

Health Bulletin



The Only FDA-Approved Over-The-Counter Weight-Loss Product

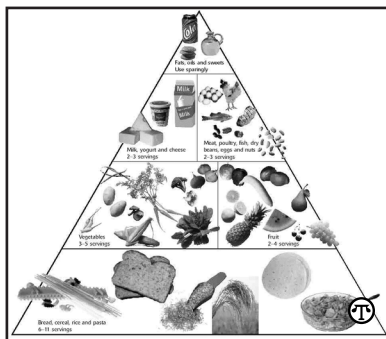
(NAPSA)—There's a new tool that may help Americans fight the relentless battle of the bulge.

Overweight and obesity are at epidemic proportions, with an alarming 130 million people in the U.S. overweight or obese.

Recently, the U.S. Food and Drug Administration (FDA) approved the only weight-loss product for use without a prescription in the United States. This new weight-loss program will be available in local stores by summer under the brand name *alli*[™] (pronounced AL-eye). It is intended for weight loss in overweight adults 18 years and older. The packaging will include Welcome and Companion Guides, a Guide to Healthy Eating, a Daily Journal, a Calorie and Fat Counter, Quick Fact Cards, and free access to an individually tailored online action plan at myalli.com.

Experts believe an FDA-approved weight-loss product that can be purchased over-the-counter (OTC) can help Americans lose weight safely and effectively. "People try to lose weight on their own with diet and exercise and very often they fail," said Caroline Apovian, M.D., Director of the Center for Nutrition and Weight Management at the Boston Medical Center. "We know that modest, gradual weight loss provides significant health benefits. It's time consumers readjust their thinking to realize positive results. *alli* can help them do just that."

This safe product works by blocking the absorption of about 25 percent of dietary fat absorbed in the gut, thus reducing the number of calories a person takes in. It is not a "magic pill," however, and must be used in conjunction with a reduced-calorie,



low-fat diet. For those ready to lose weight, the program outlines a realistic approach to gradual and modest weight loss. This product can help people lose 50 percent more weight than dieting alone. For example, if you lost 10 pounds with a diet, you could lose 15 pounds with diet plus *alli*. That extra payoff is a powerful motivator.

Life-long dieter Deb Fisher thinks that a new option is needed to help consumers—such as herself—who have struggled to lose weight. "I think for those of us who feel that we need something in addition to the lifestyle changes to help us get started, that it makes sense to use a product that's been approved by the FDA that is regulated and determined to be safe when used appropriately."

People who commit to taking *alli* need to follow a reduced-calorie, low-fat diet to achieve optimal results. When properly followed, the diet helps maximize weight loss and minimize treatment effects.

If you are ready to get serious about your diet and exercise plan, *alli* may be the tool you need to help boost your weight-loss efforts. For more information, go to myalli.com.