

## What Are Ephedra Diet Pills?

Ephedra diet pills are used to promote fast and effective weight loss. They are made using the natural herb Ephedra, also known as Ma Huang. It is said to boost metabolism, enhance energy, and increase the body's fat-burning ability.

Ephedra diet pills are one of the most effective dietary supplements available in the market these days that can help you lose weight in no time at all. A study published in the International Journal of Obesity and Related Metabolic Disorders supports this fact and even shows that it outperforms other weight loss pills. These diet pills are made with a natural herb called Ephedra (also known as Ma Huang), which is grown mainly in China and in India. This type of herb has been around for thousands of years and was traditionally used for the treatment of asthma, hay fever, and the common cold, prior to it being discovered as having properties that aid in the promotion of weight loss.

The Ephedra diet pill is formulated to increase the body's metabolism, boost its energy levels, and improve its fat-burning ability. The way by which it interacts with the human body is quite complicated. The process involved is quite similar to an adrenaline rush. The chemical ephedrine, which is found in the Ephedra herb, has similar effects to epinephrine; both epinephrine and ephedrine cause increases in blood pressure, increases in heart rate, as well as increased thermogenesis, a process wherein the body becomes warmer as a result of more calories being burned.

One of the active ingredients found in the Ephedra diet pill, P57, also sends information to the person's brain, telling the individual that he or she is not hungry. As a result, a person who takes these pills does not only lose his or her appetite, but also burns more calories, melts more stored body fat and ultimately loses more pounds faster. In effect, these pills have a dual action of being an appetite suppressant and a fat-burner at the same time.

If you are really serious about losing weight fast, then you should consider using Ephedra diet pills. These pills are cheap, especially if you compare them to prescription diet pills available in the market these days. When taken in proper dosages, they are also not harmful. They are one of the most effective weight loss agents that you can ever find.

: Ripped Power is weight loss pill that can help a person achieve a "ripped-body". It is made up of a combination of ingredients that are able to produce a safe yet potent weight loss supplement.

The growing population of weight-conscious people out there with an insatiable desire for that elusive "miracle" weight loss pill has resulted in a wide variety of new diet pills and weight loss supplements in the market these days. Ripped Power is one such product.

Ripped Powder is a new ephedra-based weight loss pill, designed and manufactured by American Generic Laboratories. It hopes to claim a certain portion of the exponentially growing weight and body-conscious market. Its claim to fame is that it can help a person not only achieve the "ripped body" definition that a lot of people aspire for, but at the same time, keep it that way for years to come.

What exactly is a "ripped body"? To give you a clearer picture of a "ripped body," think of the body types of body builders, gym aficionados, boxers, wrestlers and the like. That's the body Ripped Powder promises.

Ripped Power is made up of a number of ingredients, including Ephedra, L-Carnitine, Chromium Picolinate, and Guarana Seed, which contains caffeine.

The main component is Ephedra, a very popular weight loss substance derived from a natural herb with the same name. It contains two types of alkaloids (ephedrine and pseudoephedrine) and works by stimulating the central nervous system, which is responsible for the body's metabolism. It also has the ability to suppress the appetite, reduce food cravings and hunger pangs, and increase a person's energy levels.

Another component is L-Carnitine, which helps in the health and proper functioning of the heart and the brain, in metabolizing fat, and in energy production and utilization. Chromium Picolinate, meanwhile, helps in normalizing the body's blood sugar levels and also aids in metabolizing fats, sugar, and carbohydrates. Last but not the least, Guarana Seed is a popular stimulant and appetite suppressant. When combined with ephedra, it results in a very potent and very effective weight loss formulation.

Make sure that you take Ripped Power as prescribed and do not attempt to self-medicate. Ripped Power is widely available over the World Wide Web as a natural food supplement for people who are obese or who want to lose weight.

## About the Author

To find out about all of the different kinds of [weight loss pills](#), as well as the benefits you can achieve from using [ephedra diet pills](#). Visit

<http://www.netnutri.com> or <http://www.milliondollarweightloss.com>

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