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Xenical Fat Blocker Capsules - Detailed Information

Xenical fat blocking capsule aids in weight loss in people who are obese or overweight. It is prescribed for people with a body mass index (BMI) of 30kg/m² or more. It can also be prescribed to overweight people with a BMI of 28kg/m² or more with additional risk factors for obesity-related diseases.

What is it made of?

Available for oral administration, this fat blocking pill comes in the form of dark-blue, hard-gelatine capsules, with light-blue imprinting. Each capsule contains 120mg of the active ingredient, orlistat. These capsules also contain the inactive ingredients such as: Microcrystalline cellulose, sodium starch glycolate, sodium lauryl sulfate, povidone, talc, gelatine, titanium dioxide, and FD&C Blue No.1, titanium dioxide and FD&C Blue No.1 Aluminium Lake.

Xenical dosages

The recommended prescription dose is one 120mg capsule 3 times daily. It should be taken 1 hour after or during a meal containing about 15mg of fat. Meals without fat do not require Xenical. Avoid taking Xenical in larger dosages. Combine Xenical dosages with a nutritionally balanced, reduced calorie diet and physical exercise.

Working of Xenical

Xenical works as a fat absorption inhibitor slimming pill by preventing a certain percentage of fat in your diet from being absorbed into your body. This medication works in the digestive system to inhibit the break-down as well as the absorption of fat molecules by preventing the function of lipases. The undigested fat molecules cannot be absorbed by the body and are thus eliminated from the body through normal bowel movement. Through this mechanism of action, Xenical blocks about 30% of the dietary fat from being absorbed into your body; this reduces your calorie intake, thus helping you lose weight gradually.

Effectiveness of Xenical

What this fat blocking capsule does is to absorb approximately 30% of the fat that you eat, and carry it straight out of your body via the bowels so that your body has less fat to convert into energy, or to store. So, by regulating the amount of fat you ingest and then removing a certain portion of that fat using this fat blocking capsule, your body is forced to convert stored fat into energy. As a result, you lose weight.

Benefits of Xenical

Xenical weight loss capsules contain the active ingredient orlistat, which is a lipase inhibitor; this aids weight loss in people who are overweight or obese. Xenical when combined with a reduced-calorie diet promotes effective weight loss as well as prevents weight gain after weight has been lost.

Xenical side effects

Medicines and their possible side effects affect individuals in different ways. Side effects that are known to be associated with this medicine include headache, oily spotting from the rectum, abdominal pain or discomfort, flatulence (wind) sometimes with discharge, oily or fatty stools, urgent or increased need to open the bowels, diarrhoea, low blood sugar levels (hypoglycaemia) in people with type 2 diabetes, pain or discomfort in the rectum, abdominal bloating in people with type 2 diabetes, faecal incontinence, tooth or gum disorders, chest infections, urinary tract infections, fatigue, irregular menstrual cycle and anxiety.

However, you are less likely to experience digestive side effects if you follow the instructions on what to eat while taking this medicine and do not take it with meals that are high in fat.

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