

**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
- gallbladder problems • kidney stones • pancreatitis

**Ask a doctor before use if you have ever had:**

- taking the following medications. Your medication dose may need to be adjusted.
  - warfarin (blood thinning medicine)
  - amiodarone (heart medicine)
  - diabetes or thyroid disease medicine
- taking seizure 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
- 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 has 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

**Drug Facts (continued)**

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**

FDIC Blue No. 2, edible waxes, gelatin, iron oxide, microcrystalline cellulose, povidone, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide

**Questions or comments?** call toll-free 1-800-471-2554

**TAMPER-EVIDENT features for your protection. This package has a security seal on both ends of the carton printed with the GSK logo. 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](http://www.myalli.com). Trademarks are owned by or licensed to the GSK group of companies.

Distributed by:  
GSK Consumer Healthcare  
Warren, NJ 07059 Made in India.

U.S. Patent No. 6,004,996; D551,440

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HE / WT:

4'10"	120 lbs.
4'11"	130 lbs.
5'0"	138 lbs.
5'1"	143 lbs.
5'2"	147 lbs.
5'3"	150 lbs.
5'4"	153 lbs.
5'5"	156 lbs.
5'6"	160 lbs.
5'7"	163 lbs.
5'8"	167 lbs.
5'9"	172 lbs.
5'10"	177 lbs.
5'11"	183 lbs.
6'0"	188 lbs.
6'1"	193 lbs.
6'2"	199 lbs.
6'3"	204 lbs.
6'4"	210 lbs.
6'5"	216 lbs.
6'6"	221 lbs.
6'7"	227 lbs.



**The Starter Pack includes:**

- Read Me First brochure
- Convenient Carrying Case
- Up to 20 day supply (60 capsules)

For more information, visit [www.myalli.com](http://www.myalli.com)

NDG 035-0481-01

**60 capsules Starter Pack**  
SEE TOP OF PACKAGE FOR LISTING OF CONTENTS

**allī**  
Orlistat 60mg Capsules  
Weight Loss Aid

**allī**  
Orlistat 60mg Capsules  
Weight Loss Aid

**FDA approved non-prescription weight loss aid**

Helps you lose more weight than dieting alone

**60 CAPSULES**

LOT:  
EXP:

LOT/EXP Area Opaque Blue or Non-White Background Color

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 **alli**<sup>®</sup>  
Orlistat 60mg Capsules  
Weight Loss Aid  
90 CAPSULES

**TAMPER-EVIDENT** features for your protection. Do not use if bottle was not in a carton with security seals on both ends that are printed with GSK logo OR foil 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 the following medications: Your medication dose may need to be adjusted. • warfarin (blood thinning medicine) • amiodarone (heart medicine) • diabetes or thyroid disease medicine • taking seizure medicines • 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 1-800-671-2354

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LOT/EXPIRATION: **NOT CUT**

**61905XF**

**Drug Facts**  
**Active ingredient**  
 (in each sealed capsule)  
 Orlistat 60mg

**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 before use if you are:**  
 • taking the following medications. Your medication dose may need to be adjusted.  
 • warfarin (blood thinning medicine)  
 • amiodarone (heart medicine)  
 • diabetes or thyroid disease medicine  
 • taking seizure 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  
 • 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 has 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

**Drug Facts (continued)**  
 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 from excessive light, humidity and temperatures over 30°C (86°F)

**Inactive ingredients**  
 FDSC Blue No. 2, edible waxes, 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

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 GSK Consumer Healthcare  
 Warren, NJ 07059 Made in India

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HT./WT.	HT./WT.
4'10"	129 lbs.
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6'1"	204 lbs.
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6'3"	216 lbs.
6'4"	221 lbs.
6'5"	227 lbs.



**The Starter Pack includes:**






For more information, visit [www.myalli.com](http://www.myalli.com)

NDG 0155-0481-02

**90 capsules Starter Pack**  
 SEE TOP OF PACKAGE FOR LISTING OF CONTENTS

**alli**  
 Orlistat 60mg Capsules  
 Weight Loss Aid

**90 CAPSULES**

**FDA approved non-prescription weight loss aid**

Helps you lose more weight than dieting alone

**PS**

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150% FOR PROOFING ONLY



ACTUAL SIZE

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**alli**  
Orlistat 60mg Capsules  
Weight Loss Aid

NDC 211040-0401

120 capsules **Refill Pack**  
120 CAPSULES NET 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

**Drug Facts**

**Active ingredient**  
(in each sealed capsule) Orlistat (see also **Other Ingredients**)

**Purpose**  
Weight Loss Aid

**Use**  
• for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and balanced diet.

**Warnings**  
**Open intestinal sores**  
• do not use if you have had an open sore on your mouth or lips, or if you have had a sore on your lips that has not healed.  
**Do not use**  
• if you are taking cyclosporins  
• if you have been diagnosed with gallbladder disease  
• if you are not overweight  
Ask a doctor before use if you have ever had gallbladder problems, kidney stones, or pancreatitis.  
Ask a doctor or pharmacist before use if you are:  
• taking the following medications, your medication doses may need to be adjusted:  
• warfarin (blood thinning medicine)  
• antidiabetic (sugar medicine)  
• diabetes or thyroid disease medicine  
• taking other medicines  
• taking other weight loss products

**When using this product**  
• take one capsule once a day, with meals. Orlistat can reduce the absorption of some vitamins.  
• if you are taking vitamins, mineral supplements, or fat-soluble vitamins, take them 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 loose stools, gas, or greasy stools.  
• you may get:  
• greasy stools  
• loose stools  
• more frequent stools that may be hard to control  
• eating Orlistat will lower the chances of having these bowel changes. For every 10 pounds you lose from dieting, you can lose up to 10 pounds more by taking Orlistat.

**Other information**  
• Orlistat is not a stimulant.  
• Orlistat is not habit forming.  
• Orlistat is not addictive.  
• Orlistat is not a controlled substance.  
• Orlistat is not a narcotic.  
• Orlistat is not a sedative.  
• Orlistat is not a tranquilizer.  
• Orlistat is not a depressant.  
• Orlistat is not a stimulant.  
• Orlistat is not habit forming.  
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• Orlistat is not a tranquilizer.  
• Orlistat is not a depressant.

**Questions or comments?** Call 1-800-471-0554



PS

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EXP: LOT/EXP Area Opaque Blue or Non-White Background Color

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Can contain background color

**Drug Facts (continued)**  
Stop use and ask a doctor if:  
• you develop itching, swollen 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.  
• you are pregnant or breastfeeding, do not use.  
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

**How to Use**

Weight	How to Use
110 lb (50 kg) or less	Take 1 capsule with each meal containing fat.
110 to 150 lb (50 to 68 kg)	Take 2 capsules with each meal containing fat.
150 to 200 lb (68 to 91 kg)	Take 3 capsules with each meal containing fat.
200 to 250 lb (91 to 113 kg)	Take 4 capsules with each meal containing fat.
250 to 300 lb (113 to 136 kg)	Take 5 capsules with each meal containing fat.
300 to 350 lb (136 to 158 kg)	Take 6 capsules with each meal containing fat.
350 to 400 lb (158 to 181 kg)	Take 7 capsules with each meal containing fat.
400 to 450 lb (181 to 204 kg)	Take 8 capsules with each meal containing fat.
450 to 500 lb (204 to 227 kg)	Take 9 capsules with each meal containing fat.
500 to 550 lb (227 to 250 kg)	Take 10 capsules with each meal containing fat.
550 to 600 lb (250 to 273 kg)	Take 11 capsules with each meal containing fat.
600 to 650 lb (273 to 296 kg)	Take 12 capsules with each meal containing fat.
650 to 700 lb (296 to 319 kg)	Take 13 capsules with each meal containing fat.
700 to 750 lb (319 to 342 kg)	Take 14 capsules with each meal containing fat.
750 to 800 lb (342 to 365 kg)	Take 15 capsules with each meal containing fat.
800 to 850 lb (365 to 388 kg)	Take 16 capsules with each meal containing fat.
850 to 900 lb (388 to 411 kg)	Take 17 capsules with each meal containing fat.
900 to 950 lb (411 to 434 kg)	Take 18 capsules with each meal containing fat.
950 to 1000 lb (434 to 457 kg)	Take 19 capsules with each meal containing fat.
1000 to 1050 lb (457 to 480 kg)	Take 20 capsules with each meal containing fat.
1050 to 1100 lb (480 to 503 kg)	Take 21 capsules with each meal containing fat.
1100 to 1150 lb (503 to 526 kg)	Take 22 capsules with each meal containing fat.
1150 to 1200 lb (526 to 549 kg)	Take 23 capsules with each meal containing fat.
1200 to 1250 lb (549 to 572 kg)	Take 24 capsules with each meal containing fat.
1250 to 1300 lb (572 to 595 kg)	Take 25 capsules with each meal containing fat.
1300 to 1350 lb (595 to 618 kg)	Take 26 capsules with each meal containing fat.
1350 to 1400 lb (618 to 641 kg)	Take 27 capsules with each meal containing fat.
1400 to 1450 lb (641 to 664 kg)	Take 28 capsules with each meal containing fat.
1450 to 1500 lb (664 to 687 kg)	Take 29 capsules with each meal containing fat.
1500 to 1550 lb (687 to 710 kg)	Take 30 capsules with each meal containing fat.
1550 to 1600 lb (710 to 733 kg)	Take 31 capsules with each meal containing fat.
1600 to 1650 lb (733 to 756 kg)	Take 32 capsules with each meal containing fat.
1650 to 1700 lb (756 to 779 kg)	Take 33 capsules with each meal containing fat.
1700 to 1750 lb (779 to 802 kg)	Take 34 capsules with each meal containing fat.
1750 to 1800 lb (802 to 825 kg)	Take 35 capsules with each meal containing fat.
1800 to 1850 lb (825 to 848 kg)	Take 36 capsules with each meal containing fat.
1850 to 1900 lb (848 to 871 kg)	Take 37 capsules with each meal containing fat.
1900 to 1950 lb (871 to 894 kg)	Take 38 capsules with each meal containing fat.
1950 to 2000 lb (894 to 917 kg)	Take 39 capsules with each meal containing fat.
2000 to 2050 lb (917 to 940 kg)	Take 40 capsules with each meal containing fat.
2050 to 2100 lb (940 to 963 kg)	Take 41 capsules with each meal containing fat.
2100 to 2150 lb (963 to 986 kg)	Take 42 capsules with each meal containing fat.
2150 to 2200 lb (986 to 1009 kg)	Take 43 capsules with each meal containing fat.
2200 to 2250 lb (1009 to 1032 kg)	Take 44 capsules with each meal containing fat.
2250 to 2300 lb (1032 to 1055 kg)	Take 45 capsules with each meal containing fat.
2300 to 2350 lb (1055 to 1078 kg)	Take 46 capsules with each meal containing fat.
2350 to 2400 lb (1078 to 1101 kg)	Take 47 capsules with each meal containing fat.
2400 to 2450 lb (1101 to 1124 kg)	Take 48 capsules with each meal containing fat.
2450 to 2500 lb (1124 to 1147 kg)	Take 49 capsules with each meal containing fat.
2500 to 2550 lb (1147 to 1170 kg)	Take 50 capsules with each meal containing fat.
2550 to 2600 lb (1170 to 1193 kg)	Take 51 capsules with each meal containing fat.
2600 to 2650 lb (1193 to 1216 kg)	Take 52 capsules with each meal containing fat.
2650 to 2700 lb (1216 to 1239 kg)	Take 53 capsules with each meal containing fat.
2700 to 2750 lb (1239 to 1262 kg)	Take 54 capsules with each meal containing fat.
2750 to 2800 lb (1262 to 1285 kg)	Take 55 capsules with each meal containing fat.
2800 to 2850 lb (1285 to 1308 kg)	Take 56 capsules with each meal containing fat.
2850 to 2900 lb (1308 to 1331 kg)	Take 57 capsules with each meal containing fat.
2900 to 2950 lb (1331 to 1354 kg)	Take 58 capsules with each meal containing fat.
2950 to 3000 lb (1354 to 1377 kg)	Take 59 capsules with each meal containing fat.
3000 to 3050 lb (1377 to 1400 kg)	Take 60 capsules with each meal containing fat.
3050 to 3100 lb (1400 to 1423 kg)	Take 61 capsules with each meal containing fat.
3100 to 3150 lb (1423 to 1446 kg)	Take 62 capsules with each meal containing fat.
3150 to 3200 lb (1446 to 1469 kg)	Take 63 capsules with each meal containing fat.
3200 to 3250 lb (1469 to 1492 kg)	Take 64 capsules with each meal containing fat.
3250 to 3300 lb (1492 to 1515 kg)	Take 65 capsules with each meal containing fat.
3300 to 3350 lb (1515 to 1538 kg)	Take 66 capsules with each meal containing fat.
3350 to 3400 lb (1538 to 1561 kg)	Take 67 capsules with each meal containing fat.
3400 to 3450 lb (1561 to 1584 kg)	Take 68 capsules with each meal containing fat.
3450 to 3500 lb (1584 to 1607 kg)	Take 69 capsules with each meal containing fat.
3500 to 3550 lb (1607 to 1630 kg)	Take 70 capsules with each meal containing fat.
3550 to 3600 lb (1630 to 1653 kg)	Take 71 capsules with each meal containing fat.
3600 to 3650 lb (1653 to 1676 kg)	Take 72 capsules with each meal containing fat.
3650 to 3700 lb (1676 to 1699 kg)	Take 73 capsules with each meal containing fat.
3700 to 3750 lb (1699 to 1722 kg)	Take 74 capsules with each meal containing fat.
3750 to 3800 lb (1722 to 1745 kg)	Take 75 capsules with each meal containing fat.
3800 to 3850 lb (1745 to 1768 kg)	Take 76 capsules with each meal containing fat.
3850 to 3900 lb (1768 to 1791 kg)	Take 77 capsules with each meal containing fat.
3900 to 3950 lb (1791 to 1814 kg)	Take 78 capsules with each meal containing fat.
3950 to 4000 lb (1814 to 1837 kg)	Take 79 capsules with each meal containing fat.
4000 to 4050 lb (1837 to 1860 kg)	Take 80 capsules with each meal containing fat.
4050 to 4100 lb (1860 to 1883 kg)	Take 81 capsules with each meal containing fat.
4100 to 4150 lb (1883 to 1906 kg)	Take 82 capsules with each meal containing fat.
4150 to 4200 lb (1906 to 1929 kg)	Take 83 capsules with each meal containing fat.
4200 to 4250 lb (1929 to 1952 kg)	Take 84 capsules with each meal containing fat.
4250 to 4300 lb (1952 to 1975 kg)	Take 85 capsules with each meal containing fat.
4300 to 4350 lb (1975 to 1998 kg)	Take 86 capsules with each meal containing fat.
4350 to 4400 lb (1998 to 2021 kg)	Take 87 capsules with each meal containing fat.
4400 to 4450 lb (2021 to 2044 kg)	Take 88 capsules with each meal containing fat.
4450 to 4500 lb (2044 to 2067 kg)	Take 89 capsules with each meal containing fat.
4500 to 4550 lb (2067 to 2090 kg)	Take 90 capsules with each meal containing fat.
4550 to 4600 lb (2090 to 2113 kg)	Take 91 capsules with each meal containing fat.
4600 to 4650 lb (2113 to 2136 kg)	Take 92 capsules with each meal containing fat.
4650 to 4700 lb (2136 to 2159 kg)	Take 93 capsules with each meal containing fat.
4700 to 4750 lb (2159 to 2182 kg)	Take 94 capsules with each meal containing fat.
4750 to 4800 lb (2182 to 2205 kg)	Take 95 capsules with each meal containing fat.
4800 to 4850 lb (2205 to 2228 kg)	Take 96 capsules with each meal containing fat.
4850 to 4900 lb (2228 to 2251 kg)	Take 97 capsules with each meal containing fat.
4900 to 4950 lb (2251 to 2274 kg)	Take 98 capsules with each meal containing fat.
4950 to 5000 lb (2274 to 2297 kg)	Take 99 capsules with each meal containing fat.
5000 to 5050 lb (2297 to 2320 kg)	Take 100 capsules with each meal containing fat.

**Directions**  
• read the enclosed brochure for other important information.  
• diet and exercise are the starting point 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 for this drug. 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, balanced diet and exercise program and you may reach your weight loss goal faster. Do not expect to lose more than 10 pounds in the first 6 months.  
• if you are 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 meal or snack once a day, at bedtime, when taking Orlistat.

**Other information**  
• store at 20° to 25° (68° to 77°).  
• protect drug from excessive light, humidity and temperatures over 30°C (86°).  
**Inactive ingredients**  
FD-302, FD-303, FD-304, FD-305, FD-306, FD-307, FD-308, FD-309, FD-310, FD-311, FD-312, FD-313, FD-314, FD-315, FD-316, FD-317, FD-318, FD-319, FD-320, FD-321, FD-322, FD-323, FD-324, FD-325, FD-326, FD-327, FD-328, FD-329, FD-330, FD-331, FD-332, FD-333, FD-334, FD-335, FD-336, FD-337, FD-338, FD-339, FD-340, FD-341, FD-342, FD-343, FD-344, FD-345, FD-346, FD-347, FD-348, FD-349, FD-350, FD-351, FD-352, FD-353, FD-354, FD-355, FD-356, FD-357, FD-358, FD-359, FD-360, FD-361, FD-362, FD-363, FD-364, FD-365, FD-366, FD-367, FD-368, FD-369, FD-370, FD-371, FD-372, FD-373, FD-374, FD-375, FD-376, FD-377, FD-378, FD-379, FD-380, FD-381, FD-382, FD-383, FD-384, FD-385, FD-386, FD-387, FD-388, FD-389, FD-390, FD-391, FD-392, FD-393, FD-394, FD-395, FD-396, FD-397, FD-398, FD-399, FD-400, FD-401, FD-402, FD-403, FD-404, FD-405, FD-406, FD-407, FD-408, FD-409, FD-410, FD-411, FD-412, FD-413, FD-414, FD-415, FD-416, FD-417, FD-418, FD-419, FD-420, FD-421, FD-422, FD-423, FD-424, FD-425, FD-426, 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**Questions or comments?** Call 1-800-471-0554

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150% FOR PROOFING ONLY



ACTUAL SIZE

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# alli<sup>®</sup>

## The Refill Pack includes:

- Read Me First brochure
- Up to 56 day supply (170 capsules)

For more information, visit [www.myalli.com](http://www.myalli.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.

<b>Drug Facts</b>	
<b>Active ingredient (in each sealed capsule)</b>	<b>Purpose</b>
Orlistat 60mg	Weight loss aid
<b>Use</b>	
• for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and low-fat diet	
<b>Warnings</b>	
<b>Organ transplant alert:</b>	
• do not use if you have had an organ transplant. Orlistat interferes with the medicines used to prevent transplant rejection.	
<b>Allergy alert:</b>	
• do not use if you are allergic to any of the ingredients in orlistat capsules	
<b>Do not use</b>	
• if you are taking cyclosporine	
• if you have been diagnosed with problems absorbing food	
• if you are not overweight	
<b>Ask a doctor before use if you have ever had</b>	
• gallbladder problems • kidney stones • pancreatitis	
<b>Ask a doctor or pharmacist before use if you are:</b>	
• taking the following medications. Your medication dose may need to be adjusted.	
• warfarin (blood thinning medicine)	
• amiodarone (heart medicine)	
• diabetes or thyroid disease medicine	
• taking seizure medicines	
• taking other weight loss products	
<b>When using this product</b>	
• 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.	
<b>Stop use and ask a doctor if</b>	
• 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	
<b>If pregnant or breast-feeding, do not use.</b>	
<b>Keep out of reach of children. In case of overdose, get medical</b>	

<b>Drug Facts (continued)</b>	
help or contact a Poison Control Center right away.	
<b>Directions</b>	
• 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	
<b>Other information</b>	
• store at 20 - 25°C (68 - 77°F)	
• protect drug from excessive light, humidity and temperatures over 30°C (86°F)	
<b>Inactive ingredients</b>	
FD&C Blue No. 2, edible ink, gelatin, iron oxide, microcrystalline cellulose, povidone, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide	
<b>Questions or comments?</b> call toll-free 1-800-671-2554	

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.

For more information and to learn more about alli, visit us at [www.myalli.com](http://www.myalli.com).

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U.S. Patent No. 6,004,996; D551440

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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](http://myalli.com).

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alli®

# Read Me First

## Keys to successful weight loss

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## Keys to successful weight loss

Ready to get started? Here are some keys to succeeding with your **alli**<sup>®</sup> weight-loss program. For more help, visit [myalli.com](http://myalli.com).

### Use **alli**<sup>®</sup> as directed.

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

### Expect steady, gradual weight loss.

Set realistic goals that result in steady, gradual weight loss. With the **alli**<sup>®</sup> Program, for every 5 pounds you lose from diet alone, **alli**<sup>®</sup> 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**<sup>®</sup> 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.

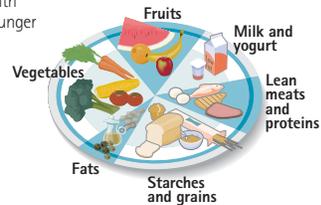
**Focus on behaviors that affect your weight.** These behaviors include eating a balanced diet, choosing low-fat foods, and controlling calories and portion sizes.

**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](http://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.

#### Breakfast



**alli**<sup>®</sup>  
capsule

#### Lunch



**alli**<sup>®</sup>  
capsule

#### Dinner



**alli**<sup>®</sup>  
capsule

#### Bedtime



multi-  
vitamin

Be organized—develop a routine for eating right and taking your **alli**<sup>®</sup> 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**<sup>®</sup> carrying case with your daily dosage with you everywhere.

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**This is a representation of an electronic record that was signed electronically and this page is the manifestation of the electronic signature.**  
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/s/  
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VALERIE S PRATT  
05/25/2016