

Oral Weight-Loss Medications Summary Table

Medication Name	How It Works	Typical Weight Loss	Common Side Effects
Orlistat (<i>Xenical, Alli</i>)	Blocks fat absorption in the gut; unabsorbed fat is excreted	~12 lbs more than placebo (6 mos)	Oily/loose stools, gas, fecal urgency, rare liver issues
Phentermine (<i>Adipex-P, Lomaira</i>)	Appetite suppressant (stimulant); works via CNS	Modest (~10–15 lbs in 2–3 mos)	Insomnia, increased heart rate, dry mouth, jitteriness, potential dependency
Phentermine/Topiramate (<i>Qsymia</i>)	Appetite suppression and enhanced satiety; combo of stimulant and anticonvulsant	~22–25 lbs over 1 year	Tingling, dizziness, dry mouth, constipation, mood changes, insomnia
Naltrexone/Bupropion (<i>Contrave</i>)	Reduces cravings and appetite through CNS pathways	~11–18 lbs over 6–12 months	

ORAL WEIGHT LOSS MEDICATIONS