**Drug Facts**

**Active ingredient (in each sealed capsule)**

Orlistat 60 mg

**Purpose**

Weight loss aid

**Use**

- for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and low-fat diet

**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 if you are**

- taking any of the following prescription medications. Some prescription doses may need to be adjusted, or some medications may not work as well when used with orlistat.
- anticoagulants (blood thinning medicine)
- amiodarone (heart medicine)
- diabetes medicine
- thyroid disease medicine
- seizure medicine
- antiretrovirals (HIV medicine)
- taking other weight loss products

**When using this product**

- take a multivitamin once a day, at bedtime. Orlistat can reduce the absorption of some vitamins.
- follow a well-balanced, reduced-calorie, low-fat diet. Try starting this diet before taking orlistat.
- orlistat works by preventing the absorption of some of the fat you eat. The fat passes out of your body, so you may have bowel changes.

You may get:
- gas with oily spotting
- loose stools
- more frequent stools that may be hard to control

**Drug Facts (continued)**

- eating a low-fat diet lowers the chance of having these bowel changes
- for every 5 pounds you lose from diet alone, orlistat can help you lose 2-3 pounds more. In studies, most people lost 5-10 pounds over 6 months.

**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.
- you are taking medicine for seizures and your seizures happen more often or get worse

**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**

- read the enclosed brochure for other important information
- diet and exercise are the starting points for any weight loss program. Try these first before adding orlistat. Check with your doctor before starting any exercise program.
- to see if orlistat capsules are right for you, find your height on the chart to the right. You may consider starting a weight loss program with orlistat if your weight is the same or more than the weight shown for your height.

- 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 and exercise program until you reach your weight loss goal. Most weight loss occurs 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

**Other information**

- store at 20 – 25°C (68 – 77°F)
- protect drug from excessive light, humidity and temperatures over 30°C (86°F)

**Inactive ingredients**

FD&C Blue No. 2, edible ink, gelatin, iron oxide, microcrystalline cellulose, povidone, sodium lauryl sulfate, sodium starch glycinate, talc, titanium dioxide

**Questions or comments? Call toll-free 1-800-671-2554**