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## **Ephedrine and Its Use In Weight Loss**

**By Chester Ku-Lea**

Ephedrine has been shown to increase the effectiveness of thermogenesis (fat burning) in the body.

The Ultimate Weight Loss & Fitness Bible

Chester is a health nutrition consultant and is the owner of

[www.AstroNutrition.com](http://www.AstroNutrition.com)

– a provider of

premium health nutrition and sports supplements.

Quick And Easy Weight Loss Secrets

## **Ephedrine free diet**

**By Raymond**

**Ephedrine free diet by Raymond**

Read the original article

If your looking for an ephedrine free diet Inositol is right for you.

## Ephedrine and Its Use In Weight Loss

As part of the B vitamin family it has powerful isotropic effects.

Other benefits of Inositol are help relieving depression, and promote nerve function.

Webmaster of Boefitness.com

Boefitness.com

Ultimate Weight Loss Revealed!

Amazing Diet Weight Loss Plan

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