



# Pharmaceutical Treatments for Unwanted Weight Loss



The resource contact information in this list is current as of February 2007. The owners of food and pharmaceutical companies and products may change. It is vital to keep up-to-date contact information for all products.

Drug Types and Names	Known Nutrition Side Effects	Meal Plan Notes
<b>Androgens/Anabolic Steroids</b>	2, 5, 6, 7, 8, 9, 10, 11, 12, 15, 17, 18, 19, 21, 22	Insure adequate calories and protein
<p>* Oral methyltestosterone (www.valeant.com): Valeant - 800/321-4576 * Transdermal patch (Testoderm®, Testoderm® TTS): Alza - 800/321-3130 www.alza.com * Testosterone gel (AndroGel® www.androgel.com)/ Oxymetholone (Anadrol-50®): Solvay 800/241-1643 800/256-8918 www.solvay.com * Testosterone enathate injection (Delatestryl® www.Delatestryl.com/ Oxandrolone Oxandrin®): Savient- 866/692-6374 www.savientpharma.com.com            * Testosterone cypionate injection (Depo Testosterone®): Pfizer- 800/438-1985 www.Pfizer.com            * Nandrolone decanoate: Watson - 800/272-5525</p>		
<b>Recombinant Human GH</b>	1, 2, 3, 5, 7, 9, 10, 11, 12, 16	* Somatropin/growth hormone (Serostim®, Protropin® - injection): Serono- Serostim- 800/283-8088 www.aidswasting.com / Genentech, Inc. 800/530-3083 www.gene.com
<b>Appetite Stimulants</b>	1, 2, 3, 5, 6, 7, 8, 9, 10, 12, 13	Best if taken before meals
<p>* Megestrol acetate (Megace®): Bristol-Myers Squibb - 800/321-1335 www.bms.com <b>Note:</b> Weight gain mostly fat            * Dronabinol (Marinol®): Solvay - 800/256-8918 www.marinol.com * Medicinal Marijuana <b>Note:</b> plus 4, 14 - Illegal in most states.</p>		
<b>Drugs With Appetite Stimulant Effects</b>		
<u>Antiemetics</u> - injection, oral, and suppository forms; used to decrease nausea/vomiting; taken before meals: 5-7, 9, 10, 12, 20		
<p>* Promethazine (Phenergan®, Prometh®, Mepergan® and others): Various manufacturers * Trimethobenzamide (Tigan®) * Metoclopramide (Clopra®, Maxolon®, Reglan®, and others): Various manufacturers * Ondansetron (Ondansetron®, Zofran®) * Granisetron (Kytril®)</p>		
<u>Antidepressants</u> - 5, 6, 7, 8, 9 Various manufacturers and names such as Amitriptyline, Nortriptyline, and Imipramine.		
<u>Systemic Corticosteroids</u> - injection and oral forms.	2, 3, 6, 7, 11, 12, 14, 16	Best if taken with meals. Meals should be ↓ Sodium, ↑ Potassium, and ↑ protein.
<p>Various manufacturers and trade names. Generic names such as methylprednisolone, prednisolone, prednisone, etc.  <b>Caution:</b> These drugs are immunosuppressive with increased risk of osteoporosis and high cholesterol levels.</p>		
<p><b>Key:</b> 1) Adrenal insufficiency 2) Glucose abnormalities 3) Anemia or bloody stools 4) Cancer 5) Liver disease 6) Mental changes 7) G. I. changes 8) ↑ Heart disease 9) Fatigue 10) Fever 11) Fluid and sodium retention 12) ↑ blood pressure 13) Hypogonadism 14) Immunodepression 15) ↑ Hemoglobin/hematocrit 16) ↑ Pancreatic enzymes or pancreatitis 17) ↑ Prothrombin time 18) Nephrosis 19) Tumors 20) Taste alterations 21) Vaginal bleeding or irregular cycles 22) Masculinization</p>		
<p>For information on prescribed medications visit the FDA web site at: <a href="http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm">www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm</a></p>		

This fact sheet is made to help people gain weight. It is about food and pharmaceuticals sold as of February 2007. It is not medical, fitness, dietetic, or professional advice. People need to ask health care providers about these products.



# Nutritional Treatments for Unwanted Weight Loss



SOURCE	PRODUCT	TYPE	KCALS	PROTEIN	FAT
Abbott/Ross Laboratories 800/558-7677 www.abbott.com www.ross.com	Advera	2/3/5	303	14	5
	Enlive (clear liquid)	2/4/11/13	300	10	0
	Ensure liquids including Ensure-Fiber/FOS	2:2/3	250-360	9-13	6-11
	Glucerna liquids and snack bars	1/2/6/11/12	140-290	6-13	4-13
	NutriFocus	2/9/11	355	15	12
	Juven	2/4/5/9/11	75	14	0
	Nepro	2/8	475	17	23
	Pro Mod Powder	1/9	28+	5+	1+
	ProSure	2/9/11	300	17	7
	Pulmocare	1/10/11	355	15	22
Suplena	2/8/11	475	7	23	
BIONexus Ltd. 800/835-0869 www.bionxs.com	NutriVir & *NutriVirNSA (5 Tbsp. *3 Scoops - 57.3 gm)	3-5/9	315-200+	21-25+	8-7+
Bristol-Myers Squibb sold the rights to these products to Novartis	ChoiceDM diabetic products: Crispy Snacks, Fiber Bursts, Weight Management Shakes	1/2/6	45-125	1-10	1-3
Dairy Farmers of America 888/44-SHAKE www.dfamilk.com	Sports Shakes usually cost less than most canned products.	1	430	13	13
Nestle 800/289-7313 www.carnationinstantbreakfas	Carnation Instant Breakfast liquid and powder (carb-conscious flavors)	1	130-250	5-13	0-5
Nestle Nutrition 877/463-7853 www.nestleclinicalnutrition.com	Glytrol	2/3/6/11	250	11	12
	Nubasics drinks	2/3/11	163-560	7-20	0-27
	Nutren with Fiber and Nutren Junior	2/3/11	250-500	10-20	10-26
	NutriRenal	2/8/11	500	18	26
	Peptamen liquids including Junior	2-4/11	250-375	10-17	10-14
Metagenics 800/692-9400 www.metagenics.com	UltraMeal/BioPure snack bars and protein powders	1/2/3/5/6/9/13	80-190+	15-17+	2-6+
Novartis Nutrition Corp. Nutrition Line 800/247-7893 www.novartisnutrition.com www.boost.com 800/438-6153 Impact Recover Walgreens www.walgreens.com	Boost (liquid, powder, pudding) www.boost.com	1/2/3/9/11	160-	7-13+	0-9+
	Impact Recover (62 g packet—3 flavors)	2/5/11	240+	17+	7+
	Lipisorb	2-4/11	320	14	13
	Peptinex and Peptinex DT	2-5/11	237-250	12-13	4
	ReSource liquids and Gluta-Solve powder	2-5/8/11/13	90-480+	6-15+	0-16+
	Subdue and Subdue Plus	2-6/11	237-355	12-18	8-12

**Key:** *Type*- 1-Contains lactose 2-No lactose 3-Used with diarrhea 4-Used with malabsorption 5-HIV-specific 6-Diabetes formula 7-Liver disease formula 8-Kidney disease formula 9-Used to rebuild muscle mass 10-For respiratory or pulmonary illness 11-No gluten 12-Weight loss formula 13- Heart disease formula/Lipodystrophy

*Availability*- Many products are in grocery and drug stores. Some may need a prescription or can be bought through the company's sales representative. Some products can be ordered by mail or bought through Buyer's Clubs.

*Notes*- +-Plus nutrients from added liquid. Protein and fat content are listed in grams per product serving. Liquid supplements are 8 fluid ounces unless otherwise noted.