

Fat Binder

- **Blocks lipid absorption from food and thus reduces calorie uptake**
- **For the treatment of excess weight and obesity**
- **Reduces cholesterol absorption from food**

General recommendations:

Holland & Barrett Fat Binder is a (invasive) medical device certified in accordance with the provisions of Directive 93/42/EEC. Please carefully read the enclosed instructions for use, even if you have used this product before. The information may have been amended according to new research and findings in the time since you last opened package. Keep this information in case you need to consult it again. Holland & Barrett Fat Binder can develop their proper effect only if taken in accordance with instructions.

Form of administration and content:

Package with 30 or 90 capsules

Ingredient:

- 1 capsule Holland & Barrett Fat Binder contains 500 mg OMTEC50®
- Other components Magnesium Stearate and Silicon Dioxide.

Capsule: Hydroxypropylmethyl cellulose (HPMC)

Dosage and use for adults:

Recommended intake to support a weight reduction diet:

- Take 2-3 capsules 2 times a day, 15 minutes before a main meal, with a large glass of liquid (≥250 ml).

Recommended intake to support weight control within the scope of a fat conscious diet.

- 1-2 capsules twice a day, 15 minutes before a main meal with a large glass of liquid (≥250 ml).

Do not chew or bite on the capsules! To prevent an insufficient intake of fat soluble vitamins A, D, E and K or of essential fatty acids, Holland & Barrett Fat Binder should be taken with a maximum of two out of three main meals. Ensure that the third meal includes fat soluble vitamins A, E and K and essential fatty acids. If necessary, a multivitamin product can help cover the vitamin requirement. Do not exceed the recommended daily dose. Overdoses (>6 capsules a day) of Holland & Barrett Fat Binder do not improve the product's effect, but can promote potential side effects.

Additional information:

- No flavour enhancers, preservatives or colourants;
- No lactose, iodine, gluten or cholesterol;
- Suitable for diabetics (No influence on the carbohydrate counting);
- Holland & Barrett Fat Binder is produced with natural ingredients and does not contain raw materials of animal origin. Slight variations in colour and taste have no impact on the product's effectiveness.

Conscious nutrition and weight loss:

Excess weight is frequently caused by excessively fatty foods, e.g. high fat content meat, sausage or cheese products, fast foods or high fat snacks. As fats are particularly high in energy, these foods often provide the body with more calories than it needs – the excess energy is stored in fat deposits. Conscious nutrition requires a moderate intake of fats and carbohydrates combined with a sufficient intake of vitamins and minerals. Physical activity additionally increases calorie consumption and breaks down fat deposits.

How does Holland & Barrett Fat Binder work?

The active ingredient of Holland & Barrett Fat Binder is OMTEC50®, a natural fibre with a high lipid binding capacity. It helps to neutralize calories from high fat content foods. Holland & Barrett Fat Binder binds only fats, but no carbohydrates or sugars. The capsules must be taken 15 minutes before a main meal together with 1 glass of liquid (≥250 ml). The natural substance OMTEC50® forms a gel-like substance in the stomach; this substance mixes with the food. In this process, fats and cholesterol are removed from the food and bound in a non-soluble form. These bound fats do not enter into the metabolic cycle, but are excreted undigested.

Restrictions on use:

Do not use Holland & Barrett Fat Binder for longer than 30 days in one treatment period. Treatment can be resumed after 4 days.

- Do not take medicinal products (e.g. contraceptives), vitamins or essential fatty acids at the same time as Holland & Barrett Fat Binder; Oral medication must be taken 1 hour before or 4 hours after using Holland & Barrett Fat Binder. Talk to your doctor before using Holland & Barrett Fat Binder if you need to take medication at main meal times;
- In the event of constipation or other side effects, you should immediately discontinue taking and consult a doctor.

Side effects:

- You may experience a temporary feeling of satiety after taking Holland & Barrett Fat Binder. This normally disappears after a short time;
- Overdosage (> 6 capsules per day) or taking the product with insufficient quantities of liquid may lead to constipation;
- Persons with sensitive stomachs or bowels might experience stomach upset, gas or constipation. If the side effects continue, the dose should be reduced or intake should be discontinued.

Interactions:

The high fat binding capacity of Holland & Barrett Fat Binder may also impact the absorption of fat soluble vitamins and active ingredients of medicinal products. This concerns e.g. the hormones in contraceptive pills or in preparations used in the treatment of menopause disorders. Oral medication must be taken 1 hour before or 4 hours after using Holland & Barrett Fat Binder.

Contraindications:

Do not take Holland & Barrett Fat Binder if:

- You are oversensitive or allergic to one of the ingredients;
- You have suffered from gastrointestinal disorders (e.g. acid reflux disease, gastritis, ventricular or duodenal ulcers, Crohn's disease, ulcerative colitis, diverticulitis), signs of intestinal obstruction (impending or existing mechanical or paralytic ileus), gastroparesis in diabetics with neuropathy, intestinal polyps and existing severe digestive disorders (constipation);
- You take Warfarin (blood thinner);
- You are underweight (Body Mass Index (BMI)<18.5);
- You are pregnant or breastfeeding in order not to jeopardise the supply of important nutrients to the embryo or baby;
- Not suitable for children.
- Adolescent should use Holland & Barrett Fat Binder only after consulting a doctor.



Cautions:

- Do not chew or bite on the capsules;
- Keep out of reach of children;
- Do not use when blister package is damaged.



Storage:

Store at room temperature (5-25°C) in a dry and dark place in the original container and out of reach of small children.



Expiry date:

Do not use Holland & Barrett Fat Binder after the date on the package labeled "expiry date".

Date of the most recent revision of these directions for use: Oct 2022
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If you would like further information about this product, please contact:

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