

psyllium three times a day, at meals time. Most patients considered that intake of psyllium at bedtime was far more convenient and comfortable as compared to the alternate use of psyllium three times a day.

In conclusion, psyllium hydrophilic mucilloid is an effective, practical and easy method to circumvent the GI events during orlistat treatment of obese patients, provided that a moderate fat intake is advised.

Acknowledgements

We acknowledge the help of Creusa R Dal Bó in the statistical analysis of the data. This study was supported by Roche Pharmaceutical Co. and Procter & Gamble (Brazil). The expert secretarial work of Maria Suzette Pott is gratefully acknowledged. Part of this work was reported at the 9th European Congress on Obesity, Milan, Italy (1999).

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