

Boots Stocks New Alli Weight Loss Product



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Boots have announced the arrival of alli, a new over the counter weight loss medicine. alli (Orlistat 60mg), available at Boots without prescription and is suitable for adults with a BMI (Body Mass Index) of 28 or over, who are prepared to make changes to their diet - and Advantage Card holders who purchase alli from Boots are eligible for a whole host of added savings and benefits.



As one of UK's leading healthcare retailers, Boots is a popular destination for those wanting to find out more about how to lose weight safely and effectively through taking [alli](#). Boots pharmacists are on hand for expert, personalised help and advice without an appointment, and will be able to recommend the best way to help customers lose weight with the help of the weight loss aid, [alli](#).

Weight loss advice from Boots experts:

"If customers want to lose weight, their pharmacist is a good first point of call," said Boots Pharmacist Angela Chalmers, "They will be able to ascertain a method of weight loss which would be suitable, provide advice and set realistic goals. They are there to help the customer and monitor their progress, so they really don't have to go it alone. They don't even have to make an appointment, just pop into their local Boots store."

The first step towards losing weight is for customers to find out their [BMI](#), which for a healthy person is between 18.5 and 24.9. Boots has installed easy-to-use Healthy-Weight Check Machines in larger stores throughout the UK which enable customers to ensure they are making the right [weight-loss](#) decision for their individual needs. The machines give a healthy weight assessment that measures their height, weight, and BMI at the cost of just 50 pence.

For those on a reduced calorie and lower fat diet, they may find it helpful to consider supplementation, to help ensure they are meeting all their nutritional needs while on a diet.

Boots Positive Healthcare Technical Expert Nick Bennett said: "If customers are taking a [weight loss product](#) that reduces fat absorption, then they may wish to consume extra fat soluble vitamins and important fatty acids such as EPA and DHA which may otherwise be lacking in the diet. A good way to do this is by building a foundation of supplementation to include a complete A-Z of vitamins and minerals, an omega 3 supplement, such as a high strength fish oil, and a probiotic supplement to help maintain the health of the digestive tract while it experiences potentially radical changes in food intake."

About

Boots:

Boots UK is the UK pharmacy-led health and beauty retailing business of Alliance Boots.

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