

WHAT IS PHENTERMINE?

Phentermine is a drug that stimulates the central nervous system (nerves and brain), which **decreases your appetite** and increases your heart rate and blood pressure.

Phentermine is used together with diet and exercise to treat obesity, especially in people with risk factors such as high blood pressure, high cholesterol, or diabetes.

HOW DOES PHENTERMINE WORK?

Phentermine suppresses appetite by changing the chemistry in the brain in a way that decreases the hunger drive. Specifically, it alters levels of dopamine and norepinephrine, two chemicals involved with brain functioning.



PHENTERMINE FOR WEIGHT LOSS

Phentermine is a helpful tool in the fight against excess weight. It can help you feel more in control of your appetite and food cravings. It can increase your satiety, which means that when you eat you will feel full sooner. Finally, it can help take your mind off food, so that you can think about other things. However, it is not a “magic pill.” **It is important to remember that it is only a tool, and will work best if you also make healthy lifestyle changes, such as modifying your diet and increasing your activity level.** If you take phentermine and do not make lifestyle changes, you may lose some weight, but most likely your weight loss will plateau before you reach your goal, and with time you will regain the weight you have lost.

SIDE EFFECTS OF PHENTERMINE

Common side effects include:

- Dry mouth
- Restlessness
- Difficulty sleeping
- Increase in heart rate
- Increase in blood pressure

Tell your doctor if these symptoms persist or worsen.

