

Alli orlistat

A helping hand on your weight loss journey.

Alli is a weight loss pill that you take with your meals to help reduce the amount of fat you digest from food. If you're looking for a little extra help with slimming down, Alli might just be your new best friend.

Order Alli online with us to get it delivered straight to your door regularly on subscription.

What is Alli?

Alli works by preventing one-quarter of the fat you eat from being digested by your body. By attaching itself to the enzymes in your digestive system that break down fat, Alli prevents them from working as usual and therefore stops the fat from being digested. The resulting fat is released from the body via your stools and is not gained in weight. It's estimated that for every two pounds in weight that you lose naturally through dieting and exercise, Alli will help you lose one extra.

Is Alli the same as Xenical?

Xenical is a branded weight loss medication which means that it is more well-known but more expensive to buy. Alli is a low-dose version of Xenical that is more accessible and affordable.

Xenical is also only available via prescription due to its higher dosage, whereas Alli does not require a prescription and can be purchased online at a cheaper price.

How can I buy Alli online?

Alli can be purchased via Treated after a consultation with one of our licenced clinicians. By doing this, we can work out what's best for you and your weight loss needs.

Our clinicians are here to answer any questions you might have about your medication or weight loss advice, and we will provide you with all the support that we can.

How to take Alli

When introducing Alli to your weight loss journey, it is advised to choose the day you want to start taking the capsules in advance. By beginning your new reduced-calorie, lower-fat diet a few days before taking Alli, you give your body a few days to adjust to the new routine. Take one pill within an hour of each meal up to three times a day.

It's also important to set yourself a weight loss goal before taking Alli. Usually, aiming to lose around a total of 5-10% of your starting weight (or 1lb a week) is considered a reasonable target to reach.

How well does Alli work?

According to a study published in 2012, orlistat, in combination with a mildly reduced-calorie diet, significantly reduces body weight and body fat in obese patients—as well as promoted weight loss, reduced fat intake, and improved binge eating behaviour patterns¹. In another study, it was discovered that participants treated with 60mg of orlistat twice a day lost 7.1kg in a year².

How long do I need to take Alli for?

Alli should not be taken for more than six months at a time. If you haven't noticed any changes in weight within four months, you should speak to one of our clinicians about other potential treatment methods.

You should continue to diet and exercise regularly after you stop using Alli to maintain weight loss beyond the treatment.

What if I take Alli and it doesn't work?

For the best results, make sure you are exercising regularly and eating three well-balanced and lower-fat meals per day. Our clinicians will also be able to advise you on dietary changes and foods that contain fat so you're able to experience Alli at its best.

However, if you do not feel like you are losing weight after taking Alli for four months, consult a member of our team as you may need to consider a different treatment option.

¹Golay, A., Laurent-Jaccard, A., Habicht, F., Gachoud J.P., Chabloz. M., Kammer, A. (2012). 'orlistat, in combination with a mildly reduced-calorie diet, significantly

reduces body weight and body fat in obese patients'. Effect of Orlistat in Obese Patients with Binge Eating Disorder. Obesity Research. Available at: [Go to source.](#)

²Giampietro, C., Giampietro, O., Matteucci, E., Masoni, M. (2015). The Effect of Low-dose Orlistat (60 mg Twice Daily) on Weight-loss and Markers of Metabolic Disease in Obese Subjects: A Preliminary Report. Journal of Scientific Research and Reports. Available at: [Go to source.](#)