

Abstract

The bachelor thesis deals with the comparison of OTC drugs and dietary supplements to reduce weight. Orlistat and selected dietary supplements are compared in terms of their composition and price. The thesis is divided into two parts, theoretical and practical.

The theoretical part of the thesis briefly describes the issue of overweight and obesity, especially in terms of pathogenesis, diagnosis, therapy and subsequent complications. The Orlistat chapter describes the pharmacokinetics, mechanism of effect, dosage and side effects of this sole registered OTC drug on the Czech market. The final chapter of the theoretical part describes the components in selected dietary supplements, which are rated in the theses. Because they are usually plant extracts as components, information about relevant plants is also included in the paper for its completeness.

The practical part of the bachelor thesis is devoted to the comparison of two generic drugs for the treatment of overweight and obesity and selected dietary supplements to support weight reduction. Generic medicaments containing orlistat do not differ in their composition, there is different price in the order of tens CZK between generics. The price differs by up to 48,5 % between the pharmacy and the e-shop. Selected dietary supplements were compared based on identical ingredients and their amount contained in one tablet and in the daily dose of individual preparations was shown graphically. Prices of dietary supplements were recalculated to the price per day of use of the product for better clarity. This price ranges from 6,30 to 36,60 CZK for dietary supplements purchased on the e-shop and from 10 to 51 CZK for supplements purchased at the pharmacy.

Key words: overweight, obesity, orlistat, dietary supplements