Drug Facts

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

Orlistat 60mg ..... 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 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 medicine for seizures
- 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
- 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.

Drug Facts (continued)

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**

Ht. / Wt.
4' 10" 129 lbs.
4' 11" 133 lbs.
5' 0" 138 lbs.
5' 1" 143 lbs.
5' 2" 147 lbs.
5' 3" 152 lbs.
5' 4" 157 lbs.
5' 5" 162 lbs.
5' 6" 167 lbs.
5' 7" 172 lbs.
5' 8" 177 lbs.
5' 9" 182 lbs.
5' 10" 188 lbs.
5' 11" 193 lbs.
6' 0" 199 lbs.
6' 1" 204 lbs.
6' 2" 210 lbs.
6' 3" 216 lbs.
6' 4" 221 lbs.
6' 5" 227 lbs.

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 glycolate, talc, titanium dioxide

Questions or comments? call toll-free 1-800-671-2554 (English/Spanish) weekdays (10:00am–4:30pm EST)

TAMPER-EVIDENT features for your protection. The bottle of capsules has a foil seal under the cap imprinted with the words "sealed for your protection". Each individual capsule is sealed with a dark blue band around the center of the capsule. DO NOT USE THIS PRODUCT IF ANY OF THESE TAMPER-EVIDENT FEATURES ARE MISSING, TORN OR BROKEN.

For more information and to learn more about **alli**, visit us at www.Myalli.com.

To get information in Spanish, please call toll-free 1-877-469-2554.

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Moon Township, PA 15108 Made in India.

U.S. Patent No. 6,004,996
Shuttle Patent Pending

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100785XD

4402

alli®
Orlistat 60mg Capsules
Weight Loss Aid

The Starter Pack includes:

Read Me First brochure

Convenient Carrying Case

Up to 30 day supply (90 capsules)

alli®

For more information, visit www.MyAlli.com

alli®
Orlistat 60mg Capsules
Weight Loss Aid

NDC 0135-0461-02

90 capsules **Starter Pack**

SEE TOP OF PACKAGE FOR LISTING OF CONTENTS

alli®
Orlistat 60mg Capsules
Weight Loss Aid

FDA approved non-prescription weight loss aid

Helps you lose more weight than dieting alone

90 CAPSULES

3 53100-46800 4

LOT:
EXP:

alli®
Orlistat 60mg Capsules
Weight Loss Aid

Reference ID: 3524156

alli®

Orlistat 60mg Capsules
Weight Loss Aid

alli®

Orlistat 60mg Capsules
Weight Loss Aid

The Refill Pack includes:

- Read Me First brochure
- Up to 40 day supply (120 capsules)

For more information, visit www.Myalli.com

How is this Refill Pack different than the Starter Pack?

IF THIS IS YOUR FIRST **alli** PROGRAM PURCHASE, YOU NEED TO BUY THE STARTER PACK. This refill pack is designed for people who are already using **alli** and have previously purchased the Starter Pack.

TAMPER-EVIDENT features for your protection. The bottle of capsules has a foil seal under the cap imprinted with the words "sealed for your protection". Each individual capsule is sealed with a dark blue band around the center of the capsule. DO NOT USE THIS PRODUCT IF ANY OF THESE TAMPER-EVIDENT FEATURES ARE MISSING, TORN OR BROKEN.

For more information and to learn more about **alli**, visit us at www.Myalli.com.

To get information in Spanish, please call toll-free 1-877-469-2554.

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U.S. Patent No. 6,004,996

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NDC 0135-0461-05

120 capsules **Refill Pack**

SEE SIDE OF PACKAGE FOR LISTING OF CONTENTS

alli®

Orlistat 60mg Capsules
Weight Loss Aid

FDA approved non-prescription weight loss aid

Helps you lose more weight than dieting alone

120 CAPSULES

LOT:
EXP:

Drug Facts

Active ingredient (in each sealed capsule) — **Purpose**
Orlistat 60mg ..... 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 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 medicine for seizures
- 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
- 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.

3 53100-46925 4

Drug Facts (continued)

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.

Ht. / Wt.	
4' 10"	129 lbs.
4' 11"	133 lbs.
5' 0"	138 lbs.
5' 1"	143 lbs.
5' 2"	147 lbs.
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5' 6"	167 lbs.
5' 7"	172 lbs.
5' 8"	177 lbs.
5' 9"	182 lbs.
5' 10"	188 lbs.
5' 11"	193 lbs.
6' 0"	199 lbs.
6' 1"	204 lbs.
6' 2"	210 lbs.
6' 3"	216 lbs.
6' 4"	221 lbs.
6' 5"	227 lbs.

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 glycolate, talc, titanium dioxide

Questions or comments? call toll-free **1-800-671-2554** (English/Spanish) weekdays (10:00am–4:30pm EST)

alli®

Orlistat 60mg Capsules
Weight Loss Aid

4400

Reference ID: 3524156

alli®
Orlistat 60mg Capsules
Weight Loss Aid

alli®
Orlistat 60mg Capsules
Weight Loss Aid

The Refill Pack includes:
- Read Me First brochure
- Up to 56 day supply (170 capsules)

For more information, visit www.MyalliI.com

How is this different than the Starter Pack?

The Starter Pack contains a convenient carrying case and additional materials designed to support healthy lifestyle changes.

TAMPER-EVIDENT features for your protection. The bottle of capsules has a foil seal under the cap imprinted with the words "sealed for your protection". Each individual capsule is sealed with a dark blue band around the center of the capsule. DO NOT USE THIS PRODUCT IF ANY OF THESE TAMPER-EVIDENT FEATURES ARE MISSING, TORN OR BROKEN.

For more information and to learn more about alli, visit us at www.MyalliI.com.

To get information in Spanish, please call toll-free 1-877-469-2554.

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U.S. Patent No. 6,004,996

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NDC 0135-0461-06

170 capsules **Refill Pack**
SEE SIDE OF PACKAGE FOR LISTING OF CONTENTS

alli®
Orlistat 60mg Capsules
Weight Loss Aid

FDA approved non-prescription weight loss aid

Helps you lose more weight than dieting alone

170 CAPSULES

LOT:
EXP:

Drug Facts

Active ingredient (in each sealed capsule) ***Purpose***
Orlistat 60mg.....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 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 medicine for seizures
- 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
- 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.

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Drug Facts (continued)

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.

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4' 10"	129 lbs.
4' 11"	133 lbs.
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Directions
- read the enclosed brochure for other important information
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- 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 glycolate, talc, titanium dioxide

Questions or comments? call toll-free **1-800-671-2554** (English/Spanish)
weekdays (10:00am–4:30pm EST)

alli®
Orlistat 60mg Capsules
Weight Loss Aid

4401

Reference ID: 3524156

TAMPER-EVIDENT features for your protection. Do not use if foil seal under cap imprinted with "sealed for your protection" or dark blue band around center of capsule are missing, torn or broken.

alli®

Orlistat 60mg Capsules
Weight Loss Aid

90 CAPSULES

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 medicine for seizures • 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. • bowel changes may occur if you eat too much fat. You may get: • gas with oily spotting • loose stools • more frequent stools that may be hard to control **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 • for overweight adults 18 years and older** • take 1 capsule with each meal containing fat • do not take more than 3 capsules daily

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

Questions or comments? call toll-free **1-800-671-2554** (English/Spanish) weekdays (10:00am-4:30pm EST)

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LOT/EXPIRATION:

619005XD

alli®

Orlistat 60mg Capsules
Weight Loss Aid

120 CAPSULES

TAMPER-EVIDENT features for your protection. Do not use if foil seal under cap imprinted with "sealed for your protection" or dark blue band around center of capsule are missing, torn or broken.

Warnings

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Other information • store at 20-25°C (68-77°F) • protect drug from excessive light, humidity and temperatures over 30°C (85°F)

Questions or comments? call toll-free **1-800-671-2554** (English/Spanish) weekdays (10:00am-4:30pm EST)

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LOT/EXPIRATION:

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Reference ID: 3524156

alli®

Orlistat 60mg Capsules
Weight Loss Aid

170 CAPSULES

TAMPER-EVIDENT features for your protection. Do not use if bll seal under cap imprinted with "sealed for your protection" or dark blue band around center of capsule are missing, torn or broken.

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 medicine for seizures • 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. • bowel changes may occur if you eat too much fat. You may get: • gas with oily spotting • loose stools • more frequent stools that may be hard to control **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 • for overweight adults 18 years and older** • take 1 capsule with each meal containing fat • do not take more than 3 capsules daily **Other information** • store at 20-25°C (68-77°F) • protect drug from excessive light, humidity and temperatures over 30°C (86°F) **Questions or comments?** call toll-free **1-800-671-2554** (English/Spanish) weekdays (10:00am-4:30pm EST)

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LOT/EXPIRATION:

No Varnish

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Get active.

Making exercise a regular part of your life is a valuable part of any weight-loss program. Choose activities you enjoy that you can do consistently.

Be realistic about what you can do—it's important to be consistent.

You don't need to do it all at once. Consider adding a little more activity to things you already do. For example, park at the end of the lot and walk a little farther. Using a pedometer can be a handy way to track how far you walk.

Start small and work your way up. Three times a week is a good start. Even a little more activity supports your weight-loss goals.

Set goals and plan what you'll do, where you'll do it, and how much. Keep track of your exercise progress.

Speak with your doctor. Before you start a new exercise program, you should check with your doctor.

Stick to your program.

Healthy eating is a matter of replacing bad habits with good ones. And no habit is broken overnight. Don't expect to follow your program perfectly every day.

Have a plan for staying on track. Sometimes you can't avoid temptation, but you can have a plan for dealing with it. Pay attention to what triggers you to eat food, like a situation or a person, and have a plan for how to handle those triggers. Knowing what to expect can help you avoid slip-ups.

Accept the occasional slip-up. Just remember that weight control isn't like tightrope-walking, where one slip means you're finished. Accept that slips are going to happen.

If you slip, focus on what you could do differently next time. Try to understand what led to the slip-up, and how you might break the cycle next time.

Give yourself lots of small rewards for making regular progress.

For more information, go to myalli.com.

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4341

alli®

Read Me First

Keys to successful weight loss

Reference ID: 3524156

Keys to successful weight loss

Ready to get started? Here are some keys to succeeding with your **alli®** weight-loss program. For more help, including a personalized online plan, register at myalli.com.

Use alli® as directed.

Read the Drug Facts label for complete directions and other important information before you begin the **alli®** Program.

Expect steady, gradual weight loss.

Set realistic goals that result in steady, gradual weight loss. With the **alli®** Program, for every 5 pounds you lose from diet alone, **alli®** can help you to lose 2–3 more pounds. In studies, most people lost 5–10 pounds over 6 months.

How much weight you lose will depend on factors such as your starting weight and how closely you follow the reduced-calorie, low-fat diet and the **alli®** Program.

Change your behavior.

Rather than focusing on how many pounds you have to lose, you'll be far more successful if you focus on setting goals that help change your behavior in small, achievable steps.

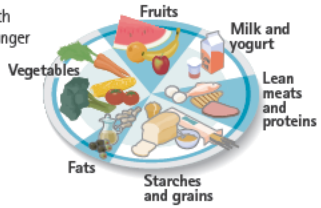
Focus on behaviors that affect your weight. These behaviors include eating a balanced diet, choosing low-fat foods, and controlling calories and portion sizes.

Set small, achievable goals. For example, to help you control calories, set a goal to cut out all fried foods.

Eat right.

Look for a healthy diet you can live with for life. A healthy diet satisfies your hunger and provides the nutrients you need, with enough variety to keep you from getting bored.

Eat a balanced diet—one that includes a variety of healthy foods.



Choose foods low in fat; reduce calories and portion sizes. While choosing low-fat foods is important, you must also reduce portion sizes and calories. One easy way to be sure you're eating the right food in the right portions is to plan your menus. You can design your own menus from scratch, or use planned weekly menus such as the menus found at myalli.com.

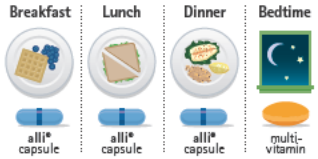
Write it down.

It is important for your weight loss success to record what you eat and drink. You become more aware of your choices, and you have a better chance to make successful choices.

Keep a daily journal with you every day and write down what you eat and drink at the time you do it.

Record when you take your capsule, too.

Develop a routine.



Be organized—develop a routine for eating right and taking your **alli®** capsules as directed.

Start your diet first. Begin your reduced-calorie, low-fat diet a few days before you begin taking capsules.

Consistency is important to your success. Make taking a capsule part of your meal routine, so you'll notice something is missing if you don't take a capsule.

Give yourself reminders to take your capsule at meal times. Leave a bottle of capsules where you'll see them at work, or take the **alli®** carrying case with your daily dosage with you everywhere.

Reference ID: 3524156

This is a representation of an electronic record that was signed electronically and this page is the manifestation of the electronic signature.

/s/

THERESA M MICHELE
06/13/2014