

**CENTER FOR DRUG EVALUATION AND
RESEARCH**

APPLICATION NUMBER:

21-887

APPROVED LABELING

**Alli Orlistat 60mg Capsules Weight Loss Aid, 90 capsules
Starter Pack Front / Top Label
5981 3.625" x 7.125"**



71553XB

The Starter Pack includes:

- Read Me First brochure
- Convenient Carrying Case
- Up to 30 day supply (90 capsules)

For more information, visit www.MyAlli.com

STARTER PACK

SEE TOP OF PACKAGE FOR
LISTING OF CONTENTS

AlliTM

**Orlistat 60mg Capsules
Weight Loss Aid**

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

*Helps you lose more
weight than dieting alone*

90 CAPSULES

Alli Orlistat 60mg Capsules Weight Loss Aid, 60 capsules
Starter Pack Front / Top Label

7981



71552XB

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

STARTER PACK

SEE TOP OF PACKAGE FOR LISTING OF CONTENTS

alliTM

Orlistat 60mg Capsules
Weight Loss Aid

FDA approved
non-prescription
weight loss aid

Helps you lose more
weight than dieting alone

60 CAPSULES

Alli Orlistat 60mg Capsules Weight Loss Aid, 120 capsules Starter Pack Back Label 7.375" x 5.500"

Drug Facts

Active ingredient (in each sealed capsule)
Orlistat 60 mg..... 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.

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
• severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition.

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**

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)

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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Distributed by:
GlaxoSmithKline
Consumer Healthcare, L.P.
Moon Township, PA 15108

US Patent Nos. 4,590,080
6,004,996

Shuttle Patent: Pending

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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.

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.**



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Alli Orlistat 60mg Capsules Weight Loss Aid, 90 capsules Starter Pack Back Label 7.375" x 5.500"

Drug Facts

Active ingredient
(in each sealed capsule)
Orlistat 60 mg

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 warfarin (blood thinning medicine), or taking medicine for diabetes or thyroid disease. Your medication dose may need to be adjusted.

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
• severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition.

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

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)**

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Moon Township, PA 15108

US Patent Nos. 4,598,089
6,004,996
Shuttle Patent Pending

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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.



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Alli Orlistat 60mg Capsules Weight Loss Aid, 60 capsules Starter Pack Back Label 7.375" x 5.500"

Drug Facts	Purpose
Active ingredient (in each sealed capsule) Orlistat 60 mg	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 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 • 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 • severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition. 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)	

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Moon Township, PA 15108

US Patent Nos. 4,598,069
6,004,996
Shuttle Patent Pending

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Alli Orlistat 60mg Capsules Weight Loss Aid, 120 capsules
Refill Pack Carton
 3 5/8" x 2 13/16" x 5 5/8"

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alli
 Orlistat 60mg Capsules
 Weight Loss Aid

Drug Facts	Purpose
Active ingredient (in each sealed capsule) Orlistat 60mg	Weight loss and cholesterol lowering
Use Orlistat 60mg capsules are used with a reduced-calorie and low-fat diet.	
Warnings • Do not use if you have had an organ transplant. Orlistat interferes with the medicines used to prevent transplant rejection. • Do not use if you are allergic to any of the ingredients in Orlistat capsules. • Do not use if you are taking or taking within 2 weeks of taking: - retinoids (used for acne) - amphetamines (used for ADHD) - vitamin supplements for weight loss • Do not use if you are pregnant or taking oral contraceptives. Orlistat may decrease the effectiveness of oral contraceptives. • Do not use if you are taking or taking within 2 weeks of taking: - tamoxifen (used for breast cancer) • Do not use if you are taking or taking within 2 weeks of taking: - cyclosporin (used for organ transplant) • Do not use if you are taking or taking within 2 weeks of taking: - digoxin (used for heart failure) • Do not use if you are taking or taking within 2 weeks of taking: - lovastatin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - simvastatin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - atorvastatin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - pravastatin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - fenofibrate (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - niacin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - warfarin (used for blood thinning) • Do not use if you are taking or taking within 2 weeks of taking: - aspirin (used for pain relief) • Do not use if you are taking or taking within 2 weeks of taking: - NSAIDs (used for pain relief) • Do not use if you are taking or taking within 2 weeks of taking: - ACE inhibitors (used for high blood pressure) • Do not use if you are taking or taking within 2 weeks of taking: - diuretics (used for high blood pressure) • Do not use if you are taking or taking within 2 weeks of taking: - beta-blockers (used for high blood pressure) • Do not use if you are taking or taking within 2 weeks of taking: - calcium channel blockers (used for high blood pressure) • Do not use if you are taking or taking within 2 weeks of taking: - digoxin (used for heart failure) • Do not use if you are taking or taking within 2 weeks of taking: - insulin (used for diabetes) • Do not use if you are taking or taking within 2 weeks of taking: - oral hypoglycemics (used for diabetes) • Do not use if you are taking or taking within 2 weeks of taking: - antidiabetic medicines (used for diabetes) • Do not use if you are taking or taking within 2 weeks of taking: - antipsychotics (used for mental illness) • Do not use if you are taking or taking within 2 weeks of taking: - antidepressants (used for depression) • Do not use if you are taking or taking within 2 weeks of taking: - mood stabilizers (used for bipolar disorder) • Do not use if you are taking or taking within 2 weeks of taking: - antiepileptics (used for seizures) • Do not use if you are taking or taking within 2 weeks of taking: - sedatives (used for anxiety) • Do not use if you are taking or taking within 2 weeks of taking: - anxiolytics (used for anxiety) • Do not use if you are taking or taking within 2 weeks of taking: - muscle relaxants (used for muscle pain) • Do not use if you are taking or taking within 2 weeks of taking: - anticholinergics (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antihistamines (used for allergies) • Do not use if you are taking or taking within 2 weeks of taking: - beta-blockers (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - calcium channel blockers (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - diuretics (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - ACE inhibitors (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - angiotensin II receptor antagonists (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - vasodilators (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antithrombotics (used for blood clots) • Do not use if you are taking or taking within 2 weeks of taking: - anticoagulants (used for blood clots) • Do not use if you are taking or taking within 2 weeks of taking: - antiplatelets (used for blood clots) • Do not use if you are taking or taking within 2 weeks of taking: - statins (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - fibrate (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - niacin (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - PCSK9 inhibitors (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - ezetimibe (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - bile acid sequestrants (used for cholesterol) • Do not use if you are taking or taking within 2 weeks of taking: - thyroid medicines (used for thyroid conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antithyroid medicines (used for thyroid conditions) • Do not use if you are taking or taking within 2 weeks of taking: - corticosteroids (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - immunosuppressants (used for organ transplant) • Do not use if you are taking or taking within 2 weeks of taking: - biologics (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - vaccines (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antivirals (used for viral infections) • Do not use if you are taking or taking within 2 weeks of taking: - antifungals (used for fungal infections) • Do not use if you are taking or taking within 2 weeks of taking: - antibiotics (used for bacterial infections) • Do not use if you are taking or taking within 2 weeks of taking: - antifolate medicines (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antifolate supplements (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antifolate antagonists (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antifolate antagonists (used for various conditions) • Do not use if you are taking or taking within 2 weeks of taking: - antifolate antagonists (used for various conditions)	

Drug Facts (continued)	ALLI 120 CAPSULES
Directions • Read the enclosed brochure for other important directions. • Take Orlistat 60mg capsules once a day, with each main meal and snack, if you are eating a reduced-calorie and low-fat diet. • Take Orlistat 60mg capsules with each main meal and snack, if you are eating a reduced-calorie and low-fat diet. • Do not use Orlistat 60mg capsules if you are allergic to any of the ingredients in Orlistat capsules. • Do not use Orlistat 60mg capsules if you are pregnant or taking oral contraceptives. Orlistat may decrease the effectiveness of oral contraceptives. • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - retinoids (used for acne) - amphetamines (used for ADHD) - vitamin supplements for weight loss • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - tamoxifen (used for breast cancer) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - cyclosporin (used for organ transplant) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - digoxin (used for heart failure) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - lovastatin (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - simvastatin (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - atorvastatin (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - pravastatin (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - fenofibrate (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - niacin (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - PCSK9 inhibitors (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - ezetimibe (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - bile acid sequestrants (used for cholesterol) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - thyroid medicines (used for thyroid conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antithyroid medicines (used for thyroid conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - corticosteroids (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - immunosuppressants (used for organ transplant) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - biologics (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - vaccines (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antivirals (used for viral infections) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antifungals (used for fungal infections) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antibiotics (used for bacterial infections) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antifolate medicines (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antifolate supplements (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antifolate antagonists (used for various conditions) • Do not use Orlistat 60mg capsules if you are taking or taking within 2 weeks of taking: - antifolate antagonists (used for various conditions)	



alli
 Orlistat 60mg Capsules
 Weight Loss Aid

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alli™

Read Me First

Keys to successful
weight loss

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.

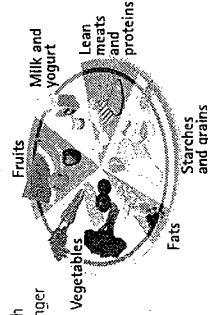
Focus on behaviors that affect your weight. These behaviors include eating a balanced diet, choosing low-fat foods, and controlling calories and portion sizes.

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.



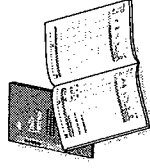
Choose foods low in fat; reduce calories and portion sizes. While choosing low-fat foods is important, you must also reduce portion sizes and calories. One easy way to be sure you're eating the right food in the right portions is to plan your menus. You can design your own menus from scratch, or use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

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.

26139XB



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Alli Orlistat 60mg Capsules Weight Loss Aid, 120 capsules
Bottle Label
6.8125" x 2.25"

AlliTM
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

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 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 • severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition. 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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Moon Twp, PA 15108

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LOT/EXPIRATION:

61906XA

Alli Orlistat 60mg Capsules Weight Loss Aid, 90 capsules
Bottle Label
6.8125" x 2.25"

AlliTM

Orlistat 60mg Capsules
Weight Loss Aid

90 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.

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LOT/EXPIRATION

61905XA

Alli Orlistat 60mg Capsules Weight Loss Aid, 60 capsules
Bottle Label
5.4375" x 1.875"

alliTM
 Orlistat 60mg Capsules
 Weight Loss Aid
 60 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
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 other weight loss products.
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 • 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** • severe or continuous abdominal pain occurs. This may be a sign of a serious medical condition. **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 25°C (80°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:

61904XA

Alli Orlistat 60mg Capsules Weight Loss Aid, 120 capsules
Starter Pack Front / Top Label
2.98 L 3.625" x 7.125"



The Starter Pack includes:

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

For more information, visit www.MyAlli.com

STARTER PACK

SEE TOP OF PACKAGE FOR LISTING OF CONTENTS

alliTM

Orlistat 60mg Capsules
Weight Loss Aid

FDA approved
non-prescription
weight loss aid

Helps you lose more
weight than dieting alone

120 CAPSULES

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/s/

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