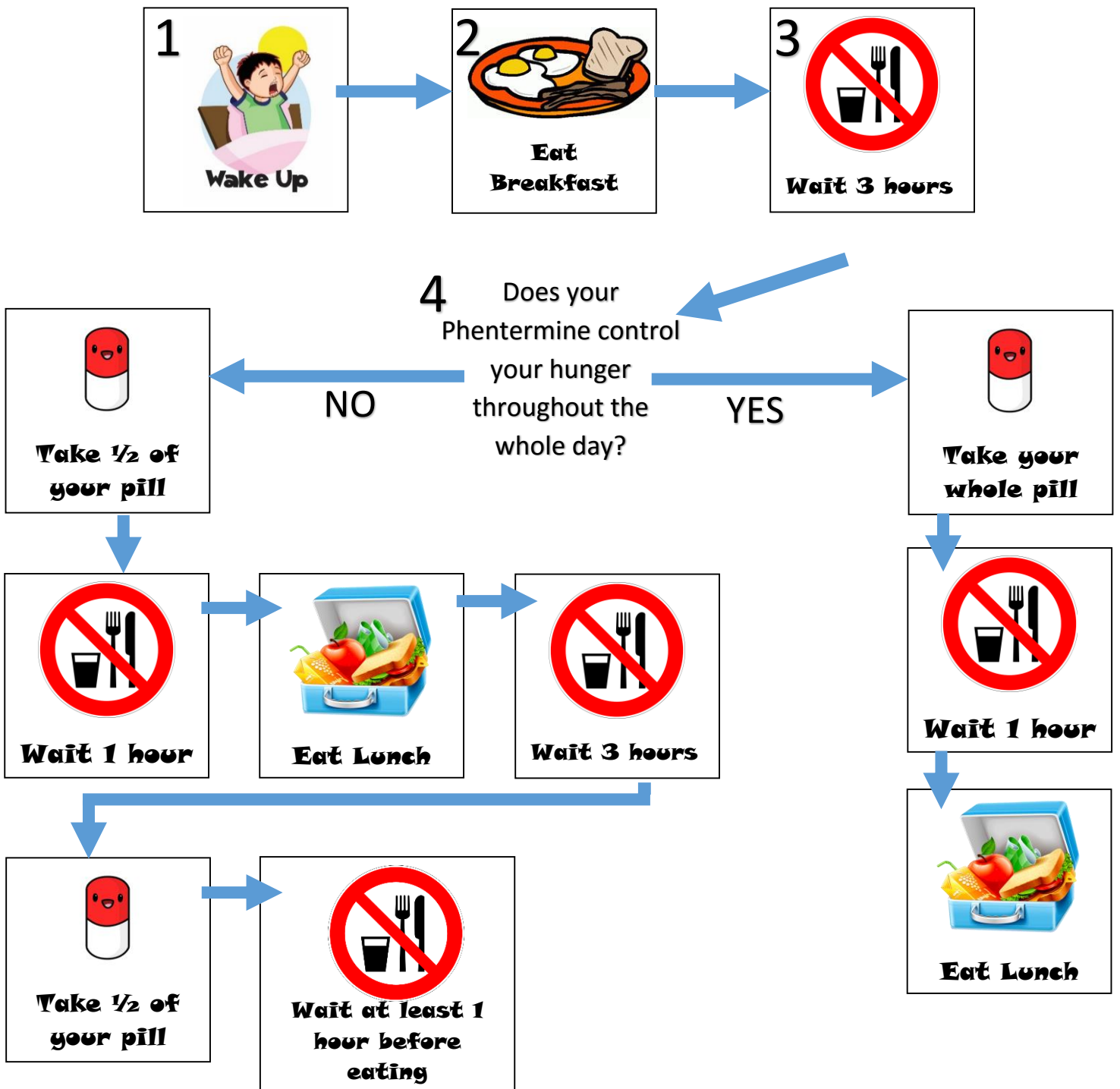


HOW TO GET THE BEST RESULTS FROM YOUR PHENTERMINE



IMPORTANT THINGS TO REMEMBER:

- It is important to ALWAYS EAT BREAKFAST 1-2 hours after you wake up for your day!
- It usually takes about 3 hours for your stomach to become empty after a meal – this is the ideal time to take your medicine.
- Always wait at least 1 hour after you take your medicine before you eat or drink anything (except for water). This allows your stomach time to absorb the medicine.