



Read all of this leaflet carefully because it contains important information for you.

This medicine is available without a prescription. However, you still need to use it carefully to get the best results from it. Keep this leaflet. You may need to read it again. Ask your doctor or pharmacist if you need more information or advice. If you do not lose weight after taking alli for 12 weeks, see your doctor or pharmacist for advice. You may need to stop taking alli.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, tell your doctor or pharmacist.

In this leaflet:

- 1. What alli is and what it is used for
2. Before you take alli
3. How to take alli
4. Possible side effects
5. How to store alli

- 3. How to take alli
4. Possible side effects
5. How to store alli

- 6. Further information

What alli is and what it is used for

1. What alli is and what it is used for
This chapter contains:
Risk of being overweight
How alli works

What alli is and what it is used for

alli is used for weight loss in adults aged 18 and over who are overweight, and have a body mass index (BMI) of 28 or above. alli should be used along with a reduced calorie, lower-fat diet.

Table with 4 columns: Height, Weight, Height, Weight. Rows show BMI ranges and corresponding weight/height values.

Risk of being overweight

Being overweight increases your risk of developing several serious health problems such as diabetes and heart disease. These conditions may not cause you to feel unwell so you should see your doctor for a general health check.

How alli works
The active ingredient in alli is designed to target fat in your digestive system. It stops about a quarter of the fat in your meals from being absorbed.

Before you take alli

2. Before you take alli
This chapter contains:
Do not take alli
Take special care with alli
Taking other medicines
Taking alli with food and drink
Pregnancy and breast-feeding
Driving and using machines

Before you take alli

2. Before you take alli
Do not take alli
If you are under 18
If you are pregnant or breast-feeding
If you are taking warfarin or other medicines used to thin the blood
If you are allergic (hypersensitive) to orlistat or any of the ingredients of alli
If you have cholelithiasis
If you have problems absorbing food

Taking other medicines

alli may affect some medicines you are taking. Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Talk to your doctor or pharmacist when taking alli

2. Talk to your doctor or pharmacist when taking alli
If you are taking a medicine for high blood pressure as it may be necessary to adjust your dose.
If you are taking a medicine for high cholesterol as it may be necessary to adjust your dose.
Taking alli with food and drink
Take alli at mealtimes. This usually means one capsule at breakfast, lunch and dinner.

How to take alli

3. How to take alli
This chapter contains:
Preparing to lose weight
Choosing your start date
Deciding on your weight loss goal
Setting your calorie and fat targets
Taking alli
Adults 18 and over
How long should I take alli for?
If you take too much alli
If you forget to take alli

How to take alli

3. How to take alli
1. Choose your start date
2. Decide on your weight loss goal
3. Set your calorie and fat targets

Taking alli

3. Taking alli
Adults 18 and over
Take one capsule, three times a day.
Take alli at mealtimes. This usually means one capsule at breakfast, lunch and dinner.
If you miss a meal, or your meal contains no fat, do not take a capsule.
Take all just before, during or up to one hour after meals.

Possible side effects

4. Possible side effects
This chapter contains:
Serious side effects
Very common side effects
Common side effects
Effects seen in blood tests
Learn to deal with diet-related treatment effects

Possible side effects

4. Possible side effects
This chapter contains:
Serious side effects
Very common side effects
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Possible side effects

4. Possible side effects
Like all medicines, alli can cause side effects, although not everybody gets them. Most of the common side effects related to alli (for example, wind with or without oily spotting, sudden or more frequent bowel motions and soft stools) are caused by the way it works.

Effects seen in blood tests

4. Effects seen in blood tests
It is not known how frequently these effects occur.
Increases in the levels of some liver enzymes.
Effects on blood clotting in people taking warfarin or other blood-thinning (anti-coagulant) medicines.

Further information

4. Further information
This chapter contains:
What alli contains
What alli looks like and contents of the pack
Marketing authorisation holder and manufacturer
Further helpful information

How to store alli

5. How to store alli
Keep out of the reach and sight of children.
Do not use all after the expiry date which is stated on the carton.
Do not store above 25°C.

Further information

6. Further information
This chapter contains:
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6. Further information
What all contains
The active substance is orlistat. Each capsule contains 60 mg of orlistat.
The other ingredients are:
Capsule filling: microcrystalline cellulose (E460), sodium starch glycolate, povidone (E1201), sodium laurylsulfate, talc.

Marketing authorisation holder and manufacturer

Marketing authorisation holder:
Glaxo Group Limited, Glaxo Wellcome House, Berkeley Avenue, Greenford, Middlesex UB8 3NN, United Kingdom.
Manufacturer:
Famar, 190 11 Avlona, Greece.

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Magyarország

Slovenija

Sverige

België/Belgique/Belgien

Espana

Niederland

Slovenská republika

United Kingdom

Deutsland

France

Norge

Suomi/Finland

Healthcare A/S

Esti

Ireland

România

Healthcare s.r.o.

Healthcare A/S

Latvia

Lietuva

How to set your calorie target

Table showing calorie targets for women and men based on weight and activity level.

How to set your fat target

Table showing fat targets for women and men based on weight and activity level.

Remember:

Remember:
Stick to realistic calorie and fat targets as this is a good way of maintaining your weight loss achievements in the long term.
Write down what you eat in a food diary including the calorie and fat content.



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