

iMedix: Your Personal Health Advisor.

1,4-DMAA

Search for medical details concerning 1,4-DMAA on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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 - **Dosage:**
 - **Indications:**
 - **Manufacturer:**
 - **Storage:**
 - **Market Price:**
 - **Drug Status:**
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Description

Uses & Effectiveness Overview 1,4-DMAA is a chemical with stimulant effects. 1,4-DMAA is used for athletic performance and obesity, but there is no good scientific evidence to support these uses. Taking 1,4-DMAA might also be unsafe. 1,4-DMAA is found in small amounts in geranium plants. However, some supplements have been found to contain much larger amounts than are found in nature. Because of this, there is a concern that manufacturers are using synthetic 1,4-DMAA that is made in a laboratory rather than obtaining it from a natural source. The US Food and Drug Administration (FDA) states that supplements containing 1,4-DMAA appear to be illegal and recommends that these products not be taken. 1,4-DMAA is also included in the World Anti-Doping Agency's prohibited substances list. Competitive athletes should avoid taking it. 1,4-DMAA is not a vitamin but rather a synthetic drug. Commonly used as a stimulant in pre-workout supplements, it can increase energy levels and improve focus. However, due to its potential health risks and potential links to heart problems, its use has been banned in many countries.

Side Effects When taken by mouth: 1,4-DMAA is **LIKELY UNSAFE** when taken by mouth. Since it's thought to work like a stimulant, there is concern that it might increase the chance of serious side effects such as rapid heartbeat, increased blood pressure, and increased risk of heart attack or stroke.

Interactions Moderate Interaction Be cautious with this combination Stimulant drugs interacts with 1,4-DMAA Stimulant drugs speed up the nervous system. By speeding up the nervous system, stimulant medications can make you feel jittery and speed up your heartbeat. 1,4-DMAA might also speed up the nervous system. Taking 1,4-DMAA along with stimulant drugs might cause serious problems including increased heart rate and high blood pressure. Some stimulant drugs include amphetamine, caffeine, diethylpropion (Tenuate), methylphenidate, phentermine (Ionamin), pseudoephedrine (Sudafed, others), and many others.

Special Precautions and Warnings When taken by mouth: 1,4-DMAA is **LIKELY UNSAFE** when taken by mouth. Since it's thought to work like a stimulant, there is concern that it might increase the chance of serious side effects such as rapid heartbeat, increased blood pressure, and increased risk of heart attack or stroke.

Pregnancy and breast-feeding: There isn't enough reliable information to know if 1,4-DMAA is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

High blood pressure: 1,4-DMAA might have stimulant effects and can increase blood pressure. If you have high blood pressure, avoid taking 1,4-DMAA.

Glaucoma: 1,4-DMAA might have stimulant effects and cause blood vessels to constrict. This could worsen some types of glaucoma. If you have glaucoma, avoid taking 1,4-DMAA.

Irregular heartbeat (heart arrhythmia): 1,4-DMAA might have stimulant effects and can cause a rapid heartbeat. This could worsen heartarrhythmias.

Surgery: 1,4-DMAA might have stimulant effects, so it might interfere with surgery by increasing heart rate and blood pressure. Stop taking 1,4-DMAA at least 2 weeks before a scheduled surgery. Dosing The appropriate dose of 1,4-DMAA depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for 1,4-DMAA. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

Side Effects

Uses

Interactions

Other Details
