YOHIMBE AND YOHIMBINE

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YOHIMBE AND YOHIMBINE IN DIETARY SUPPLEMENT PRODUCTS  
 Yohimbe is the common name for the tree Pausinystalia yohimbe. Its bark or bark extract is used in dietary supplement products marketed for sex drive, erectile dysfunction, weight loss, and bodybuilding. The bark of the yohimbe tree contains many chemical substances, including yohimbine, which also occurs in a variety of other plants. It also can be produced synthetically that is, it can be made in a laboratory.  
  
There isn t enough evidence for the use of yohimbe or yohimbine in dietary supplements for athletic performance or weight loss, and severe side effects have been reported.  
  
Yohimbine (usually as yohimbe hydrochloride) is available as a prescription medication, and it was used for a long time to treat certain types of erectile dysfunction (with moderate results). Now it is rarely used for this purpose, since more effective drugs with fewer side effects are available. However, yohimbine should not be used to treat ED without a doctor s supervision.  
  
A supplement with yohimbe or yohimbe extract on the label doesn t necessarily contain a significant amount of yohimbine, because the concentration of the chemical in the tree bark is highly variable and often low. Extract of yohimbe tree bark also might contain any of the other substances that occur naturally in the plant; yohimbine is just one of 55 alkaloids that have been identified in the plant. One of these that often shows up in dietary supplements is rauwolscine.  
  
Can dietary supplements with yohimbine help you reach your health goals?  
Some supplements specify yohimbine as an ingredient. A 2015 study of 49 such products found, through chemical analysis, that the amount of yohimbine in such products ranged from zero to more than 12 mg per recommended serving. In most cases, the amount found did not match the amount stated on the product label a finding consistent with previous studies comparing label claims to actual ingredient amounts.  
  
Scientific research into various effects and possible uses of yohimbine is fairly extensive, but the plant yohimbe has been studied much less. However, there is still insufficient evidence as to the effectiveness of either yohimbe or yohimbine for athletic performance and weight loss.  
  
Can yohimbe or yohimbine negatively affect your health?  
Severe side effects from taking yohimbe or yohimbine have been reported, and yohimbine is banned for use in supplements in a number of countries. Both yohimbe and yohimbine might interact with other dietary supplement ingredients, such as caffeine (including caffeine in plant-based ingredients such as coffee, guarana, and tea) and other stimulants. Individuals who experience anxiety, depression, hypertension, hypotension, or PTSD should avoid use of yohimbine. Military Service Members should be aware of the potentially adverse health effects of this ingredient in dietary supplement products.