

In general Phentermine will be tolerated by the body without any issue. However, it is observed that the drug might lead to any adverse effects and minor side effects as well on the human body. The side effects that might be experienced by individuals include elevated blood pressure, increased heart rate, palpitations, restlessness and insomnia. The magnitude of symptoms will be less than that of the symptoms that are associated with Amphetamines.

After using the medicine for a short term, the body will maintain certain levels of tolerance. The body might regain the weight that was lost earlier. There was no net weight loss when the medicine is used on a long-term basis. The drug might lead to cardiovascular side effects, gastrointestinal disturbances and allergic effects on the body.

**Cardiovascular side effects include:**

- a rise in blood pressure,
- palpitations, overstimulation,
- dizziness,
- restlessness,
- insomnia,
- dysphoria,
- tremor,
- euphoria and headache.
- Dryness in the mouth,
- constipation,
- diarrhea and unpleasant taste are some of the gastrointestinal side effects.

**Adverse effects**

- Palpitations
- Rise in blood pressure • Restlessness
- Dizziness
- Diarrhea

**Minor side effects**

- Headache
- Constipation
- Dryness in the mouth • Unpleasant taste
- Fever
- Panic
- Weakness

**More about side effects**

Some of the severe side effects that are associated with the intake of the Phentermine include fever, headache, convulsions, hallucinations, increased blood pressure, lightheadedness, fainting, changes in mood, irregular heartbeat,

vomiting, severe nausea, panic, pulmonary hypertension, shortness of breath, tremors, shaking and trembling.

When you notice any of the side effects or any adverse effects that you had noticed in your body, the intake of the drug should be stopped immediately. Doctor's advice should be followed to continue the drug. The physician will assess the medical condition and will suggest the best action plan.

If you fail to take the drug at the intended intervals, you should skip the same. At any point of time, you should not take medicine than the stipulated dosage. The dosage will be suggested based on your health condition and your ability to withstand the changes that will be affected by the drug.

#### **How to limit or prevent side effects?**

It is very much important to take medicine as prescribed by the doctor. If you take excess, you will land in trouble. There might be some or many side effects on your body. It will be very difficult to deal with the adverse side effects. Hence, enough care should be taken before the intake of the pills. It is also required to verify the authenticity of the pills that you had purchased from the market. If you go for high quality and trustworthy medicines, you will certainly make the most of the drugs.

Pregnant ladies should avoid the intake of Phentermine. Similarly, lactating mothers should not go to the medicine. It is very much important to maintain a healthy lifestyle during the intake of Phentermine so that weight loss can be achieved with minimum or no side effects on your body.