

# Xenical Orlistat Do They Work

Orlistat is a medication used for weight loss. It works by blocking the absorption of fat in the intestines. This means that less fat is absorbed into the body, which can lead to weight loss over time. Orlistat is available as capsules and is taken with meals. It is important to take Orlistat with meals that contain fat, as it only works when there is fat to absorb. If you are taking Orlistat, you should also follow a healthy diet and exercise regularly to achieve the best results. Orlistat is generally safe, but it can cause some side effects, such as oily stools and gas. It is important to talk to your doctor before starting Orlistat to make sure it is right for you.