



Many dietary supplements contain ingredients that are known stimulants or have stimulant-like effects. That is, they can raise heart rate and blood pressure and otherwise increase nervous system activity, with potentially harmful effects, especially if used before or during exercise. One of the best ways a consumer can control his or her intake of stimulants is to read the Supplement Facts panel and other information on the labels and websites of dietary supplement products. However, that means one must be able to recognize ingredients that can act as stimulants. Another way is to recognize that supplements used for certain purposes are more likely to contain stimulants. For example, pre-workout, sexual enhancement, and weight-loss supplements are more likely to contain stimulants.

HPRC has prepared this list to help you determine whether your dietary supplements contain such ingredients. This is *not* a complete list, but new entries will be added as they are identified to have stimulant effects. Please note that some substances are listed more than once, under their various synonyms.

We have not included stimulants in drugs that have been approved by FDA for prescription (such as modafinil—for promoting wakefulness, or amphetamines for attention deficit hyperactivity disorder—Adderall, and Dexadrine) or over-the-counter (such as nasal decongestants with pseudoephedrine) use or those that are considered “controlled substances” (such as cocaine and MDMA), as none of these substances are legal for use in dietary supplements.

The list here is organized alphabetically, but you also can use the “Search” function of Acrobat Reader to find ingredient names. **HPRC will update this list periodically, so check back for the latest version.**

**TABLE KEY**

\*Illegal dietary supplement ingredient, please see the [OPSS FAQ on DMAA](#) and [OPSS FAQ on ephedra](#) for more information.

\*\*Source of caffeine; please see the [OPSS FAQ on caffeine](#) for more information.

### Stimulants Found in Dietary Supplements

1,3-dimethylamylamine (DMAA)*	AMP citrate (DMBA)
1,3-dimethylbutylamine (DMBA)	Amperall™ (DMBA)
1,3-dimethylpentylamine (DMAA)*	β-MePEA (β-methylphenethylamine, beta-methylphenethylamine)
1,3,7-trimethylxanthine**	Bitter orange ( <i>Citrus aurantium</i> )
2-amino-4-methylhexane (DMAA)*	Cacao ( <i>Theobroma cacao</i> )**
2-amino-4-methylpentane (DMBA)	Caffeine/Caffeine anhydrous**
2-hexanamine,4-methyl-(9Cl) (DMAA)*	<i>Camellia sinensis</i> (black, Chinese, green, and oolong tea)**
4-amino-2-methylpentane (DMBA)	<i>Citrus aurantium</i> (Bitter orange)
4-amino-2-methylpentane citrate (DMBA)	Cocoa ( <i>Theobroma cacao</i> )**
4-amino-2-pentanamine (DMBA)	Coffee/ <i>Coffea (arabica, canephora, etc.)</i> **
4-AMP (DMBA)	Country mallow ( <i>Sida cordifolia</i> ; contains ephedra alkaloids)*
4-methyl-2-hexanamine (DMAA)*	DEPEA (diethyl-phenylethylamine)
4-methyl-2-hexylamine (DMAA)*	Diethyl-phenylethylamine (DEPEA)
4-methyl-2-pentamine (DMBA)	Dimethylamylamine (DMAA)*
4-methylhexan-2-amine (DMAA)*	Dimethylbutylamine (DMBA)
4-methylpentane-2-amine (DMBA)	Dimethylpentylamine (DMP, DMAA)*
<i>Acacia rigidula</i> (includes PEA/β-phenethylamine, N-MePEA/N-methylphenethylamine)	DMAA (dimethylamylamine)*



**OPERATION SUPPLEMENT SAFETY**

DMBA (dimethylbutylamine)	Norcoclaurine
DMP (dimethylpentylamine, DMAA)*	Octopamine
Ephedra alkaloids/analogs (ephedrine)*	Oxilofrine (methysynephrine)
<i>Ephedra sinica/Ephedra sinensis</i> *	<i>Paullinia cupana</i> (guarana)**
Floradrene (DMAA)*	<i>Paullinia yoko</i> (yoko)**
Forthan/Forthane (DMAA)*	<i>Pausinystalia yohimbe/johimbe</i>
Fouramin (DMAA)*	PEA (Phenethylamine/Phenylethylamine/ $\beta$ -phenethylamine)
Geranamine (Proviant™) (DMAA)*	<i>Pelargonium</i> ( <i>graveolens</i> , etc.) (DMAA)*
GeranaX (DMAA)*	Pentergy (DMBA)
Geranium (extract, flower, oil, stems and leaves, etc.) (DMAA)*	Pentylamine (DMAA)*
Green coffee bean**	Phenethylamines/Phenylethylamines (including $\beta$ -, B-, beta-, methyl-, N,alpha-diethyl-, N-methyl-, N,N-dimethyl-B-, N,N-Diethyl-B-, etc.)
Green tea/Green tea extract**	Phenpromethamine
Guarana ( <i>Paullinia cupana</i> )**	Rauwolscine ( $\alpha$ -yohimbine)
Higenamine	<i>Sida cordifolia</i> (Country mallow, etc.; contains ephedra alkaloids)*
Hordenine	Synephrine
<i>Ilex paraguariensis</i> (Yerba maté)	Tea ( <i>Camellia sinensis</i> )**
Kola nut**	<i>Theobroma cacao</i> **
Ma huang ( <i>Ephedra sinica/sinensis</i> )*	Theobromine**
Maté ( <i>Ilex paraguariensis</i> )	Trimethylxanthine**
Metexaminum/Methexaminum (DMAA)*	Xanthine**
Methylhexanamine/Methylhexaneamine (MHA) (DMAA)*	Yerba maté ( <i>Ilex paraguariensis</i> )**
Methylpentane (DMBA)	Yohimbe/yohimbine
Methylxanthines**	Xanthine**
N, $\alpha$ -DEPEA (N, $\alpha$ -diethyl-phenylethylamine)	Yohimbe/yohimbine
N-MePEA (N-methylphenethylamine)	Yoko ( <i>Paullinia yoko</i> )**
N,N-dimethyltyramine	