

Hear from Plenity® members in their own words

Individual results may vary.



Bridget B.



Scott W.



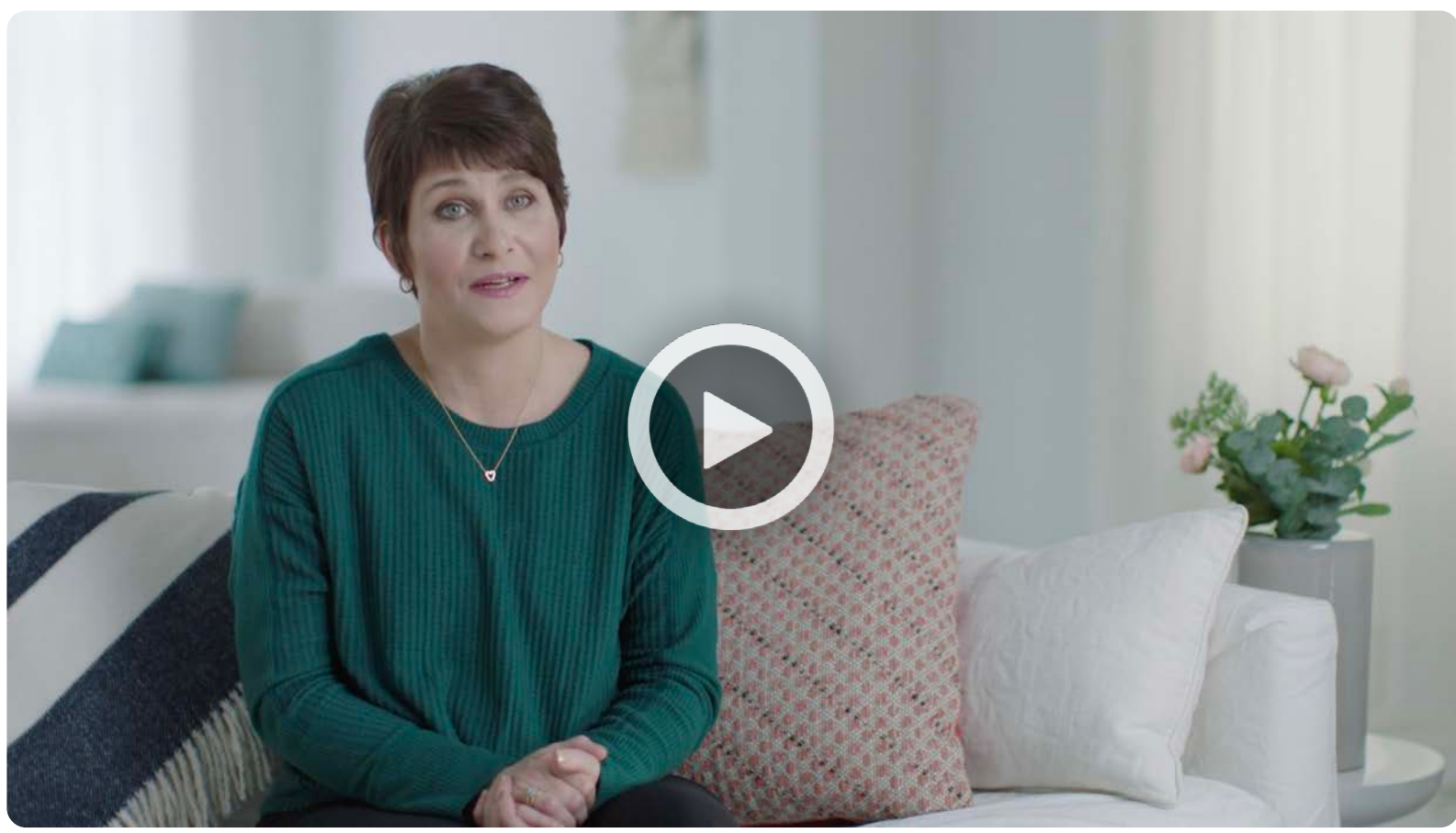
Heather B.

Plenity is an aid for weight management in adults who are overweight or obese and have a body mass index (BMI) of 25 to 40 kg/m², when combined with diet and exercise.



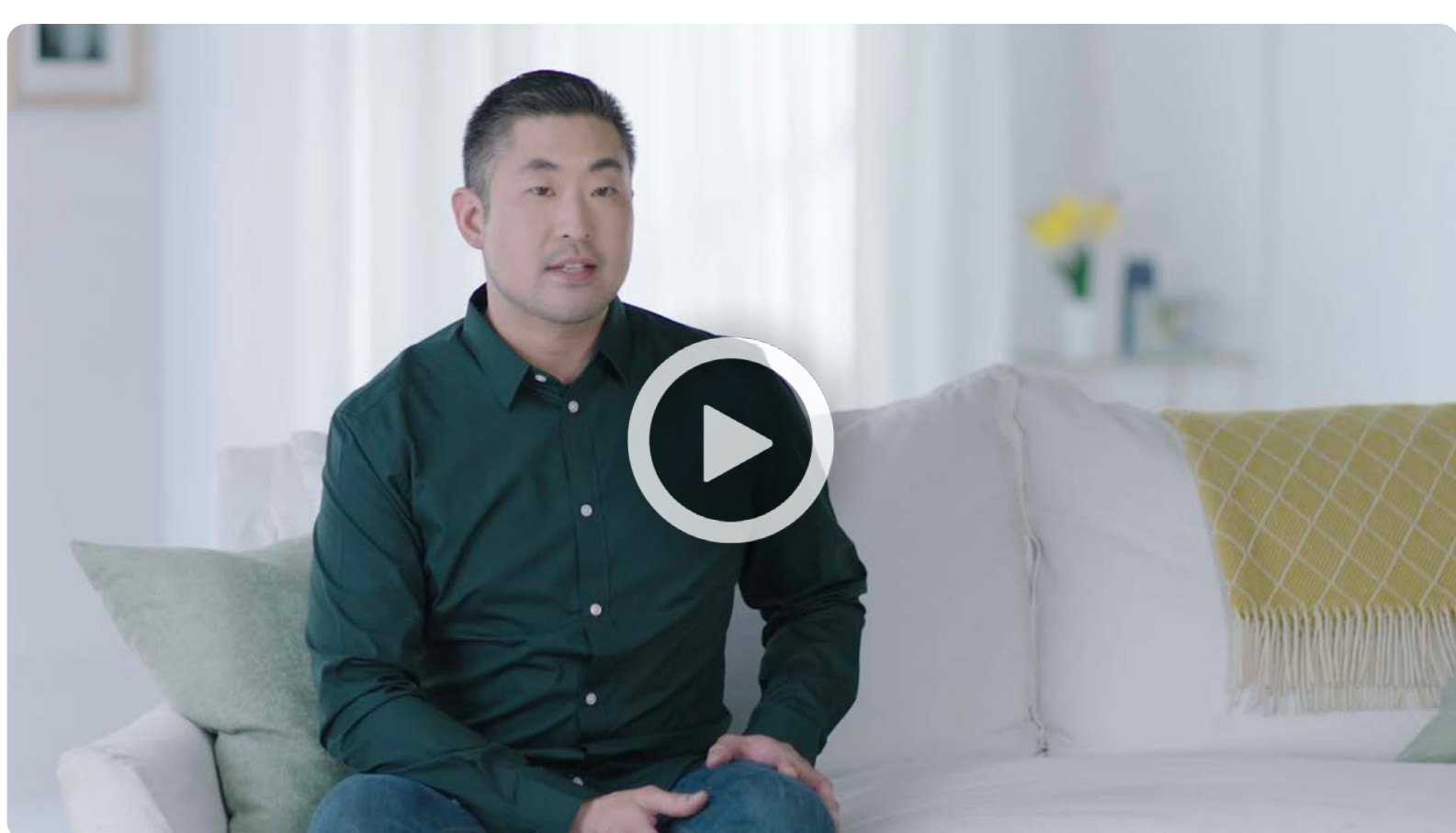
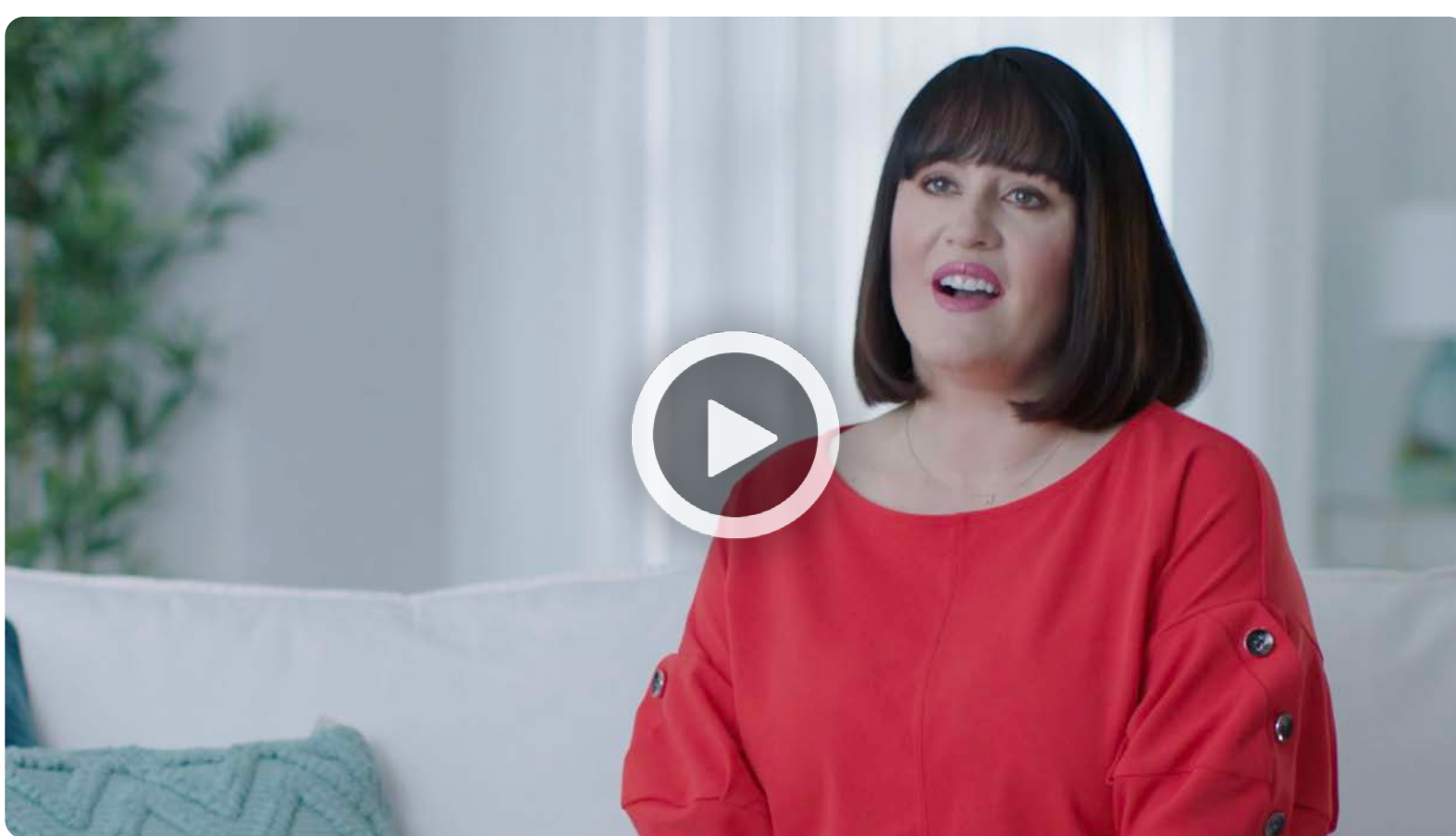
Bridget ate the same meals as her family—and still lost weight

Jonas felt full between meals



Michelle could still eat the foods that she loved

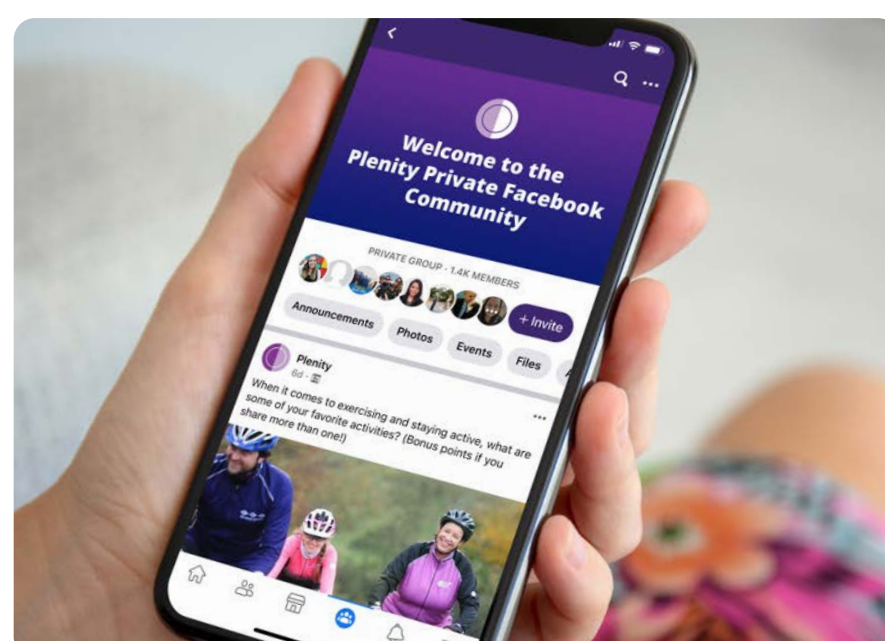
Heather made smarter decisions about eating



Scott felt fuller faster

Get even more from Plenity

When you choose Plenity, you'll get access to support that can help you achieve your goals. Our free member experience includes helpful tips and activities to fuel your journey, plus motivation and accountability from a private online community of Plenity members.



Be the first to know

Plenity is currently available in limited supply, so don't wait another minute. Sign up today for exclusive weight loss tips and healthy eating strategies from our network of experts and you'll be the first to know when it's time to experience Plenity for yourself.

Stay Informed

Important Safety Information

- Patients who are pregnant or are allergic to cellulose, citric acid, sodium stearyl fumarate, gelatin, or titanium dioxide should not take Plenity.
- To avoid impact on the absorption of medications:
 - For all medications that should be taken with food, take them after starting a meal.
 - For all medications that should be taken without food (on an empty stomach), continue taking on an empty stomach or as recommended by your physician.
- The overall incidence of side effects with Plenity was no different than placebo. The most common side effects were diarrhea, distended abdomen, infrequent bowel movements, and flatulence.
- Contact a doctor right away if problems occur. If you have a severe allergic reaction, severe stomach pain, or severe diarrhea, stop using Plenity until you can speak to your doctor.

Rx Only. For the safe and proper use of Plenity or more information, talk to a healthcare professional, read the [Patient Instructions for Use](#), or call 1-844-PLENITY.



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US-PLEN-2000612
12/2020

