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### **Patient Considerations**

**Subjects recruited 62**

**Dropouts -12**

**Subjects on placebo -25**

**Subjects on active medicine - 25**

**Duration of the project January -August 2003**

**Time points : Visit 1 (initial) Visit 2 (after 1 month) Visit 3 (after 2 months)**

### **Selection criteria**

**Obese patients, BMI > 26, adult, no pre-existing medication, both genders, normal health, normal lifestyle, no dietary restrictions.**

### **Exclusion criteria**

**Type 1 diabetes, essential hypertension, Type 2 diabetics on Metformin, endocrine dysfunction, arrhythmia, cardiac disorders, alcohol dependence or drug dependence.**