
The Fat Loss Stack

**Published by FitnessUnderOath.com
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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

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About This Report

Many of today's top fitness models and experts use a little-known supplement stack when they need to get extra lean.

They do it because dieting sucks. But this "stack" makes it easier. (Note: A "stack" is taking two or more supplements to try and increase the total effectiveness of the supplements.)

This supplement stack definitely pushes the envelope in terms of legality and health. If you have existing heart conditions or if you're sensitive to caffeine, skip this. If you compete in drug-tested federations this particular supplement stack may be off limits for you.

And depending on where you live in the world, this supplement stack may be illegal. I'm not a doctor or a lawyer so I'd check with your own doctor and lawyer before you make the decision to use this program.

I will simply give you the facts: Why top fitness models use this particular fat loss stack, and how they do it. This is for information only. What you choose to do with this information is completely up to you.

The E/C/A Stack.

The ECA stack is a widely used fat burning stack consisting of ephedrine, caffeine and aspirin.

The reason it's popular? Because it works. Studies show the fat loss benefits of taking both ephedrine and caffeine are greater than when taking each ingredient individually.

It's been shown to decrease appetite, boost metabolism and even help preserve muscle mass.

How It's Done:

It is generally recommended to only take the E/C/A stack for 6-8 weeks in a row.

You should start gradually for the first days to assess tolerance. But assuming all is ok, the generally recommended dosages are as follows:

3 Doses Per Day:

First Dose: (typically first thing in the morning)

81mg of aspirin (1 baby aspirin)
200mg of caffeine (1 caffeine pill)
24 mg of Ephedrine (see next section)

Second dose (typically around lunch time)

200mg of caffeine (1 caffeine pill)
24 mg of Ephedrine (see next section)

3rd dose (late afternoon - not too close to bedtime)

200mg of caffeine (1 caffeine pill)
24 mg of Ephedrine (see next section)

Ephedrine is difficult to get or illegal in some areas. I recently spoke with a top fitness model and – under the condition of anonymity -- here's what he told me...

"You can't just buy Ephedrine off the shelf anymore at least in the states. But a version of it is still in certain cold medicines. So I just buy Primatene tablets – they keep them behind the counter at most drug stores and you'll have to show ID but it's perfectly legal. Then I just take 2 primatene tablets because each tablet has 12.5 mg of ephedrine hydrochloride. So that gets you up to the 24 mg of ephedrine people originally used to take. This works pretty good. You can also take Bronk-aid tablets but the dosage is different and they are always out of Bronk-aid at my local store so I just stick with Primatene."

So as it was explained to me you'd take 6 Primatene tablets per day.

Dose 1: 2 primatene tablets, 1 caffeine tablet, 1 baby aspirin

Dose 2: 2 primatene tablets, 1 caffeine tablet

Dose 3: 2 primatene tablets, 1 caffeine tablet.

You'd do this for 6-8 weeks and then cycle off (stop taking it) for 3-4 weeks.