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A RANDOMIZED COMPARATIVE STUDY EVALUATING A NON PRESCRIPTION EPHEDRINE-BEASED DIETARY SUPPLEMENT VS. A PRESCRIPTION FAT BLOCKING MEDICATION FOR WEIGHT LOSS IN HEALTHY OVERWEIGHT WOMEN

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Considerable prior art exists supporting the safety and efficacy of various non-prescription ephedrine-based products for weight loss as well as for prescribed fat blocking agents for weight loss. Yet, to date, little or no comparative data exists. **PURPOSE:** Our study compared a popular non-prescription ephedrine-based product to a popular prescription fat-blocking agent in healthy, overweight women. **METHODS:** In prospective fashion, 24 female subjects >21 years of age with a body mass index of $\geq 30\text{kg/m}^2$ were randomized to receive either one of the products per manufacturers instructions. All subjects were placed on a mildly hypocaloric diet defined as ~ 25 kcal/kg BW. Subjects in both groups also received a daily multivitamin-mineral supplement daily as well as a supervised exercise program. At weeks 0, 6, and 12, all subjects had their blood pressure, pulse, and body weight measured. **RESULTS:** Baseline data analysis revealed no significant differences in body weight between the non-prescription ephedrine-based product and the prescription fat-blocking agent (95.63kg vs. 93.50kg, respectively; $p=0.977$). Yet by week 12, the group receiving the non-prescription ephedrine-based product lost significantly greater weight when compared to the group receiving and the prescription fat-blocking agent (-4.58kg vs. -1.63kg, respectively; $p=0.0246$). There was also an equally impressive time trend difference in weight lost each 6-weeks favoring the non-prescription ephedrine-based product (-2.21 vs. -0.82; $p=0.008$). **CONCLUSION:** In conclusion, within the confines of the study parameters, we believe that the non-prescription ephedrine-based product tested is more effective as a weight loss agent than the tested prescription fat-blocking agent.

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