



olesta1@cspinet.org  
02/02/2005 06:41 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History:  This message has been forwarded.

Date: 2.2.05

Name: [REDACTED]

Age: 44

Sex: Yes

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01.19.05

When problem? hours 20 minutes

When problems end? still ongoing

Still persist? Yes

Occations: 14+

Problems/Severity:

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

additional details:

One word -- LAWSUIT --

Still feeling the effects of this product and have taken on the expense of doctors visit, prescriptions, and am going to see a gastroenterologist tomorrow to see how severe this has been.

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site?



olesta1@cspinet.org  
02/02/2005 08:42 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 02/02/05  
Name: [REDACTED]  
Age: 41  
Sex: M  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 02/01/05

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

Had difficulty performing my job due to side effects. Purchased Frito-Lay Light chips not realizing they were the chips formerly known as Wow. Also, no warning listed on chips is bad news for consumers.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

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

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have  
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
Bad enough that I have to have a colonoscopy to check my colon because of  
this. It was so bad even my cat wouldn't go in to use his litterbox after I  
had been in there!

seek medical help? Yes

emergency room? No

diagnosis? Possible colitis.

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google.com



olesta1@cspinet.org  
02/03/2005 01:56 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/3/05

Name: [REDACTED]

Age: 27

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 2/1/05 @ 1.2pm

When problem? 4 hours minutes

When problems end? 2/2/05 @4am

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

eat olestra again? Yes  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 20 chips
- Doritos Nacho Cheesier, size: , amount: 11 chips
- Ruffles, size: , amount: 17 chips
- Ruffles Cheddar, size: , amount: 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Had to go to bathroom numerous times. Soiled pants.

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? Google search



olesta1@cspinet.org  
02/04/2005 06:35 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/4/2005

Name: [REDACTED]

Age: 37

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/3/2005 noon

When problem? 3 hours minutes

When problems end? 2/4/2005 10:00am

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

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

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have  
explained your problems? No

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? web search



olesta1@cspinet.org  
02/06/2005 06:36 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/6/05

Name: [REDACTED]

Age: 42

Sex: f

Address:

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ( )

Fax: ( )

Suffer: Yes

When eat?

When problem? hours minutes

When problems end?

Still persist?

Occations: few days

Problems/Severity:

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

additional details:

As a former employee of Frito Lay, Inc. and a graduate of health education, I am ashamed to see that Frito Lay chooses to risk the health of Americans with the manufactured fat. Olestra. I apologize to admit that I believed this company had some degree of consumer health in mind. Currently, the FDA is challenged with requiring all food manufacturers to make consumers aware of the amount of trans fatty acids and partially hydrogenated oils present in their products via ingredient labels. All manufacturers, by 2006, will have to share with their consumers that they are knowingly attempting to sacrifice their health with artery clogging, artificial fats. I am sorry to see that consumers will later in life, suffer the consequences for consuming a snack that they were misled to believe was healthy. The bottom line is that the consumption of Frito Lay's Fat Free Light Ruffles, to mention one product, is doing nothing but making the body reject the absorption of necessary vitamins,

and contribute to the current problem of obesity and diabetes in the United States.

I just removed this product off my Super Bowl party snack table. And I will certainly share this information during the half time show.

Thank you for sharing this information.

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? Diarrhea

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large = 13 to 15 oz., amount: 1/4 of package  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
interfered with customer relations

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? Yes

web site? searching definition of olestra



olesta1@cspinet.org  
02/06/2005 10:48 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2-6-05

Name: [REDACTED]

Age: 18

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: (---) ----

Fax: ()

Suffer: Yes

When eat? 2-5-05 at 5:45pm

When problem? 23 hours minutes

When problems end? still going

Still persist? Yes

Occations: 3 (this isn't first time happened)

Problems/Severity:

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

additional details:

Many people, I believe, are unaware of the ingredient olestra in these chips; I was having these symptoms and just passed it off as 'something I ate' but never really knowing exactly what was the cause. Today was the worst day so far, as noted below, because I was out and HAD to make a pitstop for the restroom; so finally I got tired and figured that maybe it's something in the "light" chips (since that's the only food I figured would put something odd in it in order to make it so 'incredibly' low cal & low fat; I figured they can't be that incredible--there had to be a catch. And boy is there one.)

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All of the above (though I did not these symptoms were

due to 'olestra' until now'; otherwise I would have stopped)

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 17 chips

- Lay's KC Masterpiece BBQ, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

inconvenience - my parents whom I was driving with had to stop at the next restroom due to my cramping stomach & 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? I was looking at the ingredients of the chips today, saw "olestra" (of which I had never heard of before), looked up olestra thru google, and came across your site



olesta 1@cspinet.org  
02/07/2005 10:22 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 02/07/05

Name: [REDACTED]

Age: 32

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 02/01/05 1PM

When problem? 3 hours 30 minutes

When problems end? 02/01/05 6 PM

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

THIS PRODUCT NEEDS TO BE TAKEN OFF THE SHELVES BEFORE MORE PEOPLE GET SICK. LUCKILY, I DIDN'T HAVE SIDE EFFECTS AS BAD AS OTHERS, BUT I'LL NEVER EAT OLESTRA/OLEAN AGAIN AND WILL DISCOURAGE OTHERS AS WELL. THE FDA SHOULD BE PROTECTING US FROM THESE TYPES OF PRODUCTS. IT IMPLIES THAT THE FOOD COMPANIES AND FDA HAVE SOME SORT OF FINANCIAL DEAL THAT IS CAUSING FDA TO IGNORE ALL OF THESE COMPLAINTS.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: MEDIUM, amount: A FEW CHIPS

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

HAD COMPANY OVER , EMBARRASSED

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



olesta1@cspinet.org  
02/07/2005 10:37 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/7/05

Name: [REDACTED]

Age: 41

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Thursday and Friday, Feb. 3rd and 4th, at 11:00a.m.

When problem? 53 hours minutes

When problems end?

Still persist? Yes

Occasions: 2

Problems/Severity:

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

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: about 1 1/2 cups

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? I was doing an internet search on the side effects of Olestra and was surprised to see the things I was experiencing listed here.



olesta1@cspinet.org  
02/07/2005 11:07 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: Feb.7 2004

Name: [REDACTED]

Age: 34

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Feb 6 @ 5pm

When problem? 1 hours minutes

When problems end? Still having them

Still persist? Yes

Occations: 1 day

Problems/Severity:

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

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: small, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

major gas

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Google search

0-112



olesta1@cspinet.org  
02/09/2005 01:25 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 02/09/05

Name: [REDACTED]

Age: 25

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 02/07/04 at 7PM and 02/08/05 at 7PM

When problem? 10 hours 00 minutes

When problems end?

Still persist? Yes

Occations: one

Problems/Severity:

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

additional details:

I did not realize it could have been the Tostitos Light chips until I read the label this morning (02/09/05) that said the product contains olestra.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1/4 of package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site?

10-113



olesta1@cspinet.org  
02/09/2005 09:47 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/9/05

Name: [REDACTED]

Age: 23

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/9/05 12:00 pm

When problem? hours 20 minutes

When problems end? 2/9/05 3:00 pm

Still persist? No

Occations: 3

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

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

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? found it online



olesta1@cspinet.org  
02/10/2005 12:39 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/10/05

Name: [REDACTED]

Age: 32

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 02/06/05

When problem? hours minutes

When problems end? 02/07/05

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

I thought the taste of the chip was great thats what prompted me to eat them on Super Bowl Sunday. I remember having to seclude myself because my gas was embarrisng. Thank goodness I was home. After eating the chips I thought to buy them again because the were so good, but wanted to check on this stuff called OLESTRA which is what the chips (Ruffles Light) was cooked in. I am relieved to find that it was the chip and not me, so my husband does not have to divorce me due to the awful smells and sounds that I was creating that evening in front of all his friends.

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
see comments above

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? keyword search

10-115



olesta1@cspinet.org  
02/11/2005 09:07 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 02/10/05  
Name: [REDACTED]  
Age: 25  
Sex: F  
Address:  
Occupation: [REDACTED]  
Email:  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 2/08/05

When problem? 12 hours minutes

When problems end? not yet.....

Still persist? Yes

Occations:

Problems/Severity:

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

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org  
02/11/2005 12:26 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/11/05  
Name: [REDACTED]  
Age: 47  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes  
When eat? Oct. 2004 - lunch time  
When problem? hours 40? minutes  
When problems end? approx. 5 days after  
Still persist? No  
Occations: 5?

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

additional details:  
severe cramping

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 6 oz., amount: whole pkg.?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

inconvenience @ work - went home

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? checking nutritional value of frito-lay foods



olesta1@cspinet.org  
02/16/2005 11:04 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History: This message has been forwarded.

Date: 2/16/05  
Name: [REDACTED]  
Age: 26  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? January 31, 2005

When problem? 1-2 hours minutes

When problems end? not over yet (2/16/05)

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

Hospitalized for a week (as of now)and diagnosed with ulcerated colitis

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles, size: large, amount: less than 17

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

illness, emergency room visit, G.I. specialist visit, hospitalization, 2 weeks lost wages

seek medical help? Yes

emergency room? Yes

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? searching info. for olestra



olesta1@cspinet.org  
02/16/2005 03:56 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/16/05  
Name: [REDACTED]  
Age: 29  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 11/16/05 2:00 pm

When problem? 1 hours 15 minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: 12 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? google



olesta1@cspinet.org  
02/20/2005 08:17 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2-20-2005  
Name: [REDACTED]  
Age: 34  
Sex: female  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 2-18-05 3:00pm

When problem? 8 hours minutes

When problems end?

Still persist? Yes

Occations: 2+

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

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 13oz, amount: 10 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

gas at work

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? another website



olesta1@cspinet.org  
02/21/2005 11:27 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History:  This message has been replied to.

Date: 2/21/05  
Name: [REDACTED]  
Age: 31  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 2/17/05

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 3

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

additional details:  
As a scientist I am very concerned that Olestra is still being used in these products. I would like to help in any way to have these products removed from the market. There must be a better way to make fat free alternatives.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: , amount: a few  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have  
explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

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?



olesta1@cspinet.org  
02/22/2005 03:56 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/22/05  
Name: [REDACTED]  
Age: 66  
Sex: male  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 3:00

When problem? 1 hours minutes

When problems end? 10pm

Still persist? No

Occations: 1

- Problems/Severity:
- Diarrhea: severe
  - Couldn't control bowels; soiled clothing: No
  - Loose stools: none
  - Nausea: severe
  - Fecal urgency: mild
  - Flatulence/Gas: mild
  - Bloating:
  - Abdominal cramps: mild
  - Vomiting: severe
  - Yellow-orange stains in underwear: none
  - Greasy stools: none
  - Oil in toilet: none
  - Other: vertigo and cold sweats after 4 hrs

additional details:  
Its always difficult to ascribe such a reaction to one food item among many, but the alost immediate discomfort in the stomach followed after dinner by dizzines and lightheadedness coupled with the lack of any previous experience of such symptoms compel a strong suggestion that I would be wise not to attempt a repeat of consumption of olestra products.

Note that this episode continued with a visit to the local emergency room where I vomited several times. Examination was made to confirm that I was experiencing neither a heart attack or stroke. An EKG was taken along with blood work and a chest xray. A CT scan was done of the brain to look for a stroke. No indication was given of either.

I can confirm that, as of this morning, none of the symptoms persist and that

I have spent a normal day doing my usual activities.

If indeed olestra caused this episode (a very expensive one, primarily to Medicare), I can confirm that it is a very dangerous product and should well be restricted in its usage.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: 7 oz, amount: 20

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

seek medical help? Yes

emergency room? Yes

diagnosis? vertigo

medication? Yes

antivert

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? web search

10-122



olesta1@cspinet.org  
02/22/2005 04:41 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2-22-2005  
Name: [REDACTED]  
Age: 57  
Sex: female  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: No

When eat? 2-21-2005 6:30 pm

When problem? 10-12 hours minutes

When problems end? 2-22-2005 7:00am

Still persist? No

Occations: two days previously

Problems/Severity:

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

additional details:

I've used snack products two or three times that contained olestra. Each time I ate these foods I experienced moderate to severe abdominal cramps. Also, loose bowels and some nausea. I have noticed that the first bag of chips I bought with olestra had a warning. Now I never see warnings on any of the snacks I buy. I do not believe olestra should be used at all in any foods. There are too many unhealthy additives in our food these days.

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? abdominal cramps, nausea

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 13-15oz, amount:

- Ruffles, size: 13-15 oz, amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: occasional heartburnDid you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site? I did a search on olestra after the third time I had symptoms.



olesta1@cspinet.org  
02/24/2005 07:09 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2.24.05

Name: [REDACTED]

Age: 18

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2.22.05

When problem? 1 hours 0 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: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have  
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
loud stomach noises

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? web search



olesta1@cspinet.org  
02/26/2005 02:06 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/26/05  
Name: [REDACTED]  
Age: 31  
Sex: female  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 2/24/05-afternoon

When problem? 18 hours minutes

When problems end? 48 hours

Still persist? No

Occations: 2

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

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Tostitos, size: , amount: whole pack  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have  
explained your problems? No

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? No

web site? search engine



olesta1@cspinet.org  
02/26/2005 05:01 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/26/05

Name: [REDACTED]

Age: 48

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/19/05

When problem? hours 15 minutes

When problems end?

Still persist? No

Occations: 4

Problems/Severity:

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

additional details:

I didn't make the connection untill I read the ingredients and vaually remembered something about olestra. I had been having gas everyday since I was eating some chips every day. I have very regular bowel movements jet found myself feeling like I had to 'go' severl times during the day.

eat olestra again?

problems again?

Problem(s) reoccurred? I am just making the connection

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 3/4  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? looking up bloating and olestra



olesta1@cspinet.org  
02/27/2005 04:51 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/27/2005

Name: [REDACTED]

Age: 55

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/23/2005

When problem? 1 hours 30 minutes

When problems end? 2/24/2005 - 11:00AM

Still persist? No

Occations: 3

Problems/Severity:

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

additional details:

I had shortness of breath due to severe abdominal distension from severe gas. This happened on two ocations after eating Lays Light Potato Chips. I could only breathe if I sat on the edge of a chair curled forward. I thought I was having heart failure untill I was able to catch my breath when I got into the position described. Then I figured out what was causing the problem. I haven't eaten them since and haven't had the problem since.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Gas/breathing

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

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

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
breathing trouble

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? search engine



olesta1@cspinet.org  
02/27/2005 09:14 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/27/05  
Name: [REDACTED]  
Age: 44  
Sex: F  
Address:  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 2/27/05 noon

When problem? 2 hours minutes

When problems end? not yet

Still persist? Yes

Occations: 2 chips

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

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 2 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site?



olesta1@cspinet.org  
02/28/2005 08:07 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/28/05

Name: [REDACTED]

Age: 38

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 2/27/05 noon

When problem? 6 hours minutes

When problems end? not sure it's ended yet

Still persist? Yes

Occations: 7

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: mucus like stool with bleeding - I've never had these symptoms before I ate these.

additional details:

I have eaten the Lays (light)Regular chips without noticing a problem for a week. I only eat enough chips to equal one serving. I ate one serving of the tortilla chips on Saturday and one serving of the Sour Cream Cheddar chips on Sunday and experienced the problems on Sunday evening.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: one serving
- Ruffles Cheddar, size: large, amount: one serving
- Tostitos, size: , amount: one serving

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: I have never experienced problems like these. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

inconvenient and embarrassed at soiled underwear

seek medical help? No

emergency room? No

diagnosis? I haven't gone yet but will if symptoms continue.

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I haven't contacted them yet but I may.

Media? Yes

web site? yahoo search



olesta1@cspinet.org  
02/28/2005 09:21 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History: This message has been replied to.

Date: Feb. 28, 2005  
Name: [REDACTED]  
Age: 26  
Sex: Female  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? Feb. 23, 05 3pm

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 1

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

additional details:

I purchased four cans of pringles when they were on sale at the supermarket. I opened a can to eat while driving back home. When I got home my stomach didn't feel good. That night I noticed the yellow-orange oil droplets floating in the water and was scared, I didn't know what it was. I wrote down everything I ate that day but nothing was out of the ordinary except the Fat Free Pringles, I always buy the regular. Still nothing seemed abnormal. It wasn't until two days later that I read the ingredients on the bottom later of the can did I see olestra listed. This is very annoying had I known the pringles had olestra in it I would have never purchased them. I feel that P&G should have a big label on the front of the can regardless of wether it is required. It has been almost six days and I still don't feel good. I will never buy

Pringles, fat-free or regular, again. And I will make it a priority to let everyone I know and don't know about the misleading fat-free label on P&G's Pringles.

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: whole pack  
- SCO Pringles, size: regular, amount: a few chips  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
I didn't go to school for fear of an embarrassing situation occurring.

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? search on msn while looking for a way to stop the oil in my stool.



olesta1@cspinet.org  
02/28/2005 02:31 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 2/28/05

Name: [REDACTED]

Age: 53

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/9/05 9:00 am

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: 5

Problems/Severity:

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

additional details:

Really concerned about the yellow stools. I have only recently (2/24/05) refrained from eating the chips containint olestra. Stools are still yellow. Can't answer the next question regarding the recurrence of the problem after stopping...

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: Large, amount: 1/4 of package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Acid Reflux Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site? Internet - looking for information about Olestra.



olesta1@cspinet.org  
03/01/2005 07:26 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 03/01/05  
Name: [REDACTED]  
Age: 33  
Sex: f  
Address: [REDACTED]  
Occupation:  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 02/12/05

When problem? 6 hours minutes

When problems end? 02/13/05 at 12ish

Still persist? No

Occations:

Problems/Severity:

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

additional details:

eat olestra again? Yes  
problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site? web search on popcorn



olesta1@cspinet.org  
03/03/2005 09:25 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 03/03/2005

Name: [REDACTED]

Age: 24

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 2 weeks ago

When problem? days hours minutes

When problems end? haven't ended

Still persist? Yes

Occasions: 3

Problems/Severity:

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

additional details:

I ate these chips with lunch & sometimes dinner for a couple of weeks and started having these problems but didn't correlate it until now when I decided to read the ingredients.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 13, amount: 1/4
  - Ruffles Cheddar, size: 13, amount: 1/2
  - Tostitos, size: , amount: whole
- Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: IBS - constipationDid you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site? web search



olesta1@cspinet.org  
03/03/2005 10:03 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/3/05  
Name: [REDACTED]  
Age: 60  
Sex: F  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 3/1/05

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

Today was bad. Along with the gas, was blood stained mucous and cramps.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 3/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: diverticulitis Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

had to excuse myself several times from treatment room during procedure.

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? google search engine



olesta1@cspinet.org  
03/07/2005 10:54 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/7/05

Name: [REDACTED]

Age: 45

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 3/5/05 7:00pm

When problem? 10 hours minutes

When problems end? 3/6/05 5:00 pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- 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?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: large, amount: 3 handfuls

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

Noticed I had very loose nonformed stools, wondered why.

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? stumbled on it



olesta1@cspinet.org  
03/07/2005 11:44 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/7/05

Name: [REDACTED]

Age: 56

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 3/6/05 2:00 p.m.

When problem? 18 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: , amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: I have Irritable Bowel Syndrome severe enough to be under a doctor's care. If I had known the chips contained olestra I would not have eaten them. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
loud gas

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? google search engine



olesta1@cspinet.org

03/07/2005 08:52 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 03/07/2005

Name: [REDACTED]

Age: 30

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 03/05/2005 noon

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again?

Problem(s) reoccurred? gas, greasy stools

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:

- Ruffles Cheddar, size: large, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

gas

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? Yes

web site? google



olesta1@cspinet.org  
03/08/2005 01:39 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/7/05  
Name:  
Age:  
Sex:  
Address:  
Occupation:  
Email:  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 3/4/05, approx. 7:00 pm

When problem? hours 30 minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

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

additional details:

When I purchased the chips, I was unaware that they contained Olestra. In the past, I have avoided the WOW chips because I had heard of negative the effects that Olestra could have. It was not until after I started feeling ill that I looked more closely at the bag and discovered the Olean logo.

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: , amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site?



olesta1@cspinet.org

03/09/2005 02:29 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 03/09/05

Name: [REDACTED]

Age: 21

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03/04/05

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 5

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? Yes

emergency room? No

diagnosis? olestra

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? olestra search



olesta1@cspinet.org  
03/10/2005 11:17 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/10/05  
Name: [REDACTED]  
Age: 27  
Sex: f  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 3/09/05

When problem? hours 10 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

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

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

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?



olestra1@cspinet.org

03/11/2005 12:22 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 3/10/2005

Name: [REDACTED]

Age: 44

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/09/2005

When problem? 2 hours minutes

When problems end? 3/10/05 11:32 PM

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

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

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org  
03/12/2005 12:09 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3-11-05  
Name: [REDACTED]  
Age: 38  
Sex: f  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: ()  
Fax: ()

Suffer: Yes

When eat? 3/10 and 3/11

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

My 6year old and I have had extreme and foul smelling gas/flatulence this evening after eating these chips. We both ate the chips at the same time and are both having the same reaction.

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 10-1/4 oz, amount: 1/2

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: diagnosed with gallstones 2 months ago, but haven't had any recent attacks until eating this product. Did you have the flu, allergy, or other illness that might have explained your problems? No

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?

response?

Media? No

web site? google search on olestra

10-14Z



olesta 1@cspinet.org  
03/14/2005 02:25 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History:      ↗ This message has been forwarded.

Date: 3-14-2005

Name: [REDACTED]

Age: 46

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3-14-05 11:30 a.m.

When problem? hours 30 minutes

When problems end? 3-14-05

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

I knew about the dangers of Olestra and wouldn't buy the product intentionally, they changed the name and package to trick consumers into buying this grossly unsafe product!

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 10.5 oz., amount: 1 oz.

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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?

web site? did a Google search on Olestra



olestra1@cspinet.org  
03/15/2005 09:56 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 03/05/2005

Name: [REDACTED]

Age: 73

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? oct 2004

When problem? hours 30 minutes

When problems end? 6 days

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

within 30 min. of consuming 14-16 pringles no fat chips at 10:30 pm I had increasingly severe abdominal cramps. went to the emergency room the next morning, the first time in my life. DIAGNOSIS: iLEUS.

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? ileus due to pancreatitis

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: 6.5, amount: 16- 18 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? Yes I have subsequently found out I am allergic to glutins

Where/when problems occur?

safety problems/inconvenience? yes  
see above

seek medical help? Yes

emergency room? Yes

diagnosis? ileus

medication? Yes  
various rx'sv

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? chance



olesta1@cspinet.org

03/16/2005 08:30 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 03/16/05

Name: [REDACTED]

Age: 22

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03/13/05 at 5 pm

When problem? 4 hours 0 minutes

When problems end?

Still persist? Yes

Occations: 3+

Problems/Severity:

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

additional details:

I also developed respiratory constriction, like there was something stuck in my chest.

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1/3 of package  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
I had to leave work early on March 14, 2005. I couldn't go to work on March 15, 2005.

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? oogle



olesta1@cspinet.org  
03/18/2005 12:04 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History: This message has been forwarded.

Date: 03/18/2005

Name: [REDACTED]

Age: 36

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Over 3 month period

When problem? 1-2 hours minutes

When problems end?

Still persist? Yes

Occations: app. 10 days

Problems/Severity:

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

additional details:

I am undergoing a Colonoscopy due to the terrible stomach pains I have been having. I still am having moderate pain in the kidney area of my side and back. Hopefully as more time goes by my body will heal itself. At least that is my prayer. It has been 2 weeks since I have consumed any Olestra. I was eating the Fat Free Pringles, at least 30 -40 chips, almost daily. I came very close to going to the emergency room. I tried Tums, Beano and Gas-X and nothing helped. I am grateful to have found out the cause of the pain. I truly thought I was going to die. I had no idea what was causing the pain and was worried that I had something much more serious.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 15-30 chips

- SCO Pringles, size: regular, amount: 15-30 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I had terrible gas and stomach pain and could not leave my house unless absolutely necessary

seek medical help? Yes

emergency room? No

diagnosis? to test further ... I am having a Colonoscopy on April 13, 2005

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? A family member.



olesta1@cspinet.org  
03/18/2005 02:45 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

History: This message has been replied to.

Date: 03/18/2005  
Name: [REDACTED]  
Age: 31  
Sex: F  
Address: 24780 [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 03/15/2005

When problem? 1 hours minutes

When problems end? 03/17/2005

Still persist? No

Occations: 1

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

additional details:  
I think that Frito Lay needs to put the "Olean disclaimer" back on their bags of chips. I only had like 5 of them, and was dying for the next 2 days. Not cool! They are lucky someone hasn't sued their behinds yet.

Any product that can cause you harm should have a disclaimer on it. Alcohol and cigarettes do!

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 10 1/4 oz, amount: 5 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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?

response? I will be doing so

Media? Yes

web site? I did a search for Olestra on Yahoo!



olesta1@cspinet.org  
03/19/2005 03:34 AM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 03/18/2005

Name: [REDACTED]

Age: 40

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/18 9pm

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

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

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles, size: small, amount: 1 oz.

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? No

web site? yahoo search for olestra



olesta1@cspinet.org  
03/24/2005 03:52 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/24/05  
Name: [REDACTED]  
Age: 44  
Sex: M  
Address: [REDACTED]  
Occupation: [REDACTED]  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 3/23/05

When problem? 3 hours 00 minutes

When problems end? 3/24/05

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

eat olestra again? No  
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
severe flatulence, painful abdominal cramps

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? googled olestra

10-149



olesta1@cspinet.org  
03/25/2005 06:22 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/25/05

Name: [REDACTED]

Age: 26

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 3/23/05 8:30 pm

When problem? 6 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

eat olestra again? No  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/4  
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No  
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes  
very embarrassing at work

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? yahoo search

10-150



olesta1@cspinet.org  
03/27/2005 07:28 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 3/26/05

Name: [REDACTED]

Age: 61

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/24/05

When problem? 10 hours minutes

When problems end?

Still persist? Yes

Occations: 7-10

Problems/Severity:

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

additional details:

Nothing more than what you have stated above. I think that it is a dangerous product and should be removed from the food chain.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: 6.5 oz can, amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

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? Link on the web



olesta1@cspinet.org  
03/27/2005 10:23 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date: 03/27/05

Name: [REDACTED]

Age: 32

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat?

When problem? 3 hours minutes

When problems end? not yet

Still persist? Yes

Occations: lots

Problems/Severity:

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

additional details:

IT SUCKS!

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: ibsDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

TOILET OVERFLOW ON EASTER

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?



olesta1@cspinet.org  
03/28/2005 11:59 PM

To olestra@cspinet.org  
cc  
bcc  
Subject Olestra Form

Date:  
Name: [REDACTED]  
Age:  
Sex:  
Address: [REDACTED]  
Occupation:  
Email: [REDACTED]  
Phone: [REDACTED]  
Fax: ()

Suffer: Yes

When eat? 03/26/05 12pm

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 1

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

additional details:

eat olestra again?  
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: lrge, amount: 1/4 bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems? Yes

Where/when problems occur?

safety problems/inconvenience? yes

soiled clothing. unable to pick up kids on time at school

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? search