ABSTRACT

Obesity is one of the leading issues that have continued to increase in the world today. In a world where technology and the modern conveniences of life have increasingly risen, it is expected that people will depend on them more and more which lead to the fatal conditions associated with diabetes, heart disease, hyperlipidemia and stroke. Twenty-four male guinea pigs were tested with weight loss pills Xenical, Lesofat and Reducin through gavage method once a day every morning for 2 months. Initial weight, weight per week and weight after the 8th week of administering the slimming pills was then recorded. ANOVA revealed that Xenical and Reducin were able to decrease the weight of the guinea pigs but were not considered statistically significant. The P-value obtained from Control, Xenical, Lesofat and Reducin was 1.52, 1.00, 0.089 and 0.159 respectively. Failure to incorporate regular exercise is one of the reasons why the slimming pills did not effectively reduce the weight of the guinea pigs. Since high fat diet during the experimentation was not done, not enough amount of fat was absorbed leading to the failure of the pills to inhibit the pancreatic lipase in the gastrointestinal tract of the guinea pigs leading to the increase of their weights.