Complex
- Damiana (leaf)
- Sarsaparilla (root)
- Goldenseal (aerial part)
- Nettles (leaf)
- Gotu Kola (aerial part)
- Spirulina Algae
- Royal Jelly

While buying all or even most of the herbs separately might not be what you want to do my next best suggestion is to get this [Yogi Detox Tea](#) that has some of the same herbs and will act as a close mimic to the herbs listed in Metabolife 356. Drink the tea everytime you take your ephedra.

[Thin and Slim](#) good reputable product, been around for a while contains 15 mg of ephedra alkaloids. Considered more like Metabolife 356. Pretty good price.

SUMMARY

The government ban is not against herbal ephedra in general. It is against combining the concentrated ephedrine alkaloids with other products and then selling it. That is why you can still get herbal ephedra by itself. The FDA still

classifies it as a food product.

The "ECA Stack Formula" is

20 mg of ephedrine

200 mg of caffeine

300 mg of aspirin

Taken 3 times a day

Let me point out that the majority of companies used the herbal version of aspirin called White Willow Bark. Which was supposed to be gentler on your stomach and less likely to cause bleeding or other complications. Some people who are sensitive to aspirin may experience stomach bleeding when taking it in high doses.

The companies also use an herbal version of caffeine called guarana or guarana seed because it was actually cheaper.

You can get all 3 of these herbal products and a Capsule Kit [Here](#)

Many people who use raw herbs will often have a scale so they can measure out proper quantities. If you need a good herbal scale you can find listed below.

[Pocket Digital Scale](#)

Make sure the one you pick can measure weights less than a gram.

Some people simply buy a fat burner off the shelf and take some herbal ephedra and/or ephedrine or pseudoephedrine with it.

The easiest method is to buy the man-made ephedrine that I discussed on the website and take it according to the directions on the package which is usually 2 pills.

Then take a caffeine pill. Caffeine pills are usually already measured at 200 mg. A brand name caffeine pill is Vivarin or you can find generics cheaper. You can find them in most any drug store like CVS.

Then if you want you can also include a low dosage of aspirin.

Something I have noticed people doing is buying a favorite fat burner then taking the man-made ephedrine along with it.

There are a number of options that you can follow.

Be sure to take a good multivitamin so you can get other natural fat burners and energy converters like chromium and the B-vitamins.

Part 4

The Strongest Ephedrine Based Fat Burner

Now I am about to tell you about the strongest ephedrine based fat burner that is on the market. While I have not tried this product personally my review of the ingredient contents makes [Stimerex ES with ephedra](#) the strongest thing on the market today. This product compares with the strongest fat burners you would have found on the market 2 years ago before the FDA ban.

I don't know how long this product will remain on the market. The company that makes this product was raided by Federal Marshalls because they said the product contained to high a dose of ephedrine.

This one is not for everybody. But if you are looking for the strongest ephedrine based fat burner or you like a strong stimulant type action then this product may be for you.

[Stimerex ES with ephedra](#) available at Triton Health.

This is one of the few places selling this powerful product plus they have an excellent price and they are reputable. If you happen to purchase \$150 or more then shipping is free.

SCAM Sites!

The following sites are very strongly cautioned as price gougers and potential scam sites.

[this site](#) has Lipodrene for \$90 per bottle!

[and this site](#) has the same ephedra product for \$70 per bottle!

One customer reported ordering from a site listed below and after not getting her product tried to contact customer service in vain. No email or phone call was ever returned. When she contacted her credit card company to dispute the charge the business phone # they gave her was to a man who was very angry because a lot of people had been calling him with the same complaint. He apparently was not associated with the company.

She originally went to <http://eggshopwarehouse.com> which transfers you to <http://eggshop.net/> and placed her order. They sell several ephedra products if you click on their "weight loss" link.

I did some research and found the following identical sites by the same company or person.

Same Street Address in Leander TX

- <http://home-and-hardware.com> or see contact info here <http://home-and-hardware.com/info.html>
- <http://www.eggshop.net> or see contact info here <http://www.eggshop.net/info.html>
- <http://pricemarte.com> or see contact info here <http://pricemarte.com/info.html>
- <http://www.eggshoppe.com> or see contact info here <http://www.eggshoppe.com/info.html>
- <http://personalbargains.com> or see contact info here <http://personalbargains.com/info.html>
- <http://www.nutritionist.com> or see contact info here <http://www.nutritionist.com/info.html>
- <http://eggshopwarehouse.com> transfers you to <http://www.eggshop.net>

In Austin TX

- <http://homestore3.com> or see contact info here <http://homestore3.com/info.html>
- <http://www.win-mart.com> or see contact info here <http://www.win-mart.com/info>

Protect Yourself

Use the reputable sites I recommend

If you find a new site then call them or send an email first to make sure customer service is responsive. While this does not guarantee anything it should help to cut down on problems.

Part 5

International Information

While I can't and don't know all the import laws around the world, I do know that a lot of countries have banned ephedra and ephedrine products.

Even some reasonably harmless ingredients like pseudoephedrine, you need a prescription to get it in Australia even though in the US it is an easily bought over-the-counter medicine.

I will tell you about some other ingredients to look for either individually or that you can find in diet pills that have strong actions on your metabolism.

Geographical Information for Finding Ephedra Mimics

If you read my report then you know that ephedrine is available in a variety of brand names in the US. In Canada you want to look for a brand call Kaizen. If anyone ask (even though it is none of their business) just say it is for your allergies/ asthma.

Kaizen Ephedrine HCL tablets are distributed by The Winning Combination Inc. to retail outlets.

If I am not mistaken any bronchial dilator using ephedrine (in Canada) must contain no more than 8mg of ephedrine. So you just have to take 2 or 3 pills to reach an approx. dose of 16-24mg of ephedrine.

There are a couple of plants that are nearly identical to ephedra and despite the fact that ephedra-ephedrine and pseudoephedrine have been either made hard to obtain, buy or banned outright in a lot of countries you do have alternatives that are nearly identical.

These herbs or diet pills with these herbs should still be available almost anywhere in the world.

Sida Cordifolia

The two major alkaloids in the ephedra herb are ephedrine and pseudoephedrine. Well, the herb Sida Cordifolia is nearly identical to ephedra in the fact that the two major alkaloids are also ephedrine and pseudoephedrine.

That's right! Find any diet product that lists Sida Cordifolia as the main ingredient, include some caffeine and presto - instant ephedra mimic that burns fat similar to ephedra diet pills.

Here are some products to look for or just perform a search at any search engine.

In the UK look for a product called REFLEX Sida Cordifolia Complex

The next ingredient to look for is called Synephrine. The Herbal form is called Citrus Aurantium or Bitter Orange. A search for any of those words can bring up many diet pills that contain that ingredient.

Many brands switched or swapped out ephedra and put in synephrine as the closest chemical cousin to ephedrine.

Synburn by Primaforce is a supplement that is pure synephrine (10mg) that you can use to build your own fat burner with.

Lipovar 8 and Kranker Extreme are just a few of many brands that include synephrine in their diet pills.

The Strongest Version of Synephrine

Now let me tell you about the strongest version Synephrine or Citrus Aurantium that has been created and I will tell you the brands to look for

ADVANTRA Z - Citrus Aurantium contains the alkaloids synephrine, octopamine and a few others and is often considered a "chemical cousin" of ephedra.

These alkaloids have similar effects to ephedrine and pseudoephedrine on metabolism and breakdown of fat, that is, they increase the metabolic rate, and they also increase the rate of breakdown of stored fat (lipolysis) in the body.

Advantra Z is a proprietary blend of ingredients that contains multiple fat burners derived from citrus aurantium that is added to other fat burning formulas.

Advantra Z comes in a variety of strengths like 10%, 15% up to 30% as the strongest.

There are only a few brands that contain the strongest version (30%) of Advantra Z.

- BIOLEAN II has a long list of ingredients and is a bit expensive
- DIET BOOST by Optimum Nutrition is cheap and nearly identical to Lean Stack listed below
- ABB LEAN STACK is cheap with a good list of additional ingredients

While you might not find some of these brands locally in stores, use search engines for your country to try and locate these brands. If all else fails then you should be able to buy these from US online stores and you shouldn't experience any import or shipping problems.

You can use the rest of the Black Market Report on Ephedrine to learn how to build or add ingredients to make your own custom fat burner.