

to stay informed about weight loss medications and supplements stocked in the pharmacy, potential interactions these products can have with other medications, and information on how these patients can protect themselves from illegitimate supplements with risky or inactive ingredients.

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**IDEA IN
BRIEF**

Just as overweight and obese patients have struggled for years to lose weight, the pharmaceutical industry has struggled for years to develop new weight loss medications worthy of FDA approval. The only weight loss medication currently available on the market to help patients lose weight when diet and exercise are not enough is orlistat. Other products, such as dietary shakes and supplements, are marketed to promote weight loss.

**IDEA IN
PRACTICE**

Upon reading this article, pharmacy technicians will be aware of some of the reasons behind the pharmaceutical industry's inability to get a new weight loss medication approved. They will also know how to inform patients seeking to lose weight about the medications and dietary supplements available in their pharmacy.