

marketed as a "natural high."

Despite its name, it is nothing like Ecstasy, and its main active ingredient is ephedra, which affects the cardiovascular system.

## DRUG

Looks: Pills, capsules, and tablets, can be marketed as dietary supplements in a variety of packaging.

Street Names: Cloud 9, Rave Energy, and Ultimate Xphoria

Methods of Use: Swallowed, snorted, or smoked

Actions: Stimulates the cardiovascular system; Hypertension.

Warning Signs: Heart failure; Stroke; Seizures

## TRAGED

Ephedra, the main ingredient in Herbal Ecstasy has been linked to the death of several athletes who used it as a performance enhancer.

Users with heart conditions or who are on anti-depressants run a high risk of stroke or death with this drug.







## EFFECTS\_OF\_USE

- Increased blood pressure
- · Nerve damage
- Irregular heart beat
- Over-stimulates the cardiovascular system
- Over-stimulates the central nervous system
- Death

## WAY\_TO\_GO

While Ephedra is banned in the U.S. for use in dietary supplements, it is legal in Chinese herbal products, which Herbal Ecstasy is marketed as.

While it is a legal substance, it poses great health risks to users, especially those with heart or other related health conditions.