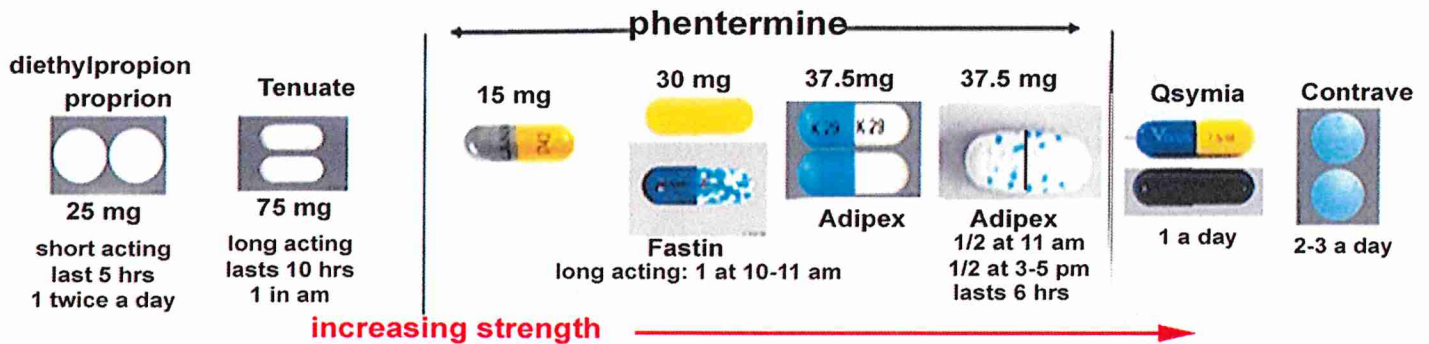


HOW TO USE WEIGHT LOSS MEDICATIONS Phentermine

FDA Medications for Weight Loss



Phentermine: 1. **Capsules- time release:** 15mg, 30mg, & 37.5mg capsules taken in AM, lasts 10-12 hrs
(effects gradually taper during the day)

2. **Tablet-time release scored (Adipex version) 37.5mg scored tablet:** Full tablet can be taken at 11 am, often 1/2 tablet is taken twice a day for more even appetite suppression. Each 1/2 lasts 6 hrs: 1/2 at 11 am, 1/2 at 4-6 pm (1/2 tablet twice a day provides equal appetite suppression day and evening.)

What it does: most potent appetite suppressor, mild increase in metabolism, little effect on cravings

Side Effects: anxiety, dry mouth, headaches, INSOMNIA, more than Propion, side effects gradually wear off

How to take: 1. **capsules:** 15mg, 30mg or 37.5mg capsule: capsule lasts 10-12 hrs,
Take 1 capsule at 10-11am, max dose is 1 a day in am

2. **tablet: Adipex 37.5 mg: 1/2 tablet lasts 6 hrs, take 1/2 at 11am and 1/2 at 4-5pm**
max dose is: 1 tablet in am & 1/2 tablet in pm or 1 full tablet at 10-11 am

Interactions: caffeine, OTC cold medications: worse with phentermine, less with Propion

* 1st time users in beginning-avoid caffeine after 3pm

Medication issues: can develop tolerance ("immune" to effect), may need to increase dose to achieve same results, very variable among people, no way to predict this problem, may diminish in time.

Medication	lasts:	10-11 am	3-4 -5 pm	If hungry at night:
Phentermine (Adipex tablet)-1/2	6 hrs	1/2	1/2	Take 1/2 later, take 1/3 later
Phentermine (Adipex)--1 full tab	10-12	1	--	
Phentermine Capsules: 15 mg, 30 mg, 37.5 mg (Adipex LA)	10 hr	1	--	
Lomaria (ultra-low dose) 8 mg	4 hr	1	1	can take 3 a day

