

alli®

Companion Guide

How to make the **alli®** Program
your partner for
successful weight loss

Refill Pack

26156XC



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This Refill Pack is designed for people who are already using **alli**® capsules and who have previously purchased the Starter Pack. The Starter Pack contains additional guides and tools which will help you be more successful as you begin the **alli**® Program.

Read and follow all label instructions before using this product.


The information provided in the **Drug Facts Label** and in these guides will help ensure that the **alli**® Program is right for you and that you get the maximum benefit from using **alli**® capsules.

About this book

Make the **alli**[®] Program your partner for effective weight loss. The **alli**[®] diet plan offers a healthy, sustainable way to eat that you can follow for a lifetime. At the same time, **alli**[®] capsules can help you lose more weight than dieting alone.

In this guide, you'll learn how to make the **alli**[®] Program work for you. This book gets you started with the basics of the **alli**[®] Program:

- Understanding how **alli**[®] capsules work to increase your weight loss above dieting alone
- Setting your own personal calorie and fat targets
- Committing to a reduced-calorie, low-fat diet
- Planning meals to meet your targets
- Learning how many **alli**[®] capsules to take, and when (Take with each meal containing fat.)
- Understanding the treatment effects you may experience when taking **alli**[®] capsules
- Making healthy physical activity part of your daily routine
- Getting past the inevitable bumps in the road

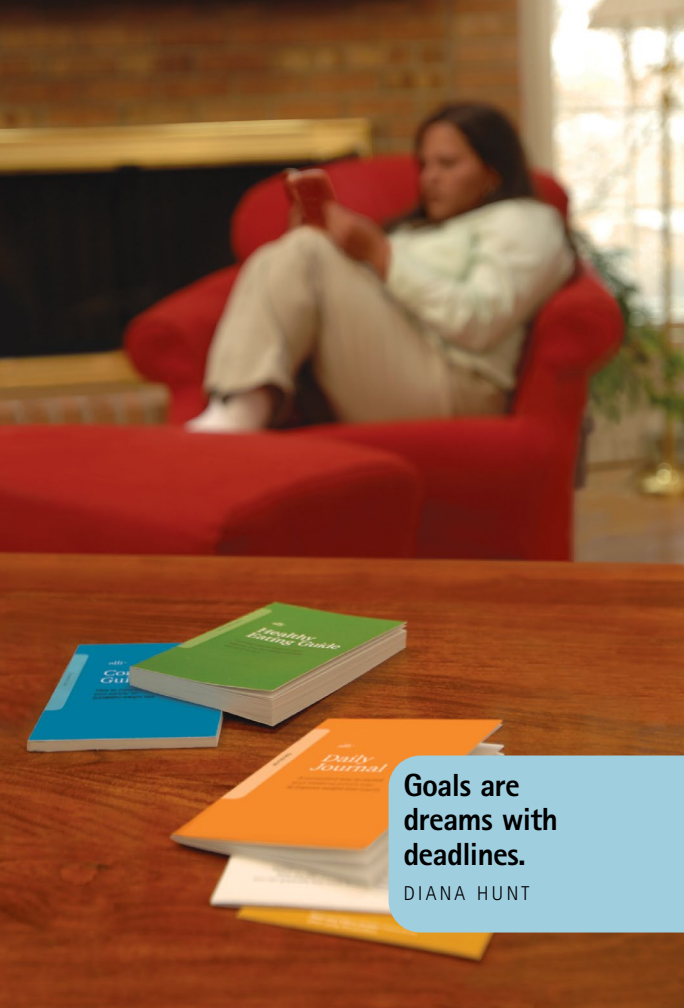


If this is your first **alli[®] Program purchase, you need to buy the Starter Pack.**

Getting to Know the alli® Program

It's been said that the journey to success begins with a single step. And, whether you realize it or not, you've already taken that first step. You've decided you're ready to make the commitment to lose weight—with the **alli®** Program as your partner. This section will introduce you to the **alli®** Program. It includes:

- What the **alli®** Program can do for you and how it is different from other weight-loss programs
- What you have to do
- How **alli®** capsules work



Goals are dreams with deadlines.
DIANA HUNT

What will the alli® Program do for you?

The **alli®** Program is for overweight adults (18 years and older). The **alli®** capsules work with natural enzymes in your body to prevent your digestive system from absorbing some of the fat calories you eat.

But the real power of the **alli®** Program lies in the combination of the capsule with a reduced-calorie, low-fat diet. Using both, you'll lose more weight than you would through diet alone.

The **alli®** diet plan offers a healthy, sustainable way to eat that you can follow and practice for a lifetime. At the same time, the **alli®** capsules can help you lose more weight than by dieting alone.

Why is the alli® Program different?

The **alli®** capsules are the only FDA-approved, over-the-counter weight-loss medication that prevents your body from absorbing some of the fat calories you eat.

The **alli®** Program is different because it doesn't promise dramatic results overnight. Instead, it helps deliver gradual and healthy weight loss. And studies have shown that faster weight loss does not produce better results at the end of one year.

Think of the **alli®** Program as a steady, reliable partner in your efforts to lose weight. By helping your own

efforts to finally pay off, the **alli®** Program can help you succeed where other programs have failed. The **alli®** Program can help give you a feeling of control over your weight, and how you feel about yourself.

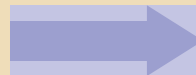
What results can you expect?

You've probably worked hard to lose weight in the past. Losing even five pounds takes effort! Here's what you can expect from the **alli®** Program. For every five pounds you lose through diet, the **alli®** capsules can take off two to three more. This means that if you would lose 10 pounds through diet alone, the **alli®** capsules can help you lose a total of 15 pounds or more.

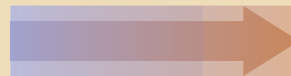
What weight loss to expect

With the **alli®** Program, you can expect to lose 50% more than by diet alone. If you lose 10 pounds through diet alone, the orlistat capsules can help you lose a total of 15 pounds or more.

Weight loss
with diet alone



With the alli®
Program, you can
lose 50% more



Weight loss

Most weight loss occurs within the first six months. While specific results may vary from one person to another, that's the kind of benefit that the **alli**® Program can provide.

What do you have to do?

The **alli**® Program is your partner in weight loss. If you do your part, you can rely on the **alli**® Program to do its part. But you must take the first steps. Here's what you have to do:

- Understand how the **alli**® capsules work and why it's important to limit your calories and fat.
- Set your own personal calorie and fat targets.
- Commit to a reduced-calorie, low-fat diet.
- Learn to plan your meals and evaluate your food choices so you can stay within your targets.
- Distribute your fat grams evenly over your meals for the day, and avoid binging on high-fat foods.
- Learn how many **alli**® capsules to take, and when.
- Take a multivitamin that has vitamins A, D, E, K, and beta-carotene to ensure adequate vitamin absorption. Take the multivitamin once a day, at bedtime.

If you are willing to do your part, you can count on the **alli**® Program to work with you—and help maximize your efforts.

IMPORTANT

What side effects to expect

Does **alli**® have unwanted side effects? That's up to you, in most cases. The most common side effects are related to the digestive system and result from eating meals with too much fat while using **alli**® capsules. These side effects, referred to throughout this guide as "treatment effects," may occur more frequently at the beginning of the program, and may be lessened if you follow a balanced diet with an average of 15 grams of fat in each meal. Treatment effects may include gas with oily spotting, loose stools, and more frequent stools that may be hard to control.

All medicines can have side effects. Tell your doctor or pharmacist if you notice anything that is making you unwell. For more information about treatment effects and how to manage them, see pages 10 to 12 of this guide. Be sure to keep this guide for future reference.

Help starts in this package

The materials in this package are designed to help you understand exactly what you need to do, step by step. They're full of practical tips for making the **alli®** Program fit your lifestyle and give you a greater chance for success.

How alli® capsules work

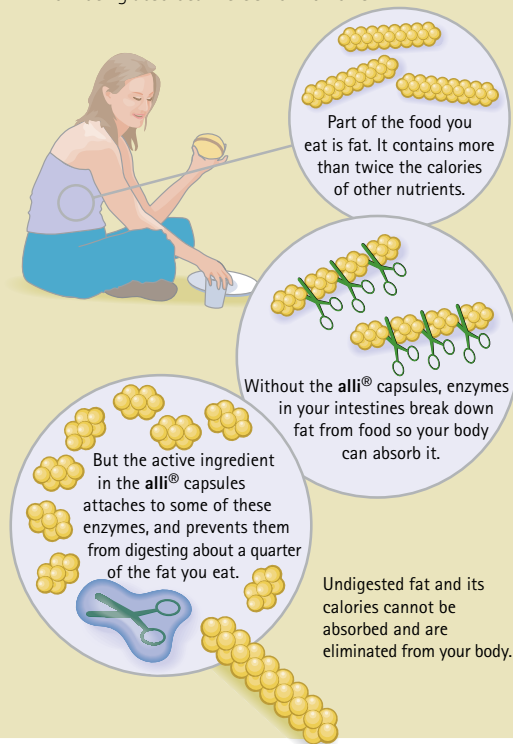
The **alli®** capsules work in your digestive system to prevent some of the fat in the foods you eat from being absorbed into your body. This product works because it's based on the fundamentals of dieting and weight loss.

How we lose weight

When you eat more calories than your body requires, your body stores the extra calories as fat. Every pound of fat represents 3500 calories. To lose weight, you have to consume fewer calories than your body needs to maintain your current weight. When that happens, your system burns the fat that is stored in your body. As you burn fat, you lose pounds. But as you know very well,

How the alli® capsules work

The **alli®** capsules prevent some of the fat in the food you eat from being absorbed. Here's how it works.



it's one thing to know how to lose weight, and another thing to do it.

Why limiting fat can help

There are three kinds of nutrients in the food we eat: proteins, carbohydrates, and fats. Proteins, found in foods such as meat, poultry, fish, eggs, cheese, and beans, are used to build and maintain the body's cells. Carbohydrates, found in foods such as fruits, vegetables, and grains, are a good source of energy. Fats, found in plant oils and animal fats, help the body absorb vitamins and perform other essential functions. But here's the interesting thing about fat: It contains twice the

number of calories as the same amount of protein or carbohydrates. That's why focusing on fat can help you succeed with weight loss.

Why the alli® capsules target fat

The alli® capsules act on the fat in the meals you consume, preventing a portion of the fat you eat from being absorbed. By preventing the absorption of fat, the alli® capsules can make a big difference in the total calories that enter your system.

The diet landscape



The diet landscape is filled with alternatives, ranging from very low-fat diets to high-fat diets. If you choose to use the alli® capsules with a diet other than the alli® Program, most low- to medium-fat diets work with the alli® guidelines.

Avoid taking alli® capsules with diets that are high in fat. At the same time, if you're already following a very low-fat diet, you probably won't benefit from using the alli® Program.

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Atkins is a registered trademark of the Atkins Corporation, Inc. They are not associated with GlaxoSmithKline. Use of these names does not set forth an endorsement, sponsorship, or relationship of any kind whatsoever.

Can you combine the alli® capsules with your current diet?

Balanced diets with reduced calories that are low in fat work well with the alli® capsules. If your current diet includes fat, but limits it to no more than 30 percent of the total calories you eat per meal, it's probably a good match for the alli® Program.

Diets that allow high levels of fat—like some low-carb diets—should not be used with the alli® capsules.

alli® capsules are FDA approved

If you're concerned about drug effects, you may be glad to learn that the alli® capsules work in your digestive system and don't cause sleeplessness, jitters, or increased heart rate like appetite suppressants can. In fact, supported by clinical studies, the FDA has approved the alli® capsules for over-the-counter use.

Treatment effects you may experience

The alli® capsules prevent some of the fat you eat from being absorbed. Your body removes the undigested fat through your bowels. As a result of this process, you may experience some treatment effects, especially after meals containing more than 30 percent fat.

If I'm going to take a medication, I want to know that it's been tested and proven safe.

These effects may include:

- Gas with oily spotting
- Loose stools
- More frequent stools that may be hard to control

Treatment effects are especially likely if you eat a meal that exceeds the fat gram target you'll set for yourself in Section 2. On other weight-loss programs, you may have "saved up" your calorie and fat allowances for the day and then splurged on a high-fat meal or dessert. Don't do that when you take alli® capsules, or you may experience treatment effects. Instead, distribute your fat grams evenly across your meals for the day. That means you'll limit yourself to an average of 15 grams of fat per meal, depending on your own fat target. See page 20.

If you do experience treatment effects, you may see them any time within 48 hours after taking an alli® capsule and eating a meal with too much high-fat food. If you experience treatment effects, review your *Daily Journal* to see what high-fat food you may have eaten in the last 48 hours.

In the first week or two of your alli® Program, be prepared. Women may want to consider using a panty liner in case you experience treatment effects.

Although many users will experience these effects, in most cases, the effects typically subside within a week or two, as you adjust to your new diet. Most users who experience some initial treatment effects find them manageable, and stay with the program.

Reducing the likelihood of treatment effects

You can greatly reduce the likelihood of these effects if you take the **alli**® capsules exactly as directed, and stick with a reduced-calorie, low-fat diet. However, if you slip and allow your diet to include more than 30 percent fat, or if you exceed your fat target in a single meal, you may experience treatment effects again.

While no one wants to experience treatment effects, some people think of these effects as a way to become more aware of what they eat. They can be an incentive to keep from eating more fat than you really intend to.

If you don't experience any effects, don't be concerned that the **alli**® Program is not working for you.

The importance of taking a daily vitamin

Taking a multivitamin every day is important to good nutrition. If you take orlistat and a multivitamin at the same time, orlistat reduces the absorption of some

I'm successful in other parts of my life, but I struggle with my weight. I'm ready for a real solution that fits me and my lifestyle.

fat-soluble vitamins and beta-carotene. Use a multivitamin that has vitamins A, D, E, K, and beta-carotene. Take the multivitamin once a day, at bedtime.

Eating with the alli® Program


2

Eating with the alli® Program

It's been shown that losing weight can reduce the risk of hypertension, diabetes, and other conditions. And the **alli**® Program will help you lose weight.

This section explains how to eat with the **alli**® Program. It includes:

- Setting your targets for calories and fat grams
- Hitting your targets by choosing a balanced diet of low-fat foods and by controlling portions
- Using the program's tools to help you succeed



One should eat
to live, not live
to eat.

MOLIÈRE

Setting your targets

Before starting your **alli**® Program, spend a little time thinking about how much weight you want to lose, and then set a weight-loss goal. The **alli**® Program is for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and low-fat diet.

You'll also need to set targets for the maximum number of calories you'll eat each day and the maximum number of fat grams you'll eat at each meal. It's quick and easy with the tools in this section. Remember that **alli**® capsules work with each meal.

Your weight-loss goal

How much weight do you want to lose? Set a weight-loss goal that is realistic and achievable and encourages gradual, steady weight loss.

In setting goals, it helps to know how your current weight compares to a healthy weight. Overall, doctors say your weight should be in normal proportions to your height. If you're very overweight, you may be at risk of obesity-related diseases. But there's no single magic number—a healthy weight for you can depend on many factors, like how heavily muscled you are, how large your frame is, and how active you are.

Doctors use a formula called the Body Mass Index, or BMI, to decide whether your body weight is in the

Find your BMI

Here's an example of how to find your BMI on this chart. For adults, a BMI of less than 18.5 is underweight; 18.5 to 24.9 is normal; 25 or more is overweight.

Height	Weight (closest to your own)									
4'10"	110	115	119	124	129	134	138	143	148	153
4'11"	114	119	124	128	133	138	143	148	153	158
5'0"	118	123	128	133	138	143	148	153	158	164
5'1"	122	127	132	137	143	148	153	158	164	169
5'2"	125	131	136	142	147	153	158	164	169	175
5'3"	130	135	141	146	152	158	163	169	175	180
5'4"	134	140	145	151	157	163	169	174	180	186
5'5"	138	144	150	156	162	168	174	180	186	192
5'6"	142	148	155	161	167	173	179	185	192	198
5'7"	146	153	159	166	172	178	185	191	198	203
5'8"	151	158	164	171	177	184	190	197	203	209
5'9"	155	162	169	176	182	189	196	203	209	216
5'10"	160	167	174	181	188	195	202	209	216	222
5'11"	165	172	179	186	193	200	208	215	222	228
6'0"	169	177	184	191	199	206	213	221	228	235
6'1"	174	182	189	197	204	212	219	227	235	241
6'2"	179	186	194	202	210	218	225	233	241	248
6'3"	184	192	200	208	216	224	232	240	248	254
6'4"	189	197	205	213	221	230	238	246	254	262
6'5"	194	203	211	220	228	237	245	254	262	270
BMI →	23	24	25	26	27	28	29	30	31	
	Normal			Overweight			Obese			

normal range, or whether you're underweight or overweight. Adults with normal weights have a BMI in the range of 18.5 to just under 25. Anyone with a BMI from 25 to 29.9 is considered overweight and anyone with a BMI of 30 or higher is considered obese.

You can also calculate your BMI by using this formula:

$$\frac{\text{weight in pounds}}{(\text{height in inches} \times \text{height in inches})} \times 703 = \text{BMI}$$

Now you are ready to decide how much weight you want to lose. A five to 10 percent weight loss is a realistic goal that can improve your health and well-being. To be successful, it's important to have realistic weight-loss expectations. But don't be afraid to challenge yourself, either.

Your calorie target

The table on the next page gives you an easy way to set your calorie target. Based on your current weight and activity level, it gives you a target that's about 500 calories less per day than your body needs to maintain your current weight. That adds up to 3500 fewer calories per week, the number of calories in a pound of fat. At this target level, you should be able to lose weight at a gradual, steady pace of about a pound a week, without feeling frustrated or deprived. Eating fewer than 1200 calories per day is not recommended.

Setting your calorie target

Find your current weight in the column on the left. Then follow across to the column matching your gender and activity level to find your calorie target. For an explanation of activity levels, see page 20.

Current weight	Women		Men	
	Low activity	Moderate activity	Low activity	Moderate activity
Below 105	↑	↑	↑	1200 cals
105-109		1200 cals		↑
110-114		↓	1200 cals	↓
115-119				↑
120-124	1200 cals	↑	↓	1600 cals
125-129		1400 cals		
130-134		↓	↑	
135-139		1600 cals	1400 cals	
140-144			↓	
145-149	↓	↑	↑	
150-154	↑		1600 cals	
155-159	1400 cals		↑	1800 cals
160-164	↓			
165-169	↑	1800 cals		
170-174		↓	1800 cals	
175-179	1600 cals			
180-184	↓			
185 & over	1800 cals	↓	↓	↓

Setting your fat gram target

Once you've set your calorie target, find that number along the top of this chart. Then look below to find your target for fat grams per meal. Hit that target at each meal, keep snacks to 3 fat grams or less, and you'll stay within your daily limit.

	1200	1400	1600	1800
Fat grams per meal	12	15	17	19
Daily limit of fat grams	39	48	54	60

Your fat gram target

With the **alli**® Program, it's critical that you control your intake of fat as well as calories. To set the fat gram target for your meals, see the chart above. By meeting your target, you'll maximize weight-loss results while minimizing unwanted treatment effects.

What's your activity level?

To set your calorie targets, you'll need to know your activity level. The more active you are, the higher calorie target you will have. The **alli**® Program uses two activity levels:

- *Low Activity* means you do little or no walking, stair climbing, gardening or other physical activity on a daily basis.
- *Moderate Activity* means you burn 150 calories a day in physical activity. Examples of moderate activity are

walking approximately two miles, gardening for 30 to 45 minutes, or running 1½ miles in 15 minutes.

Choose the level that most closely fits your daily routine. If you're unsure which level you are, choose Low Activity.

Hitting your targets

Hitting your calorie and fat targets is essential to success with the **alli**® Program. You'll have the greatest chance of success if you choose low-fat foods, watch your calories, and eat balanced meals.

Choosing low-fat foods

One key to success is choosing the right foods. You want foods that will satisfy you, but that won't send you over your targets and risk your progress. Through a combination of food selection and portion control, you

Nutrition Facts
 Serving Size (265g)
 Servings Per Container (1)

Amount Per Serving	% Daily Value*
Calories 280	Calories from Fat 25
Total Fat 2.5g	5%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	

Calories and fat in packaged foods

Check the Nutrition Facts label on any packaged food. It will tell you how many calories and fat grams are in one serving. Be sure to notice the serving size also, or you could be fooled.

should be able to prepare meals that the entire family is happy with and still stay within your targets.

The best way to stay on track is to choose foods with less than 30 percent of their calories from fat. Low-fat foods tend to provide more food for the same calories, so they help you feel full. For more about reduced-calorie, low-fat foods, see page 3 in the *Healthy Eating Guide*.

Keep track of the fat grams you eat and aim to stay within your target for each meal. Don't exceed your single meal fat target or go beyond your daily limit of total fat grams. Don't "save" fat grams for one big splurge. A large amount of fat entering your system at once may cause unwanted treatment effects.

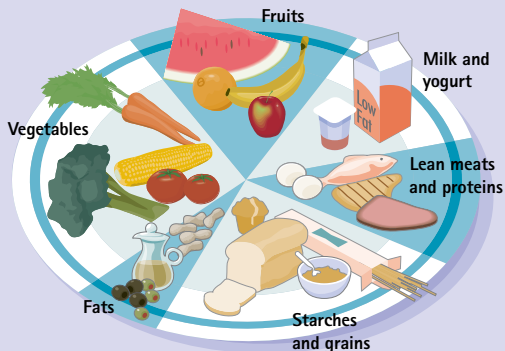
Watching calories

Have you ever eaten three cookies instead of two because they're low-fat? It's easy to do. For success with the **alli®** Program, though, choosing low-fat foods isn't enough. You must also watch portion sizes and total calories.

One of the easiest ways to watch calories and hit your targets is to follow planned menus. Planned menus ensure that you'll eat the right foods in the right portions. You can plan menus from scratch, or simply use the **alli®** menus in this package. For more about **alli®** menus, see *Tools to help you* on page 27.

A balanced diet

A healthy reduced-calorie, low-fat diet should include plenty of vegetables, fruits, whole grains, low-fat dairy, and lean meats and proteins. Eat fats only sparingly.



Although the **alli®** Program limits calories and fat, you won't feel deprived. You can enjoy a wide range of ample, satisfying meals without exceeding your targets.

Eating balanced meals

Judging by the foods that are easiest to come by, you might think the three food groups were candy, chips, and soda! Tempting as they might be, these foods don't have what it takes to power you through to lasting weight loss. You need a truly balanced diet.

Ten danger foods

Here are 10 "danger foods" to watch for, along with safe choices that avoid unwanted treatment effects.

Watch portion size no matter what you eat.

 Danger food	 Safe choice
Cream-based soups, sauces	Tomato-based soups, sauces
Fried fish or meat	Grilled or baked fish or meat
Full-fat dairy products	Nonfat milk or yogurt
Butter or mayonnaise	Mustard, ketchup, salsa
Regular salad dressing	Fat-free salad dressing
Fatty meats like sausage	Lean meats like skinless chicken
Fatty snacks like chips, nuts, or movie theater popcorn	Low-fat snacks like pretzels or low-fat microwave popcorn
Fatty sweets like chocolates and caramels	Fat-free sweets like hard candy or licorice
Baked desserts	Fresh fruit
Cooking fats or oils	Cooking spray

Eating a balanced diet will ensure that, even though you're eating fewer calories, you're still getting all the nutrients you need. To ensure adequate vitamin absorption, take a multivitamin that has vitamins A, D, E, K, and beta-carotene. Take the multivitamin once a day, at bedtime.

The mix of carbohydrates and lean proteins in a balanced diet provides sustained energy that can help

avoid the sudden loss of energy from a "sugar crash." A variety of foods helps keep you from getting bored. And a balanced diet is a healthy diet that you can live with for life.

If following a balanced diet seems complicated, think of it this way: replacing sweets and high-fat foods with fruits, vegetables, and whole grains will take you a long way toward balance.

The power of writing it down

It is important for your weight loss success to record what you eat and drink. Keeping a journal of your meals, snacks, and beverages helps you gain more awareness of your selections, and gives you a better chance to make successful choices. Most journal keepers quickly discover it's easy to forget yesterday's meals and that it's best to write things down when you eat them.

Dieting takes effort. Think of your food journal as a way to help make sure that your effort pays off.

What can you eat with the alli® Program?

A low-fat diet shouldn't stop you from enjoying food. Here are one day's meals that meet typical alli® targets, go together quickly, and taste great.



Breakfast Whole grain waffles with blueberries and yogurt



Lunch Ham and low-fat cheese wrap with mustard, and green bean salad



Dinner Broiled flounder, sautéed rice, spinach




Snack Peach smoothie

Getting Started

Now that you understand how the **alli**® Program works and the importance of a reduced-calorie, low-fat diet, it's time to get started.

This section tells you how to start and follow the **alli**® Program. It includes:

- Enlisting a support network
- Starting the program and taking **alli**® capsules
- Sticking with the program and making progress



If you have the courage to begin, you have the courage to succeed.

DAVID VISCOTT

Enlisting a support network

Many people find it easier to follow a new routine when they have some support.

Family and friends can be one good source of support. Pick a few trusted friends and family members, explain what you're doing, and let them know you appreciate their help. Sharing your intentions can also be a way of committing to your plan more strongly.

Of course, changing routines can also pose challenges. If you're concerned about how your family or friends may respond, see *Handling sabotage* on page 50.

I want to deal with my weight once and for all, and get on with my life.

Starting your diet and taking the alli® capsules

Here's how to get off to a great start using the **alli®** Program, and how to stick with the program to get the results you want.

Set your starting date

Pick the day you will begin taking the **alli®** capsules ahead of time. Before you begin taking the **alli®** capsules, start your reduced-calorie, low-fat diet and give your body a few days to adjust to your new eating habits.

If you can, plan to start using the **alli®** capsules when you can be close to home for a couple of days. For example, if you work during the day, Monday through Friday, start using the **alli®** capsules with dinner on Friday night. Your body will have more time to adjust to the **alli®** capsules, and you'll have time to learn how to manage any treatment effects you may experience.

Set some goals

When most people try to lose weight, they understandably focus on only one thing: how much weight they have to lose. While this target is important, you'll be far more successful if you focus on changing the behaviors that can affect your weight. In the **alli®** Program, these behaviors include choosing low-fat foods, controlling calories and portions, and eating a balanced diet.

To help you adopt these behaviors more easily, set small, specific goals for yourself. For example, to help you eat a balanced diet, set a goal to eat at least three vegetables

Before you take the alli® capsules

The alli® capsules are for overweight adults (18 years or older). Most people can take the alli® capsules safely, but you should not take them, or you should get your doctor's advice first, if you have some health conditions or take certain medications.

Warnings

Organ transplant alert:
 • do not use if you have had an organ transplant. Orlistat interferes with the medicines used to prevent transplant rejection.

Allergy alert:
 • do not use if you are allergic to any of the ingredients in orlistat capsules

Do not use

- if you are taking cyclosporine
- if you have been diagnosed with problems absorbing food
- if you are not overweight

Ask a doctor before use if you have ever had
 • gallbladder problems • kidney stones • pancreatitis

Ask a doctor or pharmacist before use if you are
 • taking warfarin (blood thinning medicine), or taking medicine for diabetes or thyroid disease. Your medication dose may need to be adjusted.
 • taking other weight loss products

When using this product

Stop use and ask a doctor if

- you develop itching, yellow eyes or skin, dark urine or loss of appetite. There have been rare reports of liver injury in people taking orlistat.
- severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition.

If pregnant or breast-feeding, do not use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

a day. To help you control calories, set a goal to write down the calories and fat grams you eat in the *Daily Journal*. To help you control portions, set a goal to measure food onto your plate and put the rest away before you begin eating. Setting these small, achievable goals can smooth the way toward your ultimate goal of losing weight.

Physical activity is a great addition to any weight loss program, and small goals can help you change your behavior in a positive way. For more on goal-setting for getting active, see Section 4.

Begin your diet

Once you've set your starting date, begin your diet right away. Start choosing meals containing no more than 30 percent fat. It takes a little practice at first, but if you can learn to do this consistently before beginning to take the alli® capsules, you'll reduce the chances of unwanted treatment effects.

It's also a good idea to practice writing down what you eat in your *Daily Journal* as you begin your diet. That way, you're already in the habit by the time you begin taking your capsules.

Begin taking the alli® capsules

Along with hitting your calorie and fat targets, taking your capsules correctly and consistently is essential to success with the alli® Program. It's not complicated or difficult.

Here are the Directions for Use:

• For overweight adults 18 years and older:

- Take 1 capsule with each meal containing fat.
- Do not take more than 3 capsules daily.
- Use with a reduced-calorie, low-fat diet until you reach your weight loss goal. Most weight loss occurs

Develop a routine

Take one capsule with each meal containing fat, and take a multivitamin once a day, at bedtime.

Breakfast



alli® Capsule

Lunch



alli® Capsule

Dinner



alli® Capsule

Bedtime



Multivitamin

I'm capable of being patient—if I see that I'm getting somewhere.

in the first 6 months.

- If you stop taking orlistat, continue with your diet and exercise program.
- If you start to regain weight after you stop taking orlistat, you may need to start taking orlistat again along with your diet and exercise program.

• Take a multivitamin once a day, at bedtime, when using orlistat.

Develop a routine for taking the alli® capsules

For the best weight-loss results, it's important to take an alli® capsule three times a day with a meal containing fat. Although this practice sounds simple, it's easy to forget when you get involved in other things—especially if you're not accustomed to taking medication.

A good way to remember is to link taking the alli® capsule with your meal routines. Choose something you always do at a meal and use it to remind you to take a capsule. For example, if you read the paper during breakfast, take your capsule before picking up the paper. When you wash your hands before dinner, take the alli® capsule at that time.

Common questions about taking the alli® capsules

Can I skip a dose?

If you're certain your meal contains no fat at all—for example, fruit for breakfast—you can skip a dose. If you're not sure, take your regular dose.

What if I miss a dose?

If you miss a dose, you simply lose the benefit of taking the alli® capsule with that meal. Just remember to take it with your next meal.

What if I eat more than 3 meals a day?

Should I still take a capsule with each meal?

Take a capsule with the 3 largest meals, but do not take more than 3 capsules a day.

Make taking your capsule part of your routine, so you'll feel something is missing if you don't take it.

Remind yourself

Are there times and places in your daily routine where you'll be especially likely to forget? Perhaps you're likely to forget when picking up coffee and toast from your favorite take-out stand on the way to the office. Think ahead about solutions for these situations. For example, you could simply make a mark on the take-out bag or

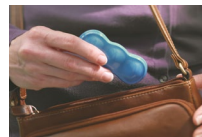
coffee cup that'll remind you to take your capsule when you get to the office.

You may want to keep a bottle of alli® capsules at work, so you never have to think about bringing it. Because taking the alli® capsules consistently is important to success, it also may be helpful—especially in the first week—to leave yourself reminder notes at home and at work, or to ask your family or friends to remind you to take your capsules.

It doesn't matter what reminders you use. The only rule is to choose a method that works for you.

Use the alli® shuttle™

The alli® shuttle™ included with the Starter Pack provides a convenient way to carry your daily dosage with you. This compact, convenient capsule shuttle also may serve as a reminder to take your dosage at meal times. Load it up every morning and slip it in your pocket or purse.



Use your shuttle for temporary storage only, and avoid exposing the shuttle to excessive humidity and light. The alli® capsules should be stored below 77 degrees

The alli® shuttle™ can travel with you to make sure your capsules are with you at mealtime, wherever your day takes you.

Fahrenheit, so you shouldn't keep it in a pocket next to your skin. And remember that the shuttle is not child-resistant.

Sticking with the program

Few worthwhile things are achieved quickly or without effort. The **alli**® Program is intended to give you slow, steady results that will last. Here are some suggestions for staying on the road to success while you're using the **alli**® Program.

Avoid "scale anxiety"

Daily weight fluctuations are normal, and can only take you on an emotional roller-coaster ride if you pay attention to them. To track your progress, weigh yourself no more than once a week. Always do it on the same day and at the same time of day—morning or evening. You will naturally see daily fluctuations caused by humidity, hormonal cycles, or dietary salt intake. But over the weeks, you should see your weight decrease. Above all, don't let the scale keep you from noticing other signs of progress: the way your clothes fit, the new energy you have, the more positive way you feel about yourself.

Portable support

You'll find tools in this package that you can carry with you to support your weight-loss efforts.



The *Calorie & Fat Counter* lists the calories and fat grams in common grocery and restaurant foods.



The *Daily Journal* helps you record what you eat, when you take your capsules, and physical activity.

Stay food-aware

Take a moment each day to think about the way you look at food and how it fits into your routine. Are you eating carefully and consciously? Are you taking time to enjoy what you eat?

Healthy eating is a matter of replacing bad habits with good ones. Doing that takes daily awareness and effort.

Be ready for a few bumps in the road

Don't expect yourself to follow the program perfectly every day. You may encounter food cravings, people who undermine your efforts, situations where food is tough to avoid, moments when motivation is scarce, and times when your weight seems stuck. Stay focused on your goals and don't give up. If you need suggestions for dealing with any of these situations, see *Bumps in the Road*, page 49.

After you've reached your weight-loss goal

Clinical results have shown most weight loss with the **alli**® Program usually occurs within the first six months. If you take the **alli**® capsules correctly, and follow a reduced-calorie, low-fat diet, chances are you're going to see some positive changes. After you stop taking the **alli**® capsules, remember to continue your healthy eating habits and exercise program to maintain your weight.

If you regain weight

It's common to regain a few pounds after stopping the **alli**® capsules, so don't be discouraged if this happens. If it does, respond quickly—don't let small gains become big ones. Here are some tips for getting back on track:

- Weigh yourself once a week and record your weight.
- Resume recording calories and fat grams.
- Revisit the **alli**® Web site and reacquaint yourself with its wealth of resources and support tools. Go to www.myalli.com.
- If you start to regain weight after you stop taking orlistat, you may need to start taking orlistat again along with your diet and exercise program.


For many people, achieving and maintaining a healthy weight is a lifelong challenge. The important thing is to eat a healthy diet—reduced calories and low-fat—and keep trying.

Getting Active

Exercise is a valuable part of any weight-loss program. Not only can it improve your sense of well-being, it can reduce your risk for disease.

While you're probably already familiar with exercise strategies, this section may help remind you how to incorporate exercise into your life in a way that's both realistic and effective. It includes:

- How active you need to be
- How to make a plan that fits you



**Be not afraid
of going slowly;
be afraid only
of standing
still.**

CHINESE PROVERB

How active do you need to be?

Here's the good news: you don't have to hit the gym or hire a personal trainer to make a real difference in your health. Studies show that moderate exercise—such as walking for 30 minutes every day—can reduce your risk for disease.

Of course, any activity you add to your day burns calories and supports your weight-loss efforts. What's important is including activity regularly in your routine.

I'm not into the gym scene. I'd rather take a nice long walk with my dog. Most of the time the conversation is better, anyway.

Start small

We've all started exercise regimes with great enthusiasm, overdone it on the first few days, and stopped because we were tired, sore, or discouraged. So, start small and work your way up. Consistency is your goal.

It adds up quickly

The great thing about exercise is its cumulative effect—you don't have to do it all at once. You can add it to your activities throughout the day by sneaking in a little extra walking into the things you already do. Here are a few examples:

- When going to work or an appointment, take the stairs instead of the elevator.
 - When shopping, park in the far corner of the lot.
 - If you need to talk to a co-worker, visit his or her office instead of picking up the phone.
 - When you walk the dog, go around the block one extra time.
 - On your way to work, get off the bus or subway one stop early.
 - At lunchtime, walk to a nearby park and eat outdoors.
- Be inventive—even a little more activity will support your weight loss efforts.



An inexpensive pedometer will tell you how far you walk. It can be motivating to beat last week's total!

Making a plan of action

Sometimes we intend to be more active—and then life gets in the way. A simple plan might help you follow through on your intentions. A good plan has three parts:

- *What.* Choose what you'll do, and make it something you can enjoy.
- *When.* Decide when you'll do it, based on regular times that fit your schedule. Three times a week is a good start.

- *How much.* Decide how much to do, measured in distance or time. Make it a comfortable level for you. For example, swim laps for 30 minutes, or walk five times around the block. If you're just starting out, begin slowly—add 10 minutes of walking a day into your schedule.

Measure your progress

Once you begin, record in your *Daily Journal* how long you spend or how far you go. You'll enjoy watching your progress add up over time.

Team up

Another great way to follow through is to team up with a friend. You can help each other stick to the plan, and talking will make the time you spend exercising pass more quickly.

Check with your doctor

Before you start your exercise program, check with your doctor. Describe your intended activities and make sure your doctor thinks they're a good match with your age, physical condition, or with any medical condition you may have.

Exercise your options

Here are 10 options for reaching the *Moderate Activity* level.



Walk 2 miles in 30 minutes.

Run 1½ miles in 15 minutes.

Swim laps for 20 minutes.

Ride a bicycle 5 miles in 30 minutes.

Push a stroller 1½ miles in 30 minutes.



Wash and wax a car for 45 to 60 minutes.

Wash windows or floors for 45 to 60 minutes.

Garden for 30 to 45 minutes.

Rake leaves for 30 minutes.


Play volleyball for 45 to 60 minutes.



Bumps in the Road

Everyone who's trying to lose weight hits a bump in the road from time to time. Think of this section as your emergency kit for those situations. Sometimes, just knowing what to expect can help you avoid problems. And if you encounter problems, the tips here will equip you to get over them and continue toward your goals. The tips include:

- Beating cravings
- Handling sabotage
- Surviving slip-ups
- Getting beyond a plateau
- Staying motivated



Be like a postage stamp. Stick to one thing until you get there.

JOSH BILLINGS

Beating cravings

Some days, chocolate seems to wield a magic power that makes it irresistible. On other days, you may be tempted by salty or high-fat foods. Whatever the temptation, food cravings are a part of dieting. Here are five ways to beat them.

- *Get some exercise.* Exercise elevates your mood and can give you just as much of a boost as food—and it subtracts calories, rather than adding them.
- *Swap one food for another.* If you're craving a salty snack, have some salted celery or a lettuce salad with lemon juice and a sprinkling of salt. If it's sweets you're after, try sugar-free hard candy, or a fruit-and-ice smoothie with no-calorie sweetener.
- *Get past the minute.* If you can distract yourself for just a few minutes, the craving may pass.
- *Drink water.* For a special treat, make a lemon or lime spritzer with club soda.

Handling sabotage

Sabotage is what you face when your spouse or friend sits down on the couch next to you with a big bowl of potato chips. Or when someone at the office says, "You're not on another one of those diets again!" Friends, family, or co-workers may not be consciously

trying to undermine your efforts, but the result is the same.

If it's someone who truly has your interests at heart, talk about it. Ask him or her not to tempt you with food. Explain what you're doing and why support means a lot to you. Often, that's all it takes.

Surviving slip-ups

Weight control is not like walking a tightrope—one slip and you're done. When you're learning a new skill—

Hey, a lot of my best friends are thin. But honestly, they're clueless about what I go through to lose weight.

driving a car, mastering a new dance step, playing a musical instrument—expect mistakes. You don't quit playing because of a few bad notes. What's important is how you deal with these slip-ups. Here are a few tips:

- *Accept it.* Mistakes happen. Forgive yourself and focus on what to do differently next time.
- *Persevere.* Reaffirm your goals. Watch out for laments like "I've blown it" or "I'm back where I started." These all-or-nothing expressions are a way to give yourself permission to give up.

- *Look for triggers.* Try to understand what events or circumstances led to overeating. Anger, stress, loneliness, or "the blues" are common triggers.
- *Break the cycle.* When you encounter a trigger, change direction. If you're in the kitchen, or near food elsewhere, go somewhere else. Then, seek another reward. Call a friend, go for a walk, listen to music, or catalog-shop for the smaller-sized clothes you'll soon be ready to buy.

Getting beyond a plateau

If you are eating a reduced-calorie, low-fat diet and taking the **alli**® capsules, but you've stopped making progress with weight loss, you may have reached a plateau.

If progress stops after days or weeks

If you stop making progress after a few days or weeks on the program, review what you've been doing. Here are some things you might consider:

- Make sure you're taking the **alli**® capsules exactly as directed. You may be missing more doses than you realize.
- Restart your *Daily Journal* if you've stopped, or tackle it with renewed commitment. It's tough to control calories, fat, and portions without writing them down.

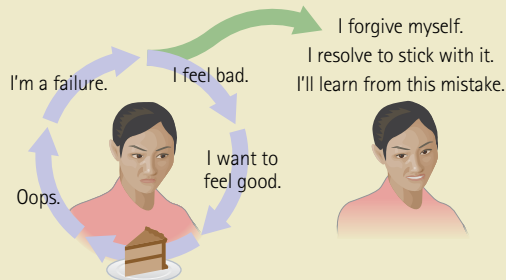
- Don't forget your exercise goals. Don't let a few days of bad weather or a business trip derail your daily walk.

If progress stops after several months

If you stop making progress after losing weight with the **alli**® Program for several months—especially if you've lost five percent or more of your body weight—you've probably reached a true plateau. This plateau is a normal part of weight loss. Your body at its new, reduced weight needs fewer calories to function than at your

The slip-up cycle

One food slip-up can lead to another in a destructive cycle. Self-forgiveness and determination can break the cycle.



old weight. To continue losing, simply reset your calorie and fat targets based on your new weight. See *Setting your targets* on page 16 for help. Making these adjustments should keep the momentum going, and keep the pounds coming off.

If you reach a plateau, it's critical to continue following the **alli**® Program (taking capsules, eating a reduced-calorie, low-fat diet, and staying active) until you've reached your weight-loss goal.

Staying motivated

The best way to stay motivated is to manage your expectations and keep them reasonable. With the **alli**® Program, you can expect steady, gradual weight loss of about a pound a week beginning within the first two weeks of use.

How much weight you lose will depend on how closely you

follow the recommended diet and the **alli**® Program.

If you catch yourself hoping to be a size smaller in time for a party next week, remind yourself to focus on the longer term—and to acknowledge the progress you've already made.

I'm going to buy a new outfit as my reward. In a new size.

As you do make progress, give yourself frequent pats on the back. Choose rewards that are important to you. Here are a few ideas:

- Buy that new pair of jeans or other clothes you've had your eye on.
- Send yourself some flowers.
- Buy a new CD.
- Take time out to read your favorite magazine.
- Take the afternoon off.
- Watch your favorite TV show.
- Go for a drive in the country.
- Get a massage.
- Treat yourself to the theater or a sporting event.
- Play a round of golf.

Giving yourself many small rewards for making regular progress can be more effective than holding out for a big reward. The more encouragement you give yourself, the better.

Of course, in the end, how you look and feel will be the best reward you can give yourself. Enjoy the new you!



GlaxoSmithKline
Consumer Healthcare

Read and follow all label instructions
before using this product.

For more information, go to myalli.com.