ALLI WEIGHT LOSS SUPPLEMENTS

A Product Review by Nicole Guyette

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Outline

• Background on Alli and Orlistat
• Pathway
• FDA and Drug Facts
• Research on effectiveness
• Research on safety
• Customer Reviews
• Cost effectiveness
• Conclusion
What is Alli?

- Classified as an over the counter drug
- 60 mg of Orlistat
- FDA approved over the counter weight loss aid
- Helps you lose weight quicker

**Major Claim:**
For every 2 lbs lost through diet & exercise, Alli will help you lose 1 lb more
What is Orlistat?

- Scientific name: tetrahydrolipostatin
- Prescription or non prescription drug
  - Prescription – Xenical
  - Non Prescription - Alli
- When prescribed - dosage is 120 mg
  - Double the mg dose of Alli
- Lipase inhibitor
- Prescribed to overweight people with high blood pressure, diabetes, high cholesterol, or heart disease

How does it work?

- The enzyme, lipase, breaks down fat in the body.
- Orlistat attaches to lipase and prevents it from breaking down all fats.
- Less fat is absorbed into the body:
  - Less calories are absorbed
  - Promotes weight loss
- Non-broken down fat is removed through feces.
What does the FDA say?

- Only FDA approved over the counter weight loss aid.

**WARNING**

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.
Gastrointestinal side effects can be lessened using the online tool found on the website.
## Does it Work?

<table>
<thead>
<tr>
<th>Study</th>
<th>Type of Study</th>
<th>Sample Size</th>
<th>Dosage</th>
<th>Time Period</th>
<th>Diet &amp; Exercise</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smith TJ, Crombie A, Sanders LF, et al.</td>
<td>Randomized control trial</td>
<td>57 army soldiers</td>
<td>60 mg TID</td>
<td>6 months</td>
<td>Reduced energy, low-fat diet – Typical army routine</td>
<td>↗ body fat, ~5% weight loss with orlistat compared to ~3% with placebo group, less lean body mass lost</td>
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<tr>
<td>Thomas EL, Makwana A, Newbould R, et al.</td>
<td>Open label, non randomized (no control)</td>
<td>27 obese subjects</td>
<td>60 mg TID</td>
<td>12 weeks</td>
<td>Recommended low cal, low fat, regular exercise Daily multivitamin</td>
<td>↘ Energy intake, ↘ abdominal fat, ↘ weight/BMI, ↘ cholesterol levels, ↑ liver function, ↘ heart rate</td>
</tr>
<tr>
<td>Derosa G, Cicero AF, D’angelo A, Fogari E, Maffioli P</td>
<td>multicentre, randomized, double-blind, controlled study</td>
<td>254 subjects – 20 dropped out due to side effects</td>
<td>120 mg TID</td>
<td>12 months</td>
<td>Controlled energy diet, exercise increase encouraged</td>
<td>↘ Body weight/BMI, ↘ FPG, TC, LDL-C and Tg</td>
</tr>
<tr>
<td>Chanoine JP, Richard M. (2011)</td>
<td>Randomized control trial</td>
<td>539 obese adolescents</td>
<td>120 mg TID</td>
<td>1 year</td>
<td>Hypocaloric diet, no exercise required</td>
<td>↑ Early weight loss, ↘ waist circumference, ↘ BMI</td>
</tr>
<tr>
<td>Maclaughlin HL, Cook SA, Kariyawasam D, Roseke M, Van niekerk M, Macdougall IC. (2010)</td>
<td>Open label, prospective, nonrandomized intervention trial</td>
<td>64 patients with CKD</td>
<td>120 mg TID</td>
<td>2 years</td>
<td>Low fat, calorie reduced, renal diet, personalized exercise plans</td>
<td>↑ Weight loss, ↑ renal function</td>
</tr>
</tbody>
</table>
Focus on:

Pragmatic study of orlistat 60 mg on abdominal obesity (2011)

Figure 1: Plots showing percent changes in AT depots following 3 months treatment with orlistat 60 mg. †P<0.05 and *P<0.001. IMAT, intermuscular AT.

Figure 2: Plots showing mean change ± s.e.m. from initial body weight and WC during 3 months of treatment with orlistat 60mg.
According to the Research:

Are there severe side effects?

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<tr>
<th>Study</th>
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<th>Sample Size</th>
<th>Dosage</th>
<th>Time Period</th>
<th>Limitations</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hong JL, Meier CR, Sandler RS, Jick SS, Stürmer T. (2013)</td>
<td>Retrospective matched cohort study</td>
<td>193,972 subjects</td>
<td>120 mg TID</td>
<td>10 years</td>
<td>Many subjects didn't fully adhere to conditions, short follow up time,</td>
<td>No significant increase in chance of colorectal cancer</td>
</tr>
<tr>
<td>Schwartz SM, Bansal VP, Hale C, Rossi M, Engle JP. (2008)</td>
<td>Open-label, naturalistic study</td>
<td>237 subjects</td>
<td>60 mg TID</td>
<td>3 month</td>
<td>Naturalistic study, unable to know if patients followed directions</td>
<td>Appropriate and safe weight loss therapy OTC</td>
</tr>
<tr>
<td>De castro JJ, Dias T, Chambel P, et al. (2009)</td>
<td>Double blind, parallel, placebo-controlled study</td>
<td>166 patients</td>
<td>120 mg TID</td>
<td>24 weeks</td>
<td>Short term study, high drop out rate,</td>
<td>Slight increase in adverse effects seen in orlistat group, ↑ weight loss</td>
</tr>
<tr>
<td>Gokcel A, Gumurdulu Y, Karakose H, et al (2002)</td>
<td>prospective, randomized, clinical trial</td>
<td>50 patients</td>
<td>120 mg TID</td>
<td>6 months</td>
<td>Compared to other drugs, patients resigned due to side effects</td>
<td>↓ Cardiovascular risk, ↓ Type II DM, safe and effective</td>
</tr>
<tr>
<td>Derosa G, Cicero AF, Murdolo G, et al. (2005)</td>
<td>Randomized, control, double blind clinical study</td>
<td>115 obese and hypertensive patients</td>
<td>120 mg TID</td>
<td>12 months</td>
<td>Hypertensive patients, on other medications for hypertension</td>
<td>↓ Fat soluble vitamin absorption, ↑ weight loss, ↑ adverse effects, ↓ blood pressure</td>
</tr>
</tbody>
</table>
Focus on:


Other Side Effects Seen:

- Fat Soluble Vitamins
- Vitamin D and E levels decreased

However, no patients required supplementation.
Customer Reviews

★★★★☆ It works, November 24, 2013
By Daniel W. Reed (FPO, AP, US) - See all my reviews
Amazon Verified Purchase (What's this?)
This review is from: Alli Weight-Loss Aid, Orlistat 60mg Capsules, 90-Count Starter Pack (Health and Beauty)
It works! You have to do YOUR part too. This means exercise, and eating right! It is not a magic pill...but it helps you along the way.

★★★★★ hurts my stomach but works, November 22, 2013
By jopp4552 - See all my reviews
Amazon Verified Purchase (What's this?)
This review is from: Alli Weight-Loss Aid, Orlistat 60mg Capsules, 90-Count Starter Pack (Health and Beauty)
It works like it should but gave me extreme abdominal pain after two days of use, I started day one with just one pill a day and then used two the next. The third day I felt very badly and decided to discontinue completely. The pain lasted about a day and a half. I was disappointed but since it did work like it promised, I only took one star away.

★★☆☆☆ allii, November 17, 2013
By M. Faviello "shopping queen" (ny) - See all my reviews
Amazon Verified Purchase (What's this?)
This review is from: Alli Weight-Loss Aid, Orlistat 60mg Capsules, 90-Count Starter Pack (Health and Beauty)
i had used this for quite a while, and it made really funny things to your body, you must be a very very devoted dieter to use these or you will be in for some very unpleasant side affects.

★☆☆☆☆ Not worth it, lose weight the old fashioned way., November 3, 2013
By Raymond Rushing - See all my reviews
Amazon Verified Purchase (What's this?)
This review is from: Alli Weight-Loss Aid, Orlistat 60mg Capsules, 90-Count Starter Pack (Health and Beauty)
This product gave me the opposite effect of what it was supposed to do. It is supposed to make you excrete fat from foods, however, this product made me constipated that did not subside until i stopped taking the product.
Cost Effectiveness

Starter pack (90 capsules):
- $44.88 / box
- $0.50 / capsule
- $1.50 / day

Refill Pack (120 capsules):
- $49.99 / box
- $0.42 / capsule
- $1.26 / day

Starter Pack (90 capsules):
- $44.88 / box
- $0.50 / capsule
- $1.50 / day

Refill Pack (120 capsules):
- $54.88 / box
- $0.46 / capsule
- $1.38 / day

http://admin.csrwire.com/system/profile_logos/12774/original/wmt_logo_2.JPG
Conclusion

• Effective and Safe – Major Claim can be considered correct
  • Research
  • FDA

• Many Side Effects
  • Fat Soluble Vitamins
  • Gastrointestinal

• Many studies included used a higher dose than Alli

• Customer reviews are inconclusive

• Expensive

• Recommendation:
  • I believe in using a diet and exercise regime for weight loss
  • However, the research promotes Alli as effective and safe. Coupled with the approval by the FDA, it’s hard to deny Alli being an effective OTC weight loss method.

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QUESTIONS?
Works Cited


