

The Medical Letter[®]

on Drugs and Therapeutics

Volume 58

December 5, 2016

ISSUE No.
1509

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IN BRIEF

Phentermine (*Lomaira*) for Weight Loss

The FDA has approved *Lomaira* (KVK Tech), an 8-mg tablet formulation of phentermine that can be taken up to three times daily before meals, as an adjunct to lifestyle modifications for weight loss. It is only approved for short-term use (a few weeks) in adults with a body mass index (BMI) ≥ 30 kg/m², or with a BMI ≥ 27 kg/m² in addition to a weight-related comorbidity such as hypertension, dyslipidemia, or diabetes. Phentermine has been available alone and in combination with topiramate for years.¹

Table 1. Phentermine Products

Drug	Formulations	Usual Dosage	Cost ¹
Phentermine ² – generic	15, 30, 37.5 mg caps;	37.5 mg	\$10.50
<i>Adipex-P</i> ⁴ (Teva)	37.5 mg tabs	once/d ³	63.50
<i>Lomaira</i> ⁴ (KVK Tech)	8 mg tabs	8 mg tid ⁵	43.50
Phentermine/ topiramate ER –	7.5/46, 15/92 mg ER caps ⁷	7.5/46 – 15/92 mg	186.00
<i>Qsymia</i> ⁶ (Vivus)		once/d ⁸	

ER = extended-release

1. Approximate WAC for 30 days' treatment at the lowest usual dosage. WAC = wholesaler acquisition cost or manufacturer's published price to wholesalers; WAC represents a published catalogue or list price and may not represent an actual transactional price. Source: AnalySource[®] Monthly, November 5, 2016. Reprinted with permission by First Databank, Inc. All rights reserved. ©2016. www.fdbhealth.com/policies/drug-pricing-policy.

2. Only approved for short-term use (a few weeks).

3. Taken before breakfast or 1-2 hours after breakfast.

4. A branded generic.

5. Taken 30 minutes before meals, up to three times daily.

6. Approved for chronic weight management.

7. Also available in 3.75/23 mg and 11.25/69 mg capsules, which are intended for use only during titration.

8. Taken before breakfast.

Lomaira was approved by the FDA under an abbreviated new drug application (ANDA) and is considered a generic drug. Its approval was based on the results of earlier phentermine trials. No studies are available comparing the efficacy and safety of *Lomaira* to standard doses of phentermine or to any other drug approved for weight loss.

Like other sympathomimetic amines approved for weight loss, *Lomaira* is classified as a schedule IV controlled substance. All sympathomimetics can increase heart rate, raise blood pressure, and cause nervousness and insomnia.² Phentermine is contraindicated for use in patients with cardiovascular disease, hyperthyroidism, glaucoma, or a history of drug abuse, and in pregnant women. It should not be used while taking, and for 14 days after stopping, a monoamine oxidase (MAO) inhibitor because of the risk of hypertensive crisis. ■

1. Diet, drugs, and surgery for weight loss. *Med Lett Drugs Ther* 2015; 57:21.
2. SZ Yanovski and JA Yanovski. Long-term drug treatment for obesity: a systematic and clinical review. *JAMA* 2014; 311:74.

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