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## The ALLI pill gave me the poops!!

Posted by fitmom088 - 2008/05/24 02:02

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I tried Alli last year and it gave me the craps!!!! Did anyone have that same problem? I was scared but asked a trainer at the gym I go to and he said his wife had the same problem. I then threw it in the garbage. I dropped all sugars and caffeine out of my life and that alone helped me drop weight. Plus I added a great product for my appetite and metabolism. I like to work out so I'm not lazy. 30-32 lbs lighter and happy.

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## Re:The ALLI pill gave me the poops!!

Posted by Kevin - 2008/05/24 10:07

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Oh yeah!! I have.

Alli is an over-the-counter form of the prescription drug Xenical. The drug works by blocking absorption of a portion of the fat that you eat. It'll let a few grams of fat through, but everything else is blocked. The result is some really disgusting gastrointestinal side effects. I won't elaborate further. Also, the average amount of weight lost in clinical trials is only 8-12 pounds.

The pill is free of most of the undesirable side effects if you're on a low fat diet. But it seems to me that if you eat healthy you probably are on a fat restricted diet and you don't really need the pill. And you can't "Bring It" when you're worried about control issues!

Hope this helps,

Kevin

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## Re:The ALLI pill gave me the poops!!

Posted by carinna - 2008/07/28 06:21

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Me 3. Do not, I mean do not take this pill.

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## Re:The ALLI pill gave me the poops!!

Posted by dhies - 2008/07/29 16:45

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Yeah, I've tried the weight loss pill thing. It did not really help anything.

I cut out most of the sodas and pizza and hot pockets and bagel bites. Since I graduated high school in 2005 I've dropped almost 100 lbs. That's just from cutting those things from my diet.

Of course, I lost a lot of my strength as a bad side effect because I did not work out as much as I did in high school.

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## Re:The ALLI pill gave me the poops!!

Posted by carinna - 2008/07/30 11:11

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100 Lbs! Wow! thats such a huge loss! I've never lost more than 30 lbs in one diet cycle. What more if you really get into it and exercise eh?

Good on you!

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