



دائرة الصحة
DEPARTMENT OF HEALTH



Drug Information Section

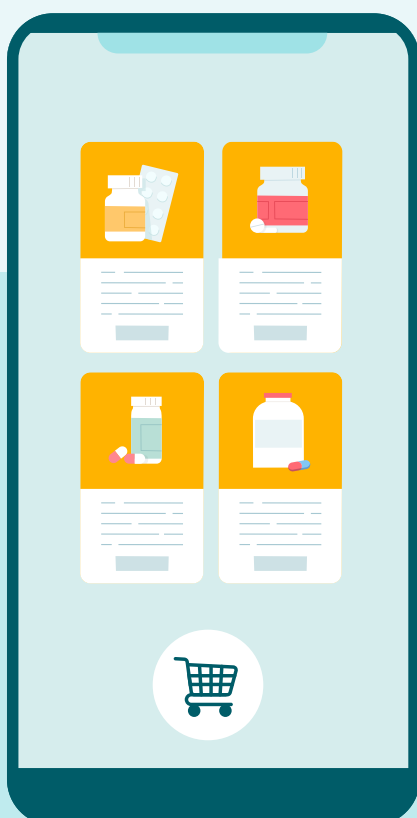
You can reach out to us at our toll free number **800 - 424** Sunday to Thursday (7 a.m. - 3 p.m.)
or via email at: **DIS@doh.gov.ae**



Weight-loss products contain many ingredients like herbs, fiber, and minerals in different amounts and in many combinations.

It is sold in different pharmaceutical dosage forms such as capsules, tablets, liquids, and powders.

Many People use weight loss supplements as a quick & easy way to slim down and lose weight without considering a reasonable diet program or exercise.



Many users do not have enough knowledge about the components of these products and the health risks and damage they can cause, especially with the widespread and availability of its sale through various outlets such as nutrition stores or social networking sites and the Internet.

Weight reduction products can be classified according to their effect as follows:



Products that has no effect:

There is limited information about these products, and the evidences of their claimed benefits was based on small number of unapproved studies. Ideally, several research studies are required in order to determine the safety and the effectiveness of these products.

These products are marketed as a completely safe, not fake products with no side effects, however, in reality, it is not effective and has no benefit.

Such products are considered useless and waste of time and efforts



Products with limited effects:

These products may help in losing weight, but their effect is often limited and not remarkable, especially if their use is not accompanied by a healthy lifestyle and an appropriate diet. According to scientific studies, most of these products have a temporary effect, as they may have a clear effect in reducing weight at first, but over time, their effectiveness decreases and their goes away.

Such Products may be effective, however they can be risky when used by patients with chronic diseases; such as high blood pressure, diabetes, blood, kidneys and liver diseases. In addition, these should be avoided during pregnancy and lactation as they can cause severe complications or side effects.

In general, it is necessary to seek medical advice before using weight loss products.



Products that are not safe to use:

Some of the products marketed as being effective in reducing weight, but in reality, they are adulterated products with chemical or substances that are not disclosed and are not included as an active ingredient of the product. For example, the addition of substances that have been banned from market because of the serious health problems they caused or the addition of some medications and hormones that have the to reduce weight, but they should not be used except in certain medical conditions with fixed doses and only under medical supervision.

General Advices

Do not hesitate to speak with your health care provider before starting to use weight loss supplements:



Discuss potential benefits and risks, especially if you are suffering from any health problems such as high blood pressure, diabetes, liver and kidney disease or heart disease.



Read about the dietary supplement before using it as it may contain a component that has an similar effect to one of your medicines.



Dietary supplement might contain several ingredients that have different effects which might cause dangerous drug-drug interactions.



Check the quality of the dietary supplement before using it; make sure to buy it from authorized selling outlets such as pharmacies and nutritional supplement stores. Beware of buying nutritional supplements from unknown sources through the internet or social media.



Beware of falsified and eye-catching claims, such as **magic diet pills, burn the fat and lose weight without diet or exercise**. If it is difficult to believe, it is also in fact difficult to achieve.



Weight loss supplements can be expensive and may not be effective. The best way to lose weight and maintain it, is to follow a healthy, nutritional integrated diet, drink the enough amounts of water, reduce calories, and exercise regularly.



In case you need to use any supplement, make sure it is safe and free from adulterated substances.

You can always ask your healthcare professional, ask drug information service at **800424** or view the latest safety warnings on supplements at the Department of Health website. **Updated lists of adulterated product are published periodically through the following link:**

<https://doh.gov.ae/en/resources/publications>

YOUR SAFETY IS IMPORTANT TO US