

Tab 29

**From:** Larry Hobbs [larryhobbs@home.com]

**Sent:** Friday, August 31, 2001 2:09 AM

**To:** BobC@prosourceonline.com

**Subject:** Re: Ephedrine's margin of safety reduced 4-fold in rats when room temperature increases from 86 degree to 93 degrees

> On 8/30/01 1:29 PM, BobC@prosourceonline.com at BobC@prosourceonline.com wrote:

> Larry,

>

> Are you familiar with the Bell, DG studies? I seem to recall that they  
> involved intense exercise but I don't have copies of them

Bob,

This abstract suggests that ephedrine may impair the body's ability to regulate body temperature.

I can get this paper if you need it.

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## Ephedrine may impair thermoregulation

Rosenbloom, D; Sutton, JR. Drugs and exercise. Medical Clinics of North America 1985 Jan, 69(1):177-87. Language: English;

Pub type: JOURNAL ARTICLE; REVIEW

**Abstract:** In this article, we have examined some pharmacologic principles as they apply to drug use by healthy individuals. With the present emphasis on community activities, we have dealt with the impairment of thermoregulation by athletes and fun runners who may take normal over-the-counter medications for a variety of reasons. However, many of these drugs impair thermoregulation. Our additional focus has been on drug abuse, again by healthy people, often striving to enhance their performance. Here we have dealt principally with the anabolic and androgenic steroids and stimulants. Finally, we have reproduced the current list of medications permitted by the International Olympic Committee, but have also offered some suggestions of common medications that may be required by athletes for such illnesses as hay fever, upper respiratory tract infections, and other simple disorders (Table 2). These medications do not contain any ingredients prohibited by the International Olympic Committee regulations. It is important to remember that many of the compound medications often sold

over-the-counter contain substances such as caffeine, codeine, and ephedrine, which the unwitting athlete, trainer or coach could prescribe for a legitimate indication but which could, and have in the past, cost such athletes Olympic medals.