



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form

Date: 2/4/02  
Name: [REDACTED]  
Age: [REDACTED]  
Sex: Female  
Address: [REDACTED]  
Occupation: Homemaker  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: [REDACTED]

Suffer: Yes

When eat? 2/1/02

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating: severe
- Abdominal cramps: (severe)
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I began to have severe abdominal cramps and continue to do so. I understand that this product gives you diahrea, but I'm actually constipated. I haven't had a bowel movement in 3 days.

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- BBQ Pringles, size: 6.5 oz.can, amount: 17-20 chips
- Ruffles Cheddar, size: Large, amount: 15-20

Eat with a meal? Yes Which meal?

Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience?

During my daughters swim meet I started getting unbelievable stomach cramps...so bad that I had to leave the meet. They continue today, 2 days later.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Just typed in "Olestra" on my browser.



Web.Form@cspinet.org on 02/06/2002 12:43:32 PM

11:09 12:00:16 P1:30

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

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Date: 2/6/02  
 Name: [REDACTED]  
 Age: 41  
 Sex: female  
 Address: [REDACTED]  
 Occupation: Homemaker  
 Email: [REDACTED]  
 Phone: [REDACTED]  
 Fax: ()

Suffer: Yes

When eat? february 1,2 and 3, 2002

When problem? 24 hours minutes

When problems end? still have them

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating: mild
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I stopped eating them 3 days ago, and I'm still sick. I passed a normal bowel movement this morning, but it still left oil in the toilet water. The gas is HORRIBLE!!! and I have stomach pains on and off through the day. I'm not going to eat clean ever again!

eat olestra again? No  
 problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Lay's Regular, size: large, amount: 20 chips  
 Eat with a meal? Yes Which meal? lunch

Eat as a snack? Yes

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
 Gas is so bad, husband would not sleep in same room

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response? I will contact them

Media?

web site? searched for it due to continued problems



Web.Form@cspinet.org on 02/07/2002 12:30:48 PM

1459 03 07 16 P1:00

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 2/7/02

Name: [REDACTED]

Age: 26

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/5/02, 9:30 pm

When problem? 6 hours minutes

When problems end? n/a

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

I ate the WOW tostitos with my meal on Tuesday 2/5/02. On Wednesday (2/6/02) my stomach cramped from the time I woke up and continues to cramp today. I had a severe nauseated feeling during the day and yesterday around 3:00 the diarrhea set in. I have never experienced anything so painful before. Today I still have cramping, I took to Imodium AD tablets this morning, since I continued to have diarrhea. I will never purchase these products ever again. This was my first and last time.

eat olestra again? No

problems again?

Problem(s) reoccurred?

See label before buying?

Read label before buying? No

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Tostitos, size: , amount: 10 chips  
 Eat with a meal? Yes Which meal? tacos

Eat as a snack? No

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
 severe gas/diarrhea

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? none yet

Media? Yes

web site? internet search



Web.Form@cspinet.org on 02/07/2002 02:05:38 PM

02/07/2002 02:05:38 PM

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 02/02/02

Name: [REDACTED]

Age: 21

Sex: f

Address: [REDACTED]

Occupation: Student, Chef

Email: [REDACTED]

Phone: [REDACTED]

Fax: [REDACTED]

Suffer: Yes

When eat? 10-2000

When problem? 1 hours minutes

When problems end? 6 hours later

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: mild
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No  
 problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: , amount: whole package  
 Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
 I lost control of my bowels in the middle of a laugh amongst friends and colleagues

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Ask jeeves.com I decided to do a research paper about it.



Web.Form@cspinet.org on 02/08/2002 06:14:40 PM

1/1 13 02 16 21:20

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

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Date: 2-8-02  
Name: [REDACTED]  
Age: 19  
Sex: female  
Address: [REDACTED]  
Occupation: student  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 2/8/02- 9:00 am

When problem? 3 hours minutes

When problems end? ?????

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other: I felt like I was in labor

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 17  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? internet



Web.Form@cspinet.org on 02/09/2002 03:29:25 PM

02/09/2002 03:29:25 PM

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 02/09/2002  
 Name: [REDACTED]  
 Age: 28  
 Sex: Female  
 Address: [REDACTED]  
 Occupation: administrative assistant  
 Email: [REDACTED]  
 Phone: [REDACTED]  
 Fax: [REDACTED]

Suffer: Yes

When eat? 02/03/02 6:00pm

When problem? 18 hours 00 minutes

When problems end?

Still persist? Yes

Occasions: 1

Problems/Severity:  
 - Diarrhea: none  
 - Couldn't control bowels; soiled clothing: No  
 - Loose stools: severe  
 - Nausea: none  
 - Fecal urgency: severe  
 - Flatulence/Gas: severe  
 - Bloating: mild  
 - Abdominal cramps: severe  
 - Vomiting: none  
 - Yellow-orange stains in underwear: none  
 - Greasy stools: none  
 - Oil in toilet: none  
 - Other:

additional details:

eat olestra again?  
 problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating?

Read label after eating?

Which olestra product?

- Ruffles Cheddar, size: large, amount: a few chips  
 - Tostitos, size: , amount: 17  
 Eat with a meal? Yes Which meal? barbecued chicken

Eat as a snack? No

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? ask jeeves



Web.Form@cspinet.org on 02/12/2002 08:53:56 PM

02/12/2002 08:53:56 PM

To: Mike Jacobson/Program/CSPI@CSPI  
 CC:  
 Subject: Olestra Form  
 :

Date: 02/12/2002

Name: [REDACTED]

Age: 37

Sex: female

Address: [REDACTED]

Occupation: Homemaker

Email: [REDACTED]

Phone: [REDACTED]

Fax: ( )

Suffer: Yes

When eat? 02/07/2002

When problem? 16 hours minutes

When problems end? 02/09/2002 approx.7pm

Still persist? No

Occations: 1 day

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating: moderate
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? Yes

Read label after eating?

Which olestra product?

- Lay's Regular, size: large, amount:  
 Eat with a meal? Yes Which meal? Subway sandwich

Eat as a snack? No

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

Embarrassment at the funeral due to very loud stomach and intestinal noises and  
 inconvenience while shopping because of having to urgently find a restroom.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet search



Web.Form@cspinet.org on 02/12/2002 09:05:39 PM

1464 103 0716 P1/10

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 02/09/2002  
Name: [REDACTED]  
Age: 2  
Sex: male  
Address: [REDACTED]  
Occupation: I am filling this out on my child (minor child)  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ( ) [REDACTED]

Suffer: Yes

When eat? 02/07/2002

when problem? 14 hours minutes

When problems end? .

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: none
- Other: he is still in diapers

additional details:

My 2 year old has almost become dehydrated due to this. Since he ate the olestra 2 hours before I did, and his symptoms started 2 hours before my own symptoms, I feel the olestra is to blame. I have eaten olestra a couple of times in the past and experienced the same problems. My husband purchased the chips and fed them to my child, I ate them hoping that it would not affect me this time.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying?

Read label before buying?

Read label before eating?

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: , amount:  
Eat with a meal? Yes Which meal?

Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

I have had to take my child off of all dairy products and am giving him pedialyte to prevent dehydration his diarrhea is so severe.

seek medical help? Yes

emergency room? No

diagnosis? Called the doctor. Was told to give him Imodium-AD

medication? Yes

Imodium-AD 1/2 tsp. every 4 hours--and told to bring him in if symptoms did not improve

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet search



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 2/13/02  
Name: [REDACTED]  
Age: 51  
Sex: female  
Address: [REDACTED]  
Occupation: Nurse educator  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: [REDACTED]

Suffer: No

When eat? WOW chips, ?? other items--several dates

When problem? 3-4 hours minutes

When problems end? 3-5 days later

Still persist? Yes

Occations: >1day

- Problems/Severity:
- Diarrhea: none
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: none
  - Nausea: none
  - Fecal urgency: none
  - Flatulence/Gas: none
  - Bloating: none
  - Abdominal cramps: none
  - Vomiting: none
  - Yellow-orange stains in underwear: none
  - Greasy stools: none
  - Oil in toilet: none
  - Other: lesions on oral mucosa & tongue

additional details:  
Thought it might have been "fever blisters" @ 1st (on inside of mouth, inside of lips), but had never had any like that--happened each time I've eaten anything with Olestra--currently having problem again & cannot identify any Olestra products recently, but may have ingested something at a church dinner on 2/10.

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? Above--took me 2-3 times of eating WOW chips to figure out what problem was--haven't knowingly ingested since in over a year.

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

Eat with a meal? Yes Which meal? lunch

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search on olestra



To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject Olestra Form  
 :

---

Date: 2/14/02  
 Name: [REDACTED]  
 Age: 60  
 Sex: f  
 Address: [REDACTED]  
 Occupation: Office Clerk  
 Email: [REDACTED]  
 Phone: [REDACTED]  
 Fax: ()

Suffer: Yes

When eat? 2/14/02 9:00 P.M.

When problem? 10 hours minutes

When problems end? 2/15/02 11:00 A.M.

Still persist? No

Occasions: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I have a colostomy. I irrigate the colon every day and usually have no problems between irrigations. I bought "Fat Free" Pringles by mistake.

eat olestra again?

problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: regular, amount: less than 1/2

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No

specify GI: I had colo-rectal cancer but with a colostomy I am able to live a very normal life.

Where/when problems occur?

safety problems/inconvenience?

Huge volume of liquid diarrhea

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I just typed olestra in search.



Web.Form@cspinet.org on 02/15/2002 07:18:00 PM

02/15/02 07:18 PM

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject Olestra Form  
 :

Date: 2-15-02

Name: [REDACTED]

Age: 37

Sex: f

Address: [REDACTED]

Occupation: homemaker

Email: [REDACTED]

Phone: [REDACTED]

Fax: ( )

Suffer: Yes

When eat? 2-10-02 at 6:00 pm

When problem? 8 hours 30 minutes

When problems end? 02-14-02

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet:
- Other:

additional details:

experience debilitating symptoms for 24 hrs after eating only 6 WOW tortilla chips. Then for the next 36 hrs experienced stomach cramping, fatigue (obviously) and lack of appetite.

eat olestra again? No  
 problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Tostitos, size: , amount: 6 chips  
 Eat with a meal? Yes Which meal? supper

Eat as a snack? No

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

have 3 children ages 2, 6, and 8 and could not care for them. Husband was out of town on business and had to call someone to come care for me and the children.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? cspi press release found on msn search engine



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 02/18/2002  
Name: [REDACTED]  
Age: 22  
Sex: F  
Address: [REDACTED]  
Occupation:  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes  
When eat? 02/13/2002  
When problem? 15 hours minutes  
When problems end?  
Still persist? Yes  
Occasions: 4 days

- Problems/Severity:
- Diarrhea: mild
  - Couldn't control bowels; soiled clothing:
  - Loose stools: none
  - Nausea: moderate
  - Fecal urgency: mild
  - Flatulence/Gas: severe
  - Bloating: severe
  - Abdominal cramps: severe
  - Vomiting: mild
  - Yellow-orange stains in underwear: none
  - Greasy stools: mild
  - Oil in toilet: none
  - Other:

additional details:

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? all

See label before buying? Yes  
Read label before buying? Yes  
Read label before eating? Yes  
Read label after eating? Yes

Which olestra product?

- Original Pringles, size: regular, amount: whole package

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
bathroom use, severe cramping

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? today



Web.Form@cspinet.org on 02/21/2002 11:51:59 AM

0469 03 07 16 21:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 2/21/02

Name: [REDACTED]

Age: 60

Sex: f

Address: [REDACTED]

Occupation: Professor

Email: [REDACTED]

Phone: [REDACTED]

Fax: [REDACTED]

Suffer: Yes

When eat? 2/20/01

When problem? hours 30 minutes

When problems end? 2/21/01

Still persist? No

Occasions: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating: moderate
- Abdominal cramps: none
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: Dizziness

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Ruffles, size: large, amount: few
- Eat with a meal? Yes Which meal? lunch

Eat as a snack? No

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

Unable to finish work. Had to take 2 days of sick leave.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Search engine

8-14



Web.Form@cspinet.org on 02/22/2002 06:53:49 AM

6470 100 172 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 02/22/02  
Name: [REDACTED]  
Age: 29  
Sex: F  
Address: [REDACTED]  
Occupation: Clinical Data Manager  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 02/21/02 2:30 PM

When problem? 1 hours minutes

When problems end? 02/21/02 7:00 PM

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Ruffles, size: MEDIUM, amount: 20 CHIPS  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
I fainted in the hallway at work and almost did not make it to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google



Web.Form@cspinet.org on 02/24/2002 08:43:27 PM

8471 03 FEB 16 21:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: Feb 24/02  
 Name: [REDACTED]  
 Age: 46  
 Sex: Female  
 Address: [REDACTED]  
 Occupation: Library Technician  
 Email: [REDACTED]  
 Phone: [REDACTED]  
 Fax: ()

Suffer: Yes

When eat? Sat. Feb 23/02 2pm-3pm

When problem? 3-4 hours minutes

When problems end? Feb. 23 11 pm

Still persist? No

Occations: 1 day

## Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating: moderate
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

## additional details:

Gone into states overnight - dieting so tried "no fat" Lays chips; I spent my entire evening in the hotel room - mainly bathroom. Cramps and nausea were so severe I thought at first I had food poisoning. I ruled out food poisoning when the other 3 members of my party were fine. We had shared plates of various appetizers - all had the same food. A product with such severe health risks / reactions should never be allowed on the market. I did not know about OLESTRA until I got home to Canada and was telling a family member about these chips I ate. I had checked the package (after getting sick) and found it contained Olestra. I had never heard of. I searched the internet for more info and came across this site today. I am glad to say my Canadian government has banned this product. In my opinion it is not safe and should not be on the market. It ruined a getaway weekend with my husband. I did not look for a warning label before buying the chips because I had no idea of the risks, let alone what product was used in the manufacturing of the chips. I trusted the brand name LAYS when purchasing the chips.

eat olestra again? No  
 problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/4 pkg  
 Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
spent night in hotel room sick - could not socialize with friends, husband

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? searching internet for info. on Olestra



Web.Form@cspinet.org on 02/25/2002 06:23:12 PM

6472 03 FEB 16 91:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 02/25/02  
Name: [REDACTED]  
Age: 15  
Sex: Male  
Address: [REDACTED]  
Occupation: student  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? January 30, 2002

When problem? 24 hours minutes

When problems end? February 5, 2002

Still persist? No

Occations: 3

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: severe
  - Nausea: moderate
  - Fecal urgency: severe
  - Flatulence/Gas: moderate
  - Bloating: moderate
  - Abdominal cramps: moderate
  - Vomiting: none
  - Yellow-orange stains in underwear: none
  - Greasy stools: mild
  - Oil in toilet: mild
  - Other:

additional details:

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 1/2 package
  - Lay's Regular, size: 15, amount: 1/2 package
- Eat with a meal? Yes Which meal? Lunch

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? was searching for a school paper

8-17



Web.Form@cspinet.org on 02/28/2002 03:24:53 PM

6473 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 2/28/2002

Name: [REDACTED]

Age: 38

Sex: F

Address: [REDACTED]

Occupation: Administrative

Email: [REDACTED]

Phone: [REDACTED]

Fax: [REDACTED]

Suffer: Yes

When eat? 1PM Wed, Feb 27

When problem? 6 hours minutes

When problems end? 11PM Wed FEB 27

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

Unable to go to work today. Was feeling very weak and bloated this morning after an evening of being ill.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Lay's Regular, size: large, amount: 20 chips  
Eat with a meal? Yes Which meal? lunch

Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
unable to attend work today.

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor? Yes

Doctor:

Roger Woodruff - 509-533-1000. Called medical assistant for information about this product after getting ill

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? searching for info on olestra to see if others had same problem



Web.Form@cspinet.org on 02/28/2002 05:03:15 PM

3474 03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
 CC:  
 Subject: Olestra Form  
 :

Date: 2/28/02  
 Name: [REDACTED]  
 Age: 21  
 Sex: Female  
 Address:  
 Occupation: Part-Time Receptionist & Full-Time Student  
 Email: [REDACTED]  
 Phone: ()  
 Fax: ()

Suffer: Yes

When eat? Mon. & Wed. 2/25&27/02

When problem? 1 hours 30 minutes

When problems end? later in the PM after I ate the chips, pain lasted about 2 hours

Still persist?

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet:
- Other:

additional details:

I have eaten the WOW chips in the past, and they have never bothered me. However, Monday night I was at school and had a sandwich and chips for dinner and about 1 1/2 hours later, I felt terrible. My stomach looked like I was 3 month pregnant and was hard as a rock. Before I ate my dinner, my stomach was flat as a board. I really did not think it was the chips, because they had never bothered me before. I ate the chips again on Wednesday night and the exact same thing happened again. I know now that it was the chips and I will not be eating them again. The cramping and bloating pain was so bad that I had to leave class early.

eat olestra again? Yes  
 problems again? Yes

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: Medium, amount: a few chips  
 Eat with a meal? Yes Which meal? dinner

Eat as a snack? No

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? just found it by typing in "olestra" on the yahoo search engine



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 3/4/2002  
Name: [REDACTED]  
Age: 40  
Sex: F  
Address: [REDACTED]  
Occupation: Self-Employed  
Email:  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 3/1/2002

When problem? 5 hours minutes

When problems end? 3/2/2002 Evening

Still persist?

Occations: 3

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating: moderate
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: large, amount: serving size  
Eat with a meal? Yes Which meal? Lunccc

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search under "olestra"



Web.Form@cspinet.org on 03/07/2002 05:42:54 PM

6476 03 03 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 3/7/02

Name: [REDACTED]

Age: 18

Sex: F

Address: [REDACTED]

Occupation: admin,

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/7/02 5:37pm

When problem? hours 10 minutes

When problems end? they haven't yet

Still persist? Yes

Occations: 1 day

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear:
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

MY TUMMY HURTS

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? gas, stomach achs

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: , amount:
- SCO Pringles, size: , amount:

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

HORRIBLE GAS

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? ask jeeves



Web.Form@cspinet.org on 03/07/2002 06:15:35 PM

6477 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 03-07-02

Name: [REDACTED]

Age: 22

Sex: female

Address: [REDACTED]

Occupation: Housekeeping

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03-01-02 12 noon

When problem? 5 hours minutes

When problems end? still continuing

Still persist? Yes

Occations: 7

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating: mild
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: blood in stool

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating?

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5 oz., amount: 1/2 package  
 Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
 specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
 Had to rush home to use the bathroom

seek medical help? Yes

emergency room? No

diagnosis? I recently called my doctor today and came to the conclusion it has to be

from the chips so I was scheduled to get blood work done and did so today.

medication? No

contact doctor? Yes

Doctor:

Dr Tracy Garlardi 570-489-9304

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? just typed in olestra and cameup with this information



Web.Form@cspinet.org on 03/11/2002 08:36:42 AM

6478 03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 03/11/02

Name: [REDACTED]

Age: 21

Sex: F

Address: [REDACTED]

Occupation: student

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 03/06/02

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: moderate
- Abdominal cramps: moderate
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I had to be admitted to the hospital because my body had become so dehydrated and I could not keep anything, including liquids, down. My heart rate and breathing were elevated, and I ran a fever with chills. There is no way this stuff should be allowed on the market.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1/3 of package

Eat with a meal? Yes Which meal? dinner

Eat as a snack? Yes

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

I was vomiting and having diarrhea at the same time alone in a community dorm bathroom all night long.

seek medical help? Yes

emergency room? Yes

diagnosis? Dehydration due to severe vomiting and diarrhea

medication? Yes

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Google



Web.Form@cspinet.org on 03/14/2002 12:36:05 PM

6479 03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject Olestra Form  
 :

Date: March 2002

Name: [REDACTED]

Age: 27

Sex: M

Address: [REDACTED]

Occupation: student

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? December, 10- 20

When problem? 3 hours minutes

When problems end? after i crapped

Still persist? Yes

Occations: ?

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

It was a while ago, and i never realized what happened, i had not eaten much that day. I was driving up to a funeral 3.5 hours away. All of a sudden i had to fart. i thought. i actually made a watery mess. I was embarrassed and tried to forget it. but it is still at the back of my mind. I wish there had been a bigger warning. good thing i had a change of clothes because i changed in my car before getting to my family's home.

FDA, you should be ashamed of yourselves for being pushed around. Proctor, i like your chips, but would have bought the regular and not the diet had i have known. I think i will go buy some and do my own study, and then sue.

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? loose stool

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Original Pringles, size: reg, amount: 1/2

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? Yes

specify GI: once before about 2 years ago

Where/when problems occur?

safety problems/inconvenience? yes  
soiled through pants

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media?

web site? i am doing research for a chemistry class.



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

1

Date: 03/14/2002  
Name: [REDACTED]  
Age: 24  
Sex: f  
Address: [REDACTED]  
Occupation: customer service rep  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: [REDACTED]

Suffer: No

When eat? 03/14/2002 1:45pm

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating: none
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: medium, amount: a few chips  
Eat with a meal? Yes Which meal? 6" sandwich -subway

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
flatulence

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? searching internet for information about olestra

8-25



Web.Form@cspinet.org on 03/17/2002 11:33:13 PM

6481 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 3/17/2002

Name: [REDACTED]

Age: 25

Sex: M

Address: [REDACTED]

Occupation: Professional

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/16/2002 at 9 pm

When problem? 1 hours 30 minutes

When problems end? 3/17/2002 at 4 pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: none
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

It felt really awful

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: regular, amount: about 15 chiips  
Eat with a meal? Yes Which meal? Dinner

Eat as a snack? Yes

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Yahoo



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 3/21/02  
Name: [REDACTED]  
Age: 42  
Sex: F  
Address: [REDACTED]  
Occupation: IT Program Manager  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? Lays potatoes chips

When problem? 3 hours minutes

When problems end? Still ongoing

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating: moderate
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: Medium, amount:
  - Ruffles Cheddar, size: , amount:
- Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?

8-27



Web.Form@cspinet.org on 03/22/2002 01:03:41 PM

6483 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 3/22/02

Name: [REDACTED]

Age: 21

Sex: F

Address: [REDACTED]

Occupation: Computers

Email: none

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? midmorning, months ago

When problem? 6 hours 30 minutes

When problems end? 6:45 after eating olestra

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: severe
- Other:

additional details:

When I saw the oil in the toilet I decided never to eat olestra again.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Ruffles Cheddar, size: medium, amount: 3/4 package

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? [howstuffworks.com](http://howstuffworks.com)



Web.Form@cspinet.org on 03/26/2002 11:18:37 AM

6484 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject: Olestra Form  
 :

Date: 3/26/02

Name: [REDACTED]

Age: 33

Sex: Male

Address: [REDACTED]

Occupation: professional

Email: [REDACTED]

Phone: [REDACTED]

Fax: [REDACTED]

Suffer: No

When eat? March 19 2002 12:30pm

When problem? 2 hours minutes

When problems end? March 19 3:15pm

Still persist? No

Occations: 1 day

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: none
- Bloating: none
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: rapid heart beat

additional details:

I experienced a pulse of 120 and a blood pressure of 138/100 within 2 hours of eating a product containing Olestra. This may have been a panic attack, but I am making this report just in case other Olestra consumers experienced something similar.

eat olestra again? No  
 problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? No

Which olestra product?

- Ruffles Cheddar, size: medium, amount: 3/4 package  
 Eat with a meal? Yes Which meal? lunch

Eat as a snack? No

History of GI problems? Yes  
 specify GI: hiatal hernia/anxiety

Where/when problems occur?

safety problems/inconvenience? yes  
 co-workers needed to stop meeting to check me

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet search

8-29



Web.Form@csplinet.org on 03/27/2002 04:14:02 PM

6485 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

---

Date: 03-27-02

Name: [REDACTED]

Age: 53

Sex: M

Address: [REDACTED]

Occupation: Photographer

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03-26-02

When problem? 16 hours minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: none
- Bloating: none
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 7-8 chips  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? Yes

web site? Search Engine

8-30



Web.Form@cspinet.org on 03/28/2002 05:51:18 PM

5486 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: Mar 28, 2002

Name: [REDACTED]

Age: 78

Sex: Female

Address: [REDACTED]

Occupation: Retired

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? March 23, 2002

When problem? 18hrs hours minutes

When problems end?

Still persist? Yes

Occations: Five

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating: moderate
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I ate the potato chips with several different meals during an 8-9 day stretch. Did not realize that they contained olestra. It just dawned on me this date what had probably made me sick.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: large, amount:  
Eat with a meal? Yes Which meal? Lunch

Eat as a snack? No

History of GI problems? Yes  
specify GI: I had a bleeding ulcer from taking NSAIDs.

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Computer search engine



Web.Form@cspinet.org on 03/29/2002 10:59:05 AM

6487 '03 APR 16 P1:40

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 3/29/2002

Name: [REDACTED]

Age: 24

Sex: F

Address: [REDACTED]

Occupation: student

Email: [REDACTED]

Phone: [REDACTED]

Fax: [REDACTED]

Suffer: Yes

When eat? 3/28/2002 8 pm

When problem? 4 hours 0 minutes

When problems end? 3/29/2002 11am still continuing

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating: none
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I was perfectly health yesterday. But I've been rolling around on the floor all night! I can't go to school today, which is bad b/c I'm a law student. And today's my birthday and I doubt I'll even feel like eating any of my cake. And all b/c of a handfull of stupid potato chips.

eat olestra again?  
problems again?

Problem(s) reoccurred? N/A - continuing

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Ruffles, size: large, amount: less than 17  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
missing law school classes & happiness of birthday

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

N/A

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? internet query brought it up



To: Mike Jacobson/Program/CSPI@CSPI  
 cc:  
 Subject Olestra Form  
 :

---

Date: 03-30-02

Name: [REDACTED]

Age: 40

Sex: F

Address: [REDACTED]

Occupation: HRIS Manager

Email: [REDACTED]

Phone: [REDACTED]

Fax: ( )

Suffer: No

When eat? 03-28-02

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: none
- Bloating: none
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: broke out in hives, accute rash

additional details:

After eating WOW potato chips for the first time I broke out in hives and developed an accute rash. I have never broken out with hives/rash in my life. This was Thursday afternoon. Friday morning I had to go to an Urgent Care Center where I was given a shot of cortizone. I am now taking cortizone meds for the next week. I had not eaten anything else new, nor had I taken any new medication. I am not allergic to anything that I know of & have never had any sort of allergic reaction before. I do have symptoms of a sinus infection for which my Dr. also prescribed an antibiotic, but again I have never broken out like this with colds or sinus infections before. I am not certain that the Olestra in the chips caused this accute rash, but I do know the rash occurred just a few hours after eating the chips for the first time. Has anyone else reported such a reaction, yet didn't have the gastro side effects?

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Lay's Regular, size: , amount: 1/4 of package

Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No

specify GI: I have experience flu like symptoms since 03-24-02. I ate the chips on 03-28-02 and developed hives a few hours later.

Where/when problems occur?

safety problems/inconvenience? yes  
The hives were spreading on my legs, arms and feet. They were extremely uncomfortable. I had to go to an Urgent Care Center for treatment.

seek medical help? Yes

emergency room? Yes

diagnosis? unknown cause of hives/rash - sinus infection

medication? Yes  
cortizone shot on 03-29-02, followed by 7 days of cortizone pills

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? google search engine

8-33



Web.Form@cspinet.org on 03/30/2002 06:53:22 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 3-29-02  
Name: [REDACTED]  
Age: 37  
Sex: Female  
Address: [REDACTED]  
Occupation: Medical Office  
Email:  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 1-02 Thru 3-02

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 60 Day

- Problems/Severity:
- Diarrhea: none
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: moderate
  - Nausea: none
  - Fecal urgency: moderate
  - Flatulence/Gas: severe
  - Bloating: none
  - Abdominal cramps: moderate
  - Vomiting: none
  - Yellow-orange stains in underwear: moderate
  - Greasy stools: severe
  - Oil in toilet: severe
  - Other:

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: whole
  - SCO Pringles, size: 6.5, amount: whole
- Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
Uncontrolable Bowel Movement

seek medical help? Yes

emergency room? No

diagnosis? Lab results pending \

medication? No

contact doctor? Yes

Doctor:

Dr Rigonan 714-754-0100

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

8-34



Web.Form@cspinet.org on 03/31/2002 09:26:30 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: March 3, 2002  
Name: [REDACTED]  
Age: 21  
Sex: F  
Address: [REDACTED]  
Occupation: Student and Nanny  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 3-29-02 @ 9

When problem? hours 5-10 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: Broke out in servere rash all over my body

additional details:

I first experienced stomach pains and about 5-10 minutes after i had some WOW chips. After 2 full hours of horrifying pain and feeling like i was going to vomit i went to sleep and woke up the next moring covered on evey part of my body with a servere rash. I went to the doctor where i was given a shot of cortizone and put on an antihistimine and antibiotic. It is now two days since I experienced the first part of feeling sick and I know that it had to be from the chips, even the doctor agreed.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- SCO Pringles, size: 6.5 oz can, amount: 1/2 package  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? Yes

emergency room? No

diagnosis?

medication? Yes

Antihistime and an antiboitic

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? went online to reseach the WOW chips

8-35



Web.Form@cspinet.org on 04/10/2002 07:04:03 PM

04/10/2002 10:11

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 4/10/02

Name: [REDACTED]

Age: 19

Sex: Male

Address: [REDACTED]

Occupation: Student

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? March 28, 2002

When problem? 8 hours 00 minutes

When problems end? March 31 8 am

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: moderate
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? No

Read label before buying? Yes

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5 oz can, amount: 1/4 package  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No

specify GI:

Where/when problems occur?

safety problems/inconvenience? yes

I had to stay around the toilet all day

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? My uncle Dennis Bass

8-36



Web.Form@cspinet.org on 04/13/2002 05:38:12 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 4-13-02

Name: [REDACTED]

Age: 15

Sex: MALE

Address: [REDACTED]

Occupation: STUDENT

Email: [REDACTED]

Phone: [REDACTED]

Fax: (7

Suffer: Yes

When eat? APRIL 12, 2002 12:00

When problem? 26 hours 20 minutes

When problems end? April 13 3:00

Still persist? No

Occations: 1 day or every time i eat olestra products

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools: severe
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating: moderate
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 17EACH TIME
  - SCO Pringles, size: 6.5, amount: 17 EACH TIME
  - Lay's Regular, size: 6 OZ., amount: ABOUT 17
  - Ruffles, size: 6 OZ., amount: ABOUT 17
  - Ruffles Cheddar, size: 6 OZ., amount: ABOUT 17
  - Yes Potato Chips, size: , amount: ABOUT 25
- Eat with a meal? Yes Which meal? LUNCH

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? Yes

Contact Company? Yes

response? JUST A REACTION OF OVER EATING A CERTAIN FOOD

Media? Yes

web site? ON LINE

8-37



Web.Form@cspinet.org on 04/16/2002 01:40:35 PM

04/16/2002 01:41

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4/16/02  
Name: [REDACTED]  
Age: 43  
Sex: F  
Address: [REDACTED]  
Occupation: Executive Secretary  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 4/12/02 8:30 pm

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 1

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: none
  - Nausea: moderate
  - Fecal urgency: mild
  - Flatulence/Gas: moderate
  - Bloating: mild
  - Abdominal cramps: moderate
  - Vomiting: moderate
  - Yellow-orange stains in underwear: none
  - Greasy stools: mild
  - Oil in toilet: mild
  - Other:

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 17  
Eat with a meal? Yes Which meal? dinner

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I searched for Olestra to find out the side effects / symptoms.

8-38



Web.Form@cspinet.org on 04/20/2002 08:10:01 PM

04/20/2002 08:10:01 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4/20/02  
Name: [REDACTED]  
Age: 45  
Sex: F  
Address: [REDACTED]  
Occupation: self-employed  
Email: [REDACTED]  
Phone:  
Fax: ()

Suffer: Yes

When eat? 4/19/02 ... noon

When problem? 8 hours 0 minutes

When problems end? still haven't ended

Still persist? Yes

Occations: 4 or 5

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: severe
  - Nausea: mild
  - Fecal urgency: severe
  - Flatulence/Gas: none
  - Bloating: mild
  - Abdominal cramps: severe
  - Vomiting: none
  - Yellow-orange stains in underwear: moderate
  - Greasy stools: severe
  - Oil in toilet: severe
  - Other:

additional details:  
strange odor to stools ... like vomit

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 1 serving (15 chips)  
Eat with a meal? Yes Which meal? lunch

Eat as a snack? Yes

History of GI problems? Yes  
specify GI: irritable bowel syndrome ... but the diarrhea usually is not this severe

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? was a link from a site i was reading

8-39



Web.Form@cspinet.org on 04/27/2002 12:38:38 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4/26/02  
Name: [REDACTED]  
Age: 48  
Sex: Female  
Address: [REDACTED]  
Occupation: Graduate Student and Web Designer  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 4/25/02 11:30 p.m.

When problem? hours 30+- minutes

When problems end? n/a

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I have severe abdominal pains in the pit of my stomach and am extremely ill. I have eaten this product before and felt sick but attributed it to a stomach virus rather than an "approved" additive. Today, after eating another serving of chips "laced" with the chemical I became extremely sick. I am positive that this additive is the instigating factor in my abdominal problems.

I told my 24 year-old daughter of the problems I am experiencing and she said she doesn't eat anything with olestra (olean) added to it; she gets violently sick with diarrhea.

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? sever abdominal cramps, fecal urgency, and flatulence.

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 1 ounce serv.
  - Ruffles Cheddar, size: large, amount: 1 ounce serv
- Eat with a meal? Yes Which meal? supper

Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
Excessive trips to the restroom was a deterrent to my job productivity both at work and at home.

seek medical help? No

emergency room? No

diagnosis? n/a

medication?  
n/a

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? Yes

web site? I was researching the chemical (or whatever it is) and saw your url and thought I'd check it out. I did visit a site on Olean but it was sponsored by one of the food manufacturers and not very helpful. Thank you for caring.

8-40



Web.Form@cspinet.org on 04/28/2002 06:59:12 AM

04/28/2002 07:11

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4/28/02  
Name: [REDACTED]  
Age: 52  
Sex: Male  
Address: [REDACTED]  
Occupation: CPA  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 4/27/02 7:00PM

When problem? 8 hours minutes

When problems end?

Still persist? Yes

Occations: 1

- Problems/Severity:
- Diarrhea: mild
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: moderate
  - Nausea: mild
  - Fecal urgency: severe
  - Flatulence/Gas: mild
  - Bloating: mild
  - Abdominal cramps: moderate
  - Vomiting: none
  - Yellow-orange stains in underwear: none
  - Greasy stools: none
  - Oil in toilet: none
  - Other:

additional details:

I very rarely wake up in the middle of the night because of intestinal distress. I ate just 3 (three) WOW chips at around 7:00PM, went to sleep around midnight and woke up suddenly around 3:00AM with abdominal cramping. The only other times I can remember waking up in a similar manner because of intestinal distress were caused by a 24 hour stomach virus.

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? Yes

Read label after eating?

Which olestra product?

- Ruffles, size: , amount: 3 chips  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? Yes  
specify GI: I have GERD.

Where/when problems occur?

safety problems/inconvenience? yes  
Awakened in the middle of the night.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Yahoo search

8-41



Web.Form@cspinet.org on 04/28/2002 10:01:01 PM

04/28/2002 10:01:01 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4-28-02  
Name: [REDACTED]  
Age: 19  
Sex: female  
Address: [REDACTED]  
Occupation: student  
Email:  
Phone: ()  
Fax: ()

Suffer: No

When eat? i eat the products often-3 times weekly

When problem? hours minutes

When problems end?

Still persist?

Occations:

- Problems/Severity:
- Diarrhea: none
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: none
  - Nausea: none
  - Fecal urgency: none
  - Flatulence/Gas: none
  - Bloating: none
  - Abdominal cramps: none
  - Vomiting: none
  - Yellow-orange stains in underwear: severe
  - Greasy stools: none
  - Oil in toilet: none
  - Other:

additional details:

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? yellow orange stains in underwear

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Lay's Regular, size: lrge, amount: 25 chips
- Mesquite BBQ, size: , amount: 25 chips

Eat with a meal? Yes Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
embarrassment because i was staying with my boyfriends family

seek medical help? Yes

emergency room? No

diagnosis? i was on vacation so i called a health clerk, but was not seen  
medication?

contact doctor? No

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? No

web site? just found it while browsing

8-42



Web.Form@cspinet.org on 04/29/2002 10:42:56 PM

100 12 10 10 9:11

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 4/29/02  
Name: [REDACTED]  
Age: 22  
Sex: Female  
Address: [REDACTED]  
Occupation: Office Manager in Business  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: {}

Suffer: Yes  
When eat? WOW Doritos  
When problem? 1 hours minutes  
When problems end? next day  
Still persist? No  
Occations: 2

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: Yes
  - Loose stools: moderate
  - Nausea: moderate
  - Fecal urgency: severe
  - Flatulence/Gas: moderate
  - Bloating: moderate
  - Abdominal cramps: severe
  - Vomiting: none
  - Yellow-orange stains in underwear: mild
  - Greasy stools: moderate
  - Oil in toilet: moderate
  - Other:

additional details:  
I only had eaten a small amount of chips with my Subway lunch at work, and in one hour, I was very sick, my stomach was in pain, and I was on the toilet for two days following. I don't eat those chips now.

eat olestra again? No  
problems again? No  
Problem(s) reoccurred?  
See label before buying? Yes  
Read label before buying? No  
Read label before eating? No  
Read label after eating? Yes

Which olestra product?  
- Doritos Nacho Cheesier, size: 3/4 oz. bag, amount: whole package  
Eat with a meal? Yes Which meal? Subway Veggie Sub  
Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?  
safety problems/inconvenience? yes  
Severe stomach pain and diarrhea

seek medical help? No  
emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Doing a research paper on Olestra!

8-43



Web.Form@cspinet.org on 05/02/2002 03:48:32 AM

05/02/2002 03:48:32 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: May 02 2002

Name: [REDACTED]

Age: 21

Sex: F

Address: [REDACTED]

Occupation: student

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5-01-02

When problem? 2 hours 30 minutes

When problems end? still haven't and it is a day later

Still persist? Yes

Occasions: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: severe
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- SCO Pringles, size: 6.5, amount: whole package  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
constant gas around everyone

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

8-44



Web.Form@cspinet.org on 05/02/2002 04:06:08 PM

05/02/02 04:06 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 5/2/02  
Name: [REDACTED]  
Age: 41  
Sex: m  
Address:  
Occupation: professional  
Email:  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 4/30/02 at 9:00pm

When problem? 24 hours minutes

When problems end? 5/02/02 at 1:00 pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating: mild
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? Yes

Read label before eating? Yes

Read label after eating? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: m, amount: 17  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
soiled two pairs of pants very noticeably

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 3-7-02  
Name: [REDACTED]  
Age: 41  
Sex: Male  
Address: [REDACTED]  
Occupation: C.E.O. of a Public Company  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: [REDACTED]

Suffer: Yes  
When eat? 5/3/02 - 5/5/02  
When problem? 1 hours 20 minutes  
When problems end? 7 hours  
Still persist? Yes  
Occations: 3

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: Yes
  - Loose stools: severe
  - Nausea: none
  - Fecal urgency: severe
  - Flatulence/Gas: moderate
  - Bloating: moderate
  - Abdominal cramps: moderate
  - Vomiting: none
  - Yellow-orange stains in underwear:
  - Greasy stools: mild
  - Oil in toilet: moderate
  - Other: Tarry Stool (see below)

additional details:  
The diarrhea was so severe, I took Imodium and Pepto Bismol. I got black, tarry stool the second day.

eat olestra again? Yes  
problems again? Yes  
Problem(s) reoccurred? All of above  
See label before buying? No  
Read label before buying? No  
Read label before eating? No  
Read label after eating? No  
Which olestra product?  
- Ruffles, size: Large, amount: 17 chips  
Eat with a meal? No Which meal?  
Eat as a snack? Yes  
History of GI problems? No  
specify GI:  
Where/when problems occur?  
safety problems/inconvenience? yes  
Affected work  
seek medical help? No  
emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google

8-46



Web.Form@cspinet.org on 05/09/2002 11:17:07 AM

05/09/2002 11:17:07 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 5/9/02  
Name: [REDACTED]  
Age: 38  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? April 2002

When problem? 4 hours minutes

When problems end? still continuing

Still persist? Yes

Occations: 18 days

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: Yes
  - Loose stools: severe
  - Nausea: moderate
  - Fecal urgency: severe
  - Flatulence/Gas: severe
  - Bloating: severe
  - Abdominal cramps: severe
  - Vomiting: none
  - Yellow-orange stains in underwear: none
  - Greasy stools: mild
  - Oil in toilet: none
  - Other:

additional details:  
I thout it was the flu, but later traced that I had been eating the pringles diet chips daily for a period over 4 weeks

eat olestra again?  
problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Original Pringles, size: , amount: 2 full packages  
Eat with a meal? Which meal? with lunch

Eat as a snack? Yes

History of GI problems? Yes  
specify GI: irritable bowel 10 years ago

Where/when problems occur?

safety problems/inconvenience? yes  
severe urgency

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? looked for it, looking for answers



05/12/2002 09:16:40 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject Olestra Form  
:

Date: 05122002  
Name: [REDACTED]  
Age: 39  
Sex: f  
Address: [REDACTED]  
Occupation: nurse  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 05102002

When problem? 12 hours 00 minutes

When problems end?

Still persist? Yes

Occations: one

- Problems/Severity:
- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet:
- Other: abdominal pain

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

See label before buying? Yes

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Ruffles, size: lg, amount: 4 oz  
Eat with a meal? Yes Which meal? dinner

Eat as a snack? Yes

History of GI problems? Yes  
specify GI: irritable bowel, colon polyps. no problems w/irritable bowel for 4 yrs,  
recurred after eating olestra in lg volume. no problems w/small amounts (under 2 oz.)  
also had severe reflux symptoms.

Where/when problems occur?

safety problems/inconvenience? yes  
lots of running!

seek medical help? No  
emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

8-98



Web.Form@cspinet.org on 05/12/2002 11:32:32 PM

05/12/2002 11:32:32 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 5-12-02  
Name: [REDACTED]  
Age: 30  
Sex: F  
Address: [REDACTED]  
Occupation: mother  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 3/1/02-present

When problem? 24 hours minutes

When problems end? n/a

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating: moderate
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

When my symptoms started I never linked them to the chips. That is why they were apart of my diet for so long. I did not link the two together until I was at my weight watchers meeting and I heard others complaining of the same symptoms.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all of the above

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: a few
  - SCO Pringles, size: 6.5, amount: a few
  - Mesquite BBQ, size: , amount: a few
  - Ruffles Cheddar, size: medium, amount: a few
- Eat with a meal? Yes Which meal? lunch

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
embarrasment-constantly going to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google

8-49



Web.Form@cspinet.org on 05/13/2002 09:38:20 AM

05 13 09:38:20 AM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

---

Date: 05-13-2002  
Name: [REDACTED]  
Age: 29  
Sex: F  
Address: [REDACTED]  
Occupation: Travel Counselor  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 5-10-02 @ 11:00am

When problem? hours 50 minutes

When problems end? 5-10-02 @ approx. 8pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating: severe
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

The pains became very severe very quickly. I began sweating and then felt very faintish. Lost all coloring in my face. Hours after the severe cramps were gone my stomach was very tender and sore even to the slightest touch.

eat olestra again? No

problems again?

Problem(s) reoccurred?

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: , amount: a few chips  
Eat with a meal? Yes Which meal? lunch

Eat as a snack? No

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
Had to have someone drive me home.

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google.com



05/13/02 10:49:06 PM

To: Mike Jacobson/Program/CSPI@CSPI  
cc:  
Subject: Olestra Form  
:

Date: 05/13/02  
Name: [REDACTED]  
Age: 40  
Sex: Female  
Address: [REDACTED]  
Occupation: ESL teacher  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 05/11/02, 2pm

When problem? 0 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 2

- Problems/Severity:
- Diarrhea: none
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: moderate
  - Nausea: none
  - Fecal urgency: mild
  - Flatulence/Gas: severe
  - Bloating: severe
  - Abdominal cramps: mild
  - Vomiting: none
  - Yellow-orange stains in underwear: none
  - Greasy stools: none
  - Oil in toilet: none
  - Other:

additional details:

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? Extreme Flatulence; Loose Stools

See label before buying? No

Read label before buying? No

Read label before eating? No

Read label after eating? No

Which olestra product?

- Lay's Regular, size: medium, amount: 1/2 package  
Eat with a meal? No Which meal?

Eat as a snack? Yes

History of GI problems? No  
specify GI:

Where/when problems occur?

safety problems/inconvenience? yes  
I had loud flatulence in front of students and staff

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor? No

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I found it on a search engine