As we all are aware appetite has both physiological and psychological aspects. Appetite suppression must therefore involve both the peripheral and central nervous systems.

Drugs used to suppress appetite are known as anorexics and can be obtained as OTCs and as prescription products.

Most OTC anorexics have phenylpropanolamine as their active ingredient. These include Accutrim, Appedrine, Control, Dextrim, Deitac, Ordrinex, and Prolamine.

Ayds and Slimline contain benzocaine, a local anesthetic.

The prescription drug known as Anorex-CCK® has cholecystokinin (a hormone-like substance which signals satiety), as well as carboxymethyl cellulose, guar gum and vegetable bran as bulk fillers.

Prescription appetite suppressants are structurally analogous to amphetamine. Their effects are primarily CNS effects but may also have some metabolic basis. Some prescription anorexics include dextedrine (generic and brand name), benzphetamine (Didrex®), even methamphetamine (Desoxyn®) and the following compounds.

In the everlasting pursuit of weight loss, various agents have come and gone mainly due to toxicity. In the late 1990s, Fen-Phen was popular. The adverse effects and bad interactions with other medications caused its removal from use. In 1998 Redux®, a stereoisomer of fenfluramine, came on the prescription market and we await the consequences.