

PERFORMANCE ENHANCING SUBSTANCES – 8

HERBS

SUBSTANCE	TYPE	PURPORTED EFFECT	SUBSTANTIATED		BANNED	ADVERSE EFFECTS/PROBLEMS
			Physio	Ergogenic		
BARLEY GREEN	3	Rich mixture of vitamins, minerals & amino acids required for energy production.	Inpart	No	No	No known side effects; no know interactions.
BEE POLLEN	3	Rich mixture of vitamins, minerals & amino acids required for energy production.	Inpart	No	No	No known side effects; no known interactions.
CINNAMON	7	Promotes internal energy & strengthens the body; promotes good circulation.	No	No	No	No known side effects; no known interactions.
CODONOPSIS	7	Restores energy; balances metabolism; stimulates the production of blood.	No	No	No	No known side effects; no known interactions.
CORDYCEPS	7	Helps immune system; builds physical & mental power.	No	No	No	No known side effects; no known interactions.
DENDROBIUM	7	Quickly & effectively restore spent energy; a longevity herb	No	No	No	No known side effects; no known interactions.
EPEMEDIUM	7	Helps strengthen bones & joints.	No	No	No	No known side effects; no known interactions.
EPHEDRA	1	Aids in fat loss; increases energy levels; stimulates the CNS.	Inpart	No	Yes	Contraindicated with high BP, diabetes, glaucoma, anxiety, stroke & BPH; interactions with certain antidepressants & digoxin; combining with caffeine can lead to increase ephedrine & caffeine-related adverse effects.
FO-TI (HO SHU WU)	1	Traditional Chinese medicine used to treat weakness; promotes the immune system.	No	No	No	No known side effects; no known interactions.
GINGER ROOT	1	Benefits the cardiovascular system; relieves nausea.	No	No	No	May cause stomach upset; interactions with anticoagulants, chemotherapy & Ticlid noted.
GINSENG	1,6	Eases stress reactions; supports the immune system; promotes recovery & tissue repair; improves sleep; counteracts effects of aging; CNS stimulant.	Inpart	No	No	Hypoglycemia; high BP; heart disease patients should use with caution.

(continued)

PERFORMANCE ENHANCING SUBSTANCES – 9

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GOLDENSEAL	6	Eases stress reaction; supports the immune system; benefits the cardiovascular system; promotes tissue repair & recovery.	Inpart	No	No	Do not use if pregnant or for prolonged periods; use with caution if you have a history of cardiovascular disease, diabetes or glaucoma.
GOTU KOLA	1,7	Supports the immune system; increases energy levels; promotes recovery & tissue repair; CNS stimulant.	No	No	No	Topical use may cause dermatitis; no known interactions.
GUARANA	1	Increases energy level	Inpart	No	No	Active ingredient is caffeine; do not use if you are pregnant or have an anxiety disorder, glaucoma, heart disease, high BP or history of stroke, combining with ephedrine containing compounds & caffeine increases their adverse effects; may interact with certain medications.
GUGULIPID	7	Antioxidant; lowers cholesterol	No	No	No	GI disorders; used with caution by persons with liver disease & inflammatory bowel disease.
KOLA NUT	7	Increases energy.	No	No	No	Contains more caffeine than coffee beans.
LICORICE	7	Strengthens muscles; regulates blood sugar; strongest detoxifier known without side effects.	Inpart	No	No	No known side effects; interactions noted with certain medications including diuretics & corticosteroids.
LYCII FRUCTUS	7	Nourishes the blood & liver; excellent energy & blood tonic; pain reliever.	No	No	No	No known side effects; no known interactions.
MA HUANG	1	Increases energy;(see Ephedra)	Inpart	No	Yes	Contains ephedrine (see Ephedra).
MUIRAPUAMA	7	Enhances performance as a stimulant; increases energy.	No	No	No	No known side effects; no known interactions.
NETTLE LEAF	7	Rich in vitamins, lipids & chlorophyll; increases aerobic power & muscle strength; mild anti-inflammatory & diuretic.	No	No	No	Mild GI side effects.
PEONY	7	Nourishes the blood; helps detoxify the liver & improve blood circulation.	No	No	No	No known side effects; no known interactions.
QUEBRACHO BARK	7	Highly effective stimulant; increases energy; builds overall strength & power; great for endurance.	No	No	No	No known side effects; no known interactions.
RADIX ANGELICAE	7	Used as a muscle building tonic; nourishes the blood & improves circulation.	No	No	No	No known side effects; no known interactions.
ROYAL JELLY	3	High concentrations of nutrients, especially the B-complex vitamins	Inpart	No	No	No known side effects; no known interaction.

(continued)

PERFORMANCE ENHANCING SUBSTANCES – 10

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SARSAPARILLA	6	Anti-inflammatory; liver protecting effects	No	No	No	May cause stomach irritation; can increase absorption and/or elimination of digitalis & bismuth.
SAW PALMETTO	7	Contains plant sterols that improve physical performance; effects testosterone metabolism profoundly.	No	No	No	No known side effects; no known interactions.
SCHIZANDRA	7	Increase endurance & strengthens the whole body; a powerful tonic that improves memory.	No	No	No	Mild abdominal upset; interactions with acetaminophen noted.
SMILAX	7	Increases muscle strength & size; augments the body's natural production of its own testosterone.	No	No	No	No known side effects; no known interactions.
SUMAC	7	High in nutrients; helps oxygenate the system; helps build & maintain lean muscle mass.	No	No	No	No known side effects; no known interactions.
TURMERIC	6	Anti-inflammatory; antioxidant; liver detoxifier.	Inpart	No	No	Should be avoided in person with gallbladder disease.
WILD OATS	7	Aids digestion; increases testosterone levels; increases aerobic power & muscle builder.	No	No	No	No known side effects; no known interactions.
WILD YAMS	7	Antioxidant; potentially anti-inflammatory.	No	No	No	No known side effects; no known interactions.
YERBA MATE	6	Helps to relieve fatigue & stress; a fat-burner; cleanses the blood; stimulates the mind.	No	No	No	No known side effects; no known interactions.
YOHIMBE	7	Reputed muscle building effects; increases energy.	Inpart	No	No	Not to be used in person with known kidney or peptic ulcer disease & anxiety or panic disorders; may cause GI distress & insomnia; may interact with the fluvoxamines.