

**From:** Brand, David R. MAJ - G1  
**Sent:** Thursday, July 18, 2002 9:53 AM  
**To:** 'masten@niehs.nih.gov'  
**Subject:** Ephedra containing nutritional supplements

"Ephedra alkaloid dietary supplements" [no CAS No.] is listed in the substances nominated for study and testing. Most of the others have a "CAS No.", but ephedra does not.

We at U.S. Army Forces Command are very concerned about the use of ephedra containing products by our soldiers. A number of deaths and injuries have been associated with their use. Sales of these products continue on our installations in part due to a lack of "scientific study" and proof that they are in fact hazardous when used in high physical stress and high temperature environments. Is your organization going to do a study? When can we expect results?

The recent Health and Human Services (HHS), Agency for Healthcare Research and Quality (AHRQ) study done by the RAND Corporation addresses only deaths and uses manufacturer data. We in the FORSCOM Surgeon's office don't expect it to help much in addressing the issues of interest to our active duty population. Our concerns include deaths, but we experience a larger number of heat related morbidity and mortality that is suspected to be associated with, and not directly attributable to, these products.

Thanks for any information you can provide.

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