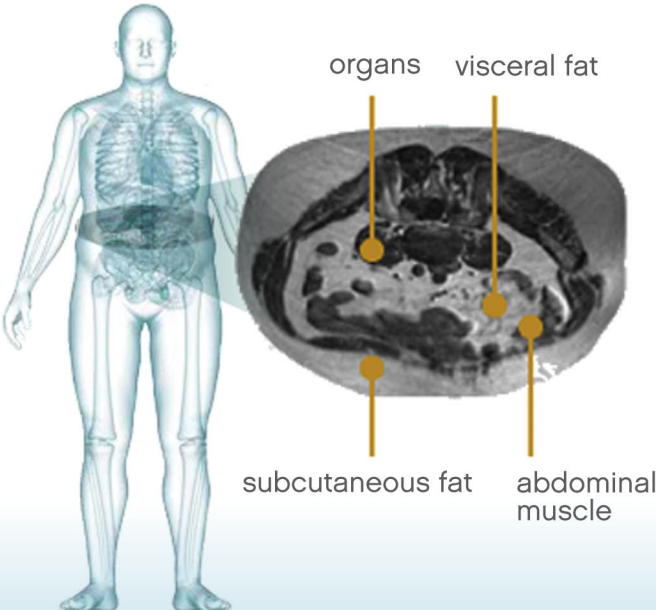


Visceral fat: the most active and potentially harmful body fat¹

One of the major causes of weight-related health risks,² yet 71% of Americans have never heard of it³

In excess, it is associated with increased risk of cardiovascular disease, stroke, high blood pressure, and type 2 diabetes^{1,4,5}



Waist circumference, which can predict the amount of visceral fat,⁶ is a predictor of disease risk, including diabetes and heart disease^{7,8}

Aspects of visceral fat vs the patient perception of subcutaneous fat^{1,4,8,9}



visceral fat

More concern to physicians due to health risks

- Not outwardly visible
- More metabolically active
- Able to break down quickly in order to be mobilized



subcutaneous fat

More concern to patients due to outward visibility

- Outwardly visible
- Less metabolically active
- Less easily broken down

Almost 40% of people are motivated to lose weight when informed of the health risks of visceral fat³

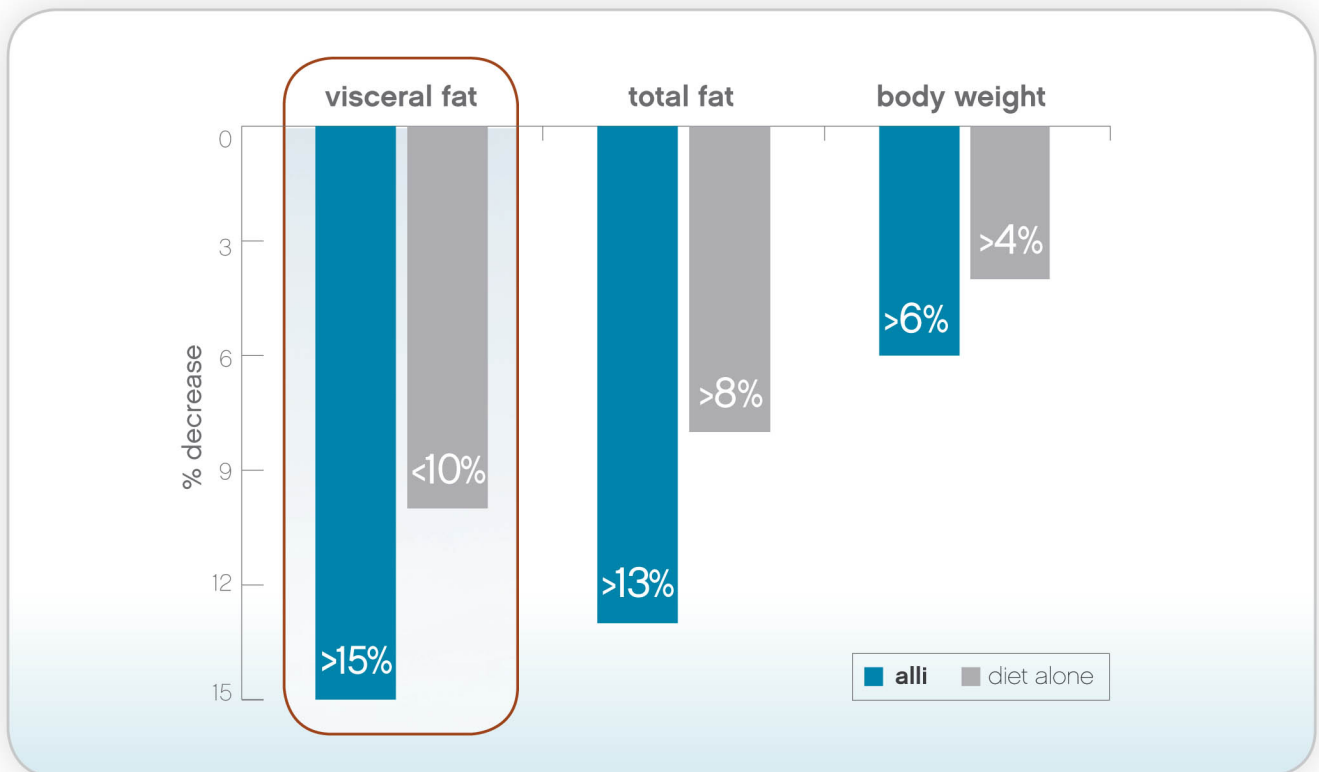
- Educating patients on the risks of visceral fat can help motivate them toward modest, healthy weight loss³
- Visceral fat is often among the first types of fat to be reduced when a person is dieting⁹

Healthy weight loss, including a healthy diet, increased activity levels, and behavioral support, reduces risk factors and visceral fat¹⁰

alli, with a reduced-calorie, low-fat diet, significantly reduces visceral fat¹

Help patients reduce visceral fat with **alli**¹

6-month study demonstrated significant reductions in visceral fat, total fat, and body weight vs diet alone ($P < 0.05$)^{1,2}



Randomized, double-blind, placebo-controlled 24-week study of 123 overweight and obese individuals (BMI 25-35.0 kg/m²) with a waist circumference >88 cm (women) or 102 cm (men). Individuals were randomized to receive alli (orlistat 60 mg; n=62) or placebo (n=61), three times a day in conjunction with a reduced-calorie, low-fat diet, and were advised to increase their activity levels. Body composition endpoints were examined at baseline and at the end of the study; body weight was measured at baseline and weeks 2, 4, 8, 12, 16, 20, and 24.¹