



## LIPONET®

### DESCRIPTION

LIPONET is the trade name of a natural weight-control health supplementary product that was developed from naturally occurring chitosan, which is a fiber derived from chitin. Chitin is

an aminopolysaccharide found in the outer skeleton of shellfish such as shrimps, crabs and lobsters.

### COMPOSITION

Each LIPONET tablet contains:

- |                 |        |
|-----------------|--------|
| ☐ Chitosan      | 250 mg |
| ☐ Ascorbic acid | 30 mg  |

### CLINICAL PHARMACOLOGY

Chitosan simply catches fats (lipids) and traps them before being absorbed into the bloodstream, just like a net catches fish. Chitosan has a positive ionic charge, while digested fats (fatty acids) have a negative ionic charge; this

makes chitosan lipophilic, i.e. it is chemically attracted to fat. A chitosan /fat complex forms which is undigestible and cannot be absorbed into the body. Thus, a considerable percentage of the fat eaten, is trapped by chitosan and expelled out of the body as waste and not stored as fat.

### INDICATIONS

- ☐ LIPONET binds excess fat before giving it a chance to be absorbed into the body, thus it helps in controlling body weight and managing obesity.

### OTHER BENEFITS FROM LIPONET

- ☐ Chitosan may give a feeling of satiety (fullness), which in turn, controls the amount of food eaten.
- ☐ Helps reduce total serum cholesterol level.
- ☐ Helps improve bowel function.

### DOSAGE

- ☐ Take 2-4 tablets depending on the estimated fat content of the meal, immediately before meals with a full glass of water or juice. Do not exceed 8 tablets / day.
- ☐ Unlike other dieting agents, you don't need to take

LIPONET everyday or with every meal. It has no strict regime.

- ☐ When using LIPONET it is advisable to drink at least 8 glasses of water/day.

### ADVERSE EFFECTS

Not documented.

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## USE IN PREGNANCY & LACTATION

Chitosan should not be used during pregnancy and lactation.

## DRUG INTERACTIONS

- ❑ Chitosan may bind to some drugs and reduce their absorption, therefore, consult your doctor before use.

## CONTRAINDICATIONS

- ❑ People suffering from shellfish allergy should consult their doctors before use.
- ❑ Chitosan should not be used during pregnancy and lactation.
- ❑ Children under 14 years should not use chitosan.

## PRECAUTIONS & WARNINGS

- ❑ People with a low level of serum cholesterol should not use chitosan.

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- ❑ People between 14-16 years must not use chitosan unless it is used with a vitamin

supplement.

- ❑ Chitosan may adsorb fat-soluble vitamins (A,D,E,K). Therefore, when using chitosan for a long period of time, it is preferable to take vitamins A,D,E,K two hours before or after meals.

## HOW SUPPLIED

- ❑ Bottles containing 75 **LIPONET 250 mg tablets.**

## STORAGE CONDITIONS

- ❑ Close tightly after use.
- ❑ Store between 15-30°C, protected from light and humidity.
- ❑ Keep out of reach of children.

## THIS IS A MEDICAMENT

- A medicament is a product which affects your health and it's consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the

pharmacist who dispensed the medicament.

- The doctor and the pharmacist are experts in medicine.

- Do not by yourself interrupt the period of treatment prescribed for you.

- Do not repeat the same prescription without consulting your doctor.

- Keep medicaments out of the reach of children.