

Drug	Mechanism of Action	Amount of weight lost	Side effects
<u>Drugs for long term use</u>			
Orlistat	Lipase inhibitor	1.7-5%	Steatorrhea, fecal urgency, and flatus
Sibutramine (no longer approved)	Central noradrenaline and serotonin reuptake inhibitor	4.6%	Increased BP, insomnia, dry mouth, nausea, constipation
<u>Drugs for short term use</u>			
Phentermine	Central release of dopamine and noradrenaline	10.1-11.1%	Insomnia, dry mouth, constipation
Diethylpropion (now shown safe for up to one year)	Central release of dopamine and noradrenaline	10.1-11.1%	Insomnia, dry mouth, constipation
Phendimetrazine	Central release of dopamine and noradrenaline	10.1-11.1%	Insomnia, dry mouth, constipation
Benzphetamine	Central release of dopamine and noradrenaline	10.1-11.1%	Insomnia, dry mouth, constipation
<u>Diabetic medications that lead to weight loss</u>			
Metformin	Decreases hepatic glucose production and intestinal glucose absorption, increases insulin sensitivity	4.5%	Nausea, abdominal pain, diarrhea, lactic acidosis
Exenatide	GLP-1 receptor agonist	4.4%	Headache, nausea, vomiting
Liraglutide	GLP-1 receptor agonist	mean of 2.8kg	Nausea, vomiting, and diarrhea
Pramlintide	Amylin analogue	3.7-5%	Nausea, vomiting or headaches
<u>Anti-seizure medications that lead to weight loss</u>			
Topiramate	Enhances GABA-activated chloride channels	3.7-4.5%	Fatigue, paresthesias, metabolic acidosis
Zonisamide	Blocks sodium and calcium channels, also dopaminergic and serotonergic activity	5.6%	Cognitive effects, fatigue, increase in serum creatinine
<u>Antidepressant medications that lead to weight loss</u>			
Bupropion	Dopamine and norepinephrine reuptake inhibitors	2.2-5.1%	Dry mouth, constipation, headaches
Fluoxetine	Serotonin reuptake inhibitor	from 14.5 kg lost to 0.4 kg gained	Insomnia, headaches, anxiety