



olesta1@cspinet.org
06/17/2005 09:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-17-05

Name: [REDACTED]

Age: 20

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/6/05-6-17-05

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 11

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- 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 ate an average of 15 fat free sour cream and onion pringles each day, and had diarrreah after every meal or drink

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?

- Original Pringles, size: regular, amount: 6-15 chips per day

- SCO Pringles, size: regular, amount: 6-15 chips per day

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: i have never gotten diarrhea from any types of food i consume,
even those extraordinarily high in fat\cholesterolDid you have the flu,
allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i have been sick to my stomach, and left work early because of abdominal
crampa

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 found it while researching the side effects of olestra, after
experiencing all my trouble with the product



olesta1@cspinet.org
06/18/2005 12:59 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 06 18 2005

Name: [REDACTED]

Age: 63

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? June 01 to June 18,2005

When problem? 8 hours minutes

When problems end? still have

Still persist? Yes

Occations: 10

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- 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:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Horriable stomach ache

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: Large, amount: whole package not all at once
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: acid reflux. not bothered in a very long time
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? msn "olestra"



olesta1@cspinet.org
06/18/2005 03:31 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 6/18/05

Name: [REDACTED]

Age: 46

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/17/05 11-11:30 PM

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 2 days

Problems/Severity:

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

additional details:

Didn't really look at stools too much...I thought I had food poisoning from eating pork at a Mexican restaurant. Realized it was most probably the olestra when I sat down to eat a sandwich & chips for lunch (12 hours later when I started feeling better). I had had milder symptoms the day before and ignored them (and had eaten fewer chips the night before that). I never bought WOW chips & never intended to try olestra because of the reported gastrointestinal problems. Packaging matters...

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, size: 10 1/4 oz, amount: 1/3 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

had diarrhea in otherwise silent public restroom

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



olesta1@cspinet.org
06/18/2005 05:04 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/18/2005

Name: [REDACTED]

Age: 51

Sex: F

Address: 2 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6/8 and 6/9 2005

When problem? 4 hours minutes

When problems end? they haven't

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- 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?

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: 10.5 oz, amount: 2 servings
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?

web site? maybe



olesta1@cspinet.org
06/20/2005 09:07 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 06/20/2005

Name: [REDACTED]

Age: 23

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 06/18/2005 in the afternoon, and again on the 19th

When problem? 5 or 6 hours minutes

When problems end? haven't yet

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

I have IBS so I thought at first my pain was just that. But then it got worse than usual, and I am on medication to control the IBS anyway so that doesn't usually happen. By the time I figured out something was really wrong, someone asked if I had eaten the WOW chips. I said no, but I had Light chips. We checked the bag, and lo and behold it had Olestra. (Browsing over the next section of this form, I didn't realize that the Fat Free pringles had it as well. We got those for a while as well, but not this past time.)

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: medium, amount: 3/4 of the package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: I have IBS, but it is under control with medication. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

The pain kept making me wanting to double over and pass out, and then the bathroom breaks got more frequent. I was also nervous about gas.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? No

web site? I did a search on my browser and it was the first page that came up.



olesta1@cspinet.org
06/20/2005 10:46 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/20/05
Name: [REDACTED]
Age: 35
Sex: female
Address: [REDACTED]
Occupation: [REDACTED]
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 6/18 thru 6/19

When problem? 5 hours minutes

When problems end? Not yet as of 6/20

Still persist? Yes

Occations: 3 days

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- 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? Don't know yet....

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/over days
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? google



olesta1@cspinet.org
06/20/2005 04:49 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: June 20, 2005
Name: [REDACTED]
Age: 41
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? June 19, 2005; 4pm

When problem? 18 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

Disgusting. I knew to avoid WOW! chips as we used to refer to them as WHOA! chips. These were "Reduced Fat Ruffles" and did not have the Olestra labeling on the front of the bag. I know how Olestra affects me & frankly, thought it was not being used in the Reduced Fat version, rather the Fat Free version

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 pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Remote history of IBS---have not had any issues with this in more than 6 years
Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
frequent stops during highway travel

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

Imodium--self diagnosis, self-prescribed. Profession: nurse practitioner

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Internet: Google search on Olestra



olesta1@cspinet.org
06/22/2005 11:51 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/22/2005

Name: [REDACTED]

Age: 43

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/21/2005 3PM

When problem? 16 hours minutes

When problems end? 6/22/2005 7AM

Still persist? No

Occations: 1

Problems/Severity:

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

Packet bear label stating olestra may cause? No

Would you have eater. the chips? No

Read label before eating?



olesta1@cspinet.org
06/22/2005 04:18 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/22/05

Name: [REDACTED]

Age: 27

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/21/05 12pm

When problem? hours 30 minutes

When problems end? ??still going!!

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: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

Adominal pains are severe and are at times stabbing. Pains worsen when I stand up, sometimes I am in such pain I double over.

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?

- Yes BBQ Chips, size: , amount: one 1 1/2 oz. bag
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 woke up and discovered that I had soiled my pajamas due to leakage. The stain was orange-yellow. I wne to the bathroom, had a mildly loose stool and excreted a bright orange oil!! There was a waxy orange film left in my toilet and it took me quite a long time to clean myself. I was scared and horrified.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? Contacted Utz—they said that they stopped using Olestra a while ago. I don't believe them. I purhcased another bag just in case someone wants to test it!

Media? Yes

web site? google



olesta1@cspinet.org
06/22/2005 11:25 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 06/22/05

Name: [REDACTED]

Age: 39

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Pringles Lite Chips

When problem? 2 hours 00 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

My stools turned jet black with a green tinge and this is the third day that they still are. I have not yet returned to "normal" bowel function.

I don't intend to eat olestra again

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, 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? yes

My mom had to cut her trip to help me plan for the wedding short so I could rest because of my stomach pains

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
06/23/2005 02:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 06/24/05
Name: [REDACTED]
Age: 43
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes
When eat? 06/24/05 12:00
When problem? 2 hours minutes
When problems end?
Still persist? Yes
Occations: 1

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

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? PAIN

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

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: 1/2 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 did not make it to the restroom on time on several different occasions.

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? googled "olestra"



olesta1@cspinet.org
06/26/2005 09:41 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 06/25/05
Name: [REDACTED]
Age: 45
Sex: FEMALE
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 05/24/06

When problem? 7 hours minutes

When problems end? 05/25/05 9:00 pm

Still persist? No

Occations: 2 days

Problems/Severity:

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

additional details:

I HAVE CHRONIC PAINFUL IBS AND THE OLESTRA CAUSED ME TO HAVE A SEVERE ATTACK THAT LASTED ABOUT 10 HRS...

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: 6.1/4, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: ULCERS Did you have the flu, allergy, or other illness that might
have explained your problems? Yes

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? Yes

emergency room? Yes

diagnosis? STOMACH PROBLEMS

medication? Yes

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? No

web site? ENGINE SEARCH



olesta1@cspinet.org
06/26/2005 11:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/26/05
Name: ~~XXXXXXXXXX~~
Age: 42
Sex: Female
Address: VA
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? over the past month

When problem? hours minutes

When problems end? still ongoing

Still persist? Yes

Occations: more than 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- 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?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eater. the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: IBS SYNDROME AND SENSITIVITY TO SORBITOL Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

AS A 911 OPERATOR IS IS NECESSARY TO BE ALERT AT ALL TIMES..THIS CAUSED ME TO HAVE TO TAKE SOME MED FOR MY IBS THAT PUT MY CALLERS AT RISK REFERENCE THE AFFECT THE PILLS HAVE. ALSO I WAS UNABLE TO STAY AT MY STATION REFERENCE HAVING TO STAY IN THE BATHROOM FOR LONG PERIODS OF TIME

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I HAVEN'T YET BUT PLAN TO

Media? Yes

web site?

10-2466



olesta1@cspinet.org
06/27/2005 10:38 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/27/2005

Name: [REDACTED]

Age: 40

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Pringles Fat Free

When problem? 6 hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All of the above

Packet bear label stating olestra may cause? No

Would you have eater the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: regular, amount: whole package

- Tostitos, size: , 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? yes

gas; needed to relieve the gas, but could not in public

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? google



olesta1@cspinet.org
06/27/2005 08:34 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-27-2005

Name: [REDACTED]

Age: 29

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6/26/2005

When problem? 10 hours 0 minutes

When problems end? 6/27/2005

Still persist? No

Occations: 3

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Same as above

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?

- SCO Pringles, size: 6.5, 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
Couldn't leave house

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?



olesta1@cspinet.org
06/28/2005 09:41 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-28-05
Name: [REDACTED]
Age: 54
Sex: female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? june 27 2005

When problem? 1 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: moderate
 - Fecal urgency: mild
 - Flatulence/Gas: mild
 - Bloating:
 - Abdominal cramps: mild
 - Vomiting: mild
 - Yellow-orange stains in underwear: none
 - Greasy stools: none
 - Oil in toilet: mild
 - 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 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? 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
06/29/2005 05:52 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-28-05

Name: [REDACTED]

Age: 43

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 6-27-05 10 AM

When problem? 9 hours 45 minutes

When problems end? 6-29-05

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

The taste is like I'm eating vasoline. I get a grease like texture in my mouth after I ate the chips. Funny feeling in my belly like I had a laxative.

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?

- 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
had to cancel work that evening

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 on the net



olesta1@cspinet.org
06/30/2005 09:36 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6-30-05

Name: [REDACTED]

Age: 52

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 6/29/05

When problem? 24 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: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet: mild
- Other:

additional details:

headache along with nausea and diarrhea

eat olestra again? Yes

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: 10 1/4 Oz, 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

smelling

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
06/30/2005 11:50 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 6/30/05

Name: [REDACTED]

Age: 23

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Ruffles light, unsure of time, snacked on them on and off all week

When problem? unknown hours minutes

When problems end?

Still persist? Yes

Occasions: days?

Problems/Severity:

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

additional details:

I knew about Olestra in the past, but bought these chips not knowing they contained it. They weren't the WOW chips I was familiar with nor did they have a visible label stating that they contain Olestra. Only after a week or so of the problems, I remembered what people said about WOW chips and thought maybe they snuck some Olestra into these newly bagged chips. I'd never have eaten them if I knew that.

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: medium, amount:

- Ruffles Cheddar, 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? No

web site?



olesta1@cspinet.org
07/02/2005 03:34 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07-02-05
Name: [REDACTED]
Age: 37
Sex: Male
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 07-01-05 8:00pm

When problem? less than an hour hours minutes

When problems end? I am still having the problems

Still persist? Yes

Occations: It has just been an hour. I hope it goes away soon.

Problems/Severity:

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

additional details:

I got sick the first time I tried the chips. At the time I did not know that the chips made me sick. My girlfriend has the same symptoms as me. Soon we put two and two together and put the chips in the trash. Let me point out that I have missed work and so did my girlfriend. I really hope someone can take Olestra off the market before it really hurts someone's health. We just wanted to lose a few pounds but not in this fashion. Because of this experience we make our own chips now, no more store bought Lays.

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? same as above

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 bag, amount: 1/2 package
 - Doritos Nacho Cheesier, size: large bag, amount:
 - Ruffles Cheddar, size: large bag, amount: 1/2 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

It was inconvenient when I was 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?



olesta1@cspinet.org
07/02/2005 06:57 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/02/2005

Name: [REDACTED]

Age: 22

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 06/30/05 7PM

When problem? 2 hours minutes

When problems end? 07/01/05

Still persist? No

Occations: 2 days

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All problems

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

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 to 15, amount: 17 or more
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 almost hit a car trying to find a restroom

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? just looked online



olesta1@cspinet.org
07/03/2005 11:35 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7-3-05

Name: [REDACTED]

Age: 19

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? June 25

When problem? 1 hours 30 minutes

When problems end? present

Still persist? Yes

Occations: 2

Problems/Severity:

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

Which olestra product?

- Ruffles Cheddar, size: medium, 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
Embarrassment due to 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 for "olestra"



olesta1@cspinet.org
07/05/2005 12:59 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/05/2005
Name: [REDACTED]
Age: 62
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 6/25 thru 7/1/2005

When problem? 3 hours minutes

When problems end? 7/2/2005

Still persist? No

Occations: 5

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

additional details:

I have has gastric surgery removing over 1/2 of my stomach about 30 years ago. I use Nexium for continued problems but have been mostly fine for about 6 months. I started having these new and unexplained problems and was about to make an appointment with my gastroenterolgist. I decided to "retrace back" what had changed in my diet and I came upon Tostidoes LIGHT Corn Chips. Upon reading the ingredient list I say Olestra. I stopped eating them IMMEDIATELY and my sympons cleared up - mostly within one day but now completely. I also looked up on the web that in 2003 the "corporations" got a change in the listing of this ingredient from the bought and paid for FDA and Congress when Olestra originally had to be listed on the front of packages and a disclaimer listed. This episode could have landed me in the hospital if I hadn't discovered Olestra in these chips. My "clue" was that on a day when I was away from home [hence not snacking on these chips', my sympons were clearing

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 1/2 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
locating restrooms

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
07/05/2005 10:51 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/05/05

Name: [REDACTED]

Age: 64

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 07/04/05 - noon

When problem? 6 hours 45 minutes

When problems end? 07/05/05 5:30 a.m.

Still persist? Yes

Occations: 14

Problems/Severity:

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

additional details:

I had eaten chicken stir fry at Eat N'Park around 5:30 7/4. Shortly after I began to notice some mild cramping. I remained active (9 holes of golf and then a round of putter golf. Took Maalox tablets and thought I was feeling better. Just got home and didn't make it to bathroom! Then woke up with pain in my left side, which finally forced me up around 4 a.m. Pain persisted until 5:30 a.m. Still don't feel right, still bloated but pain or cramping has not returned. My 1st thought was it was the meal at restaurant, then today I thought of the fact that I had been eating a few Ruffles olestra chips (with my lunch) for the past couple weeks! My son had bought them and I remembered him saying they contained olestra. I had to check the bag carefully to find the word "olestra" in ingredients. This is SCARY!!

eat olestra again? No

up.

eat olestra again? No
problems again?

Problem(s) reoccurred? problem stopped when stopped Olstrea from chips

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: 3/4 of the pkg
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: see above. However, my history is with stomach problems and this was intestines - cramping, etc. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
this could have landed me in the hospital

seek medical help? No

emergency room? No

diagnosis?

medication? Yes
I take Bentyl. I took additional Bentyl but it didn't control problems.

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? just sending letter

Media? No

web site? found with a search on Google



olesta1@cspinet.org
07/06/2005 07:13 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/06/2005

Name: [REDACTED]

Age: 18

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

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

When problem? 20 hours minutes

When problems end? 7/4/05 4:00 pm

Still persist? No

Occasions: 2 different occasions

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? cramping, gas, urgency, loose stools

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

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: 10-1/4 Oz, amount: a few daily
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
just being out in public with gas & cramping

seek medical help? No

emergency room? No

diagnosis? thought I would have to, but toughened it out (4 to 5:30 a.m.)

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Just went online for info and found this site



olesta1@cspinet.org
07/07/2005 04:27 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: July 7, 2005
Name: [REDACTED]
Age: 53
Sex: female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? Friday, July 1, 2005

When problem? 24-30 hours minutes

When problems end? still feeling affects

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

After my initial serving of 1 oz. on Friday (7-1-05) evening, my Saturday consumption was 4x the amount of the day before. The next morning (Sunday) I experienced extreme discomfort as I awoke and proceeded immediately to the bathroom. While there, I experienced a five-minute episode of "cold sweats". Needless to say I was scared of just what was to come next. All Sunday I was listless, had stomach cramps, and felt (and looked) bloated all day.

Monday it seemed to have passed and enjoyed the day (including ice cream).

Tuesday I had cereal for breakfast and was so uncomfortable all day (the bloating was visibly extreme and painful). I ate very little all day. All bm's diarrhea.

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: regular, 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
I had to keep running to the bathrooms during my boyfriends family picnic

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 searched online to find out if olestra had any side affects similar to what I had experienced



olesta1@cspinet.org
07/08/2005 03:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/08/05

Name: [REDACTED]

Age: 47

Sex: MALE

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 06/29/05 6.00pm

When problem? hours minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

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

additional details:

I did not realize I had bought a bag of chips with olestra until I had eaten most of the bag. I will admit that I had drank alcoholic beverages during this time, beer and bourban. I did notice that my stools were loose the first few days but they were not severe. For some crazy reason I finished the bag thinking that it was not effecting me once I found out what was in the chips. I was not having any severe reactions. I left on Saturday July 2nd for a graduation party at my sisters house and stayed for the 4th weekend. I did not have any bowel movements until Monday July 4th 2005. Sometimes when I travel, like some other people, I get constipated. Well, anyway, on the 4th I stopped at my fathers house and finally had a bowel movement. At this time I knew I had to go and go bad. After my first movement I think I had 4 or 5 more movements of severe diarrhea. I did not make the connection at first. I told my dad it must have been something I ate. Now I know. It was a delayed reaction,

but I know it must have been the olestra. I do have some abdominal pain and have had some blood in my stool. I might end up at the doctor yet. I have been kind of hoping this would pass but it has not. I have always purposely avoided any products with olestra. The package was not clearly marked that it was in there. I hope any problems I am having are not permanent.

eat olestra again? No
problems again? Yes

Problem(s) reoccurred? Still have abdominal pain

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: 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? I looked it up.



olesta1@cspinet.org
07/09/2005 12:24 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: July 8, 2005

Name: [REDACTED]

Age: 46

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? July 6, 2005

When problem? 15 hours minutes

When problems end?

Still persist? Yes

Occations: going on 3 days now

Problems/Severity:

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

additional details:

I haven't visited a doctor or hospital because I am currently having these symptoms and I was searching for answers. I have been trying to figure out what I ate. I did not eat WOWs because of the bad publicity and problems with them. After looking up this site, I am extremely upset to see that olestra is the same thing as olean. This substance has caused people to die.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? severe gas, diarrhea, stomach cramps

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: 8-15, three different occasions
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 have been pretty much confined to or near the toilet for going on 3 days now

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? googled "olestra"



olesta1@cspinet.org
07/10/2005 12:44 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 6/9/05
Name: [REDACTED]
Age: 37
Sex: F
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat?

When problem? hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

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

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?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
07/11/2005 12:46 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7-10-05
Name: [REDACTED]
Age: F
Sex: 29
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7-9-05

When problem? 4 hours 0 minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

I am actually filling out this form for my two children (ages 7 and 10) they both experienced SEVERE problems after unknowingly eating olestra in some chips. The both had severe stomach pain, and orange greasy oil stains in the toilet and in their underwear and through their clothing. My daughter also vomited.

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?

- Tostitos, size: , amount: 17-30 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

seek medical help? Yes

emergency room? No

diagnosis? olestra sensitivity

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google



olesta1@cspinet.org
07/11/2005 12:47 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07-11-05
Name: [REDACTED]
Age: 25
Sex: Male
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? June 29, 2005 09:00 pm

When problem? 24 hours minutes

When problems end? July 1st, 2005

Still persist? No

Occations: 3

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: mild
- Oil in toilet: mild
- Other:

additional details:

Cramping and pain were so severe that I went to the emergency room. My first inclination was that I was having problems with my appendix. After several tests the doctors that evening were unable to give me any diagnosis. The cramping finally subsided after about 72 hours of onset. After searching the internet for what may caused my distress I came across some literature on olestra. This literature described my symptoms very accurately leading me to believe that my problems were olestra induced. Prior to my research I ate the same Pringles Fat Free Potatoe Chips again and the cramping returned. I am 100% sure that the problems I had had were because of olestra.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Sevre Cramping

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 in about a day
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 miss work for a day and half. Cramping was so sevre at work that I would have to stop what I was doing.

seek medical help? Yes

emergency room? Yes

diagnosis? Doctors were really unsure. though that they had seen something on a catscan that I had an inflamation of the bowels.

medication? Yes
antibiotics

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Yahoo search



olesta1@cspinet.org

07/11/2005 02:59 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: July 11 2005

Name: [REDACTED]

Age: 23

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? July 9 2005 all through the day

When problem? 24 hours minutes

When problems end? still the same day don't know when it will end

Still persist? Yes

Occations: more then 1 day about 2-3

Problems/Severity:

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

additional details:

I had eaten the chips with olestra many times before and never experienced any problems however after this last time I had eaten them over the period of two days and eaten alot more then normal which and now I have experienced the side effects

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? diereah

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?

- Tostitos, size: , amount: 1/2 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? Yes

Contact Company? No

response?

Media? No

web site? just googled olestra



olesta1@cspinet.org
07/13/2005 07:04 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/13/05
Name: [REDACTED]
Age: 40
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? reoccurring since 6/05

When problem? hours 30 minutes

When problems end?

Still persist? Yes

Occations: 10-15

Problems/Severity:

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

additional details:

the gas is overwhelming and misleading to other conditions - like heart related. A feeling of exhaustion and tiredness. Cramps or never ending and there is always the feeling of having to hold a bowel movement.

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? Gas, cramping and loose stools

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: 10 1/4 oz, amount: 20-30 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

constant trips to the restroom with embarrassing symptoms while trying to work.

Having soiled underware in the a.m. after eating the chips at night.

seek medical help? No

emergency room? No

diagnosis? but I thought to do some but decided to endure until the discomfort passed.

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I did a search on Olestra after narrowing down what could be the cause of the symptoms.



olesta1@cspinet.org
07/14/2005 10:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/14/05

Name: [REDACTED]

Age: 26

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 7/11 evening

When problem? 16 hours minutes

When problems end?

Still persist? Yes

Occations: 4

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- 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: moderate
- Other: orange liquid around stools

additional details:

I ate a large bag over four days

eat olestra again?

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?

- Ruffles, size: large, amount: whole bag
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? found it online after searching for symptoms to my problem



olesta1@cspinet.org
07/14/2005 11:30 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: July 14, 2005

Name: [REDACTED]

Age: 74

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? July 11, 2005

When problem? 2 hours 30 minutes

When problems end? July 12, 12:00

Still persist? No

Occations: 1 day

Problems/Severity:

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

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Loose stool

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all, but i never put 2 and 2 together, i dismissed symptoms to other causes

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? No

Which olestra product?

- Original Pringles, size: regular can, amount: about 1 can every two weeks
 - SCO Pringles, size: , amount:
 - Lay's Regular, size: regular bag, amount: about 1 bag every 2 weeks....i completely replaced regular chips with WOW...even in restaruants, i would request WOW
 - Lay's KC Masterpiece BBQ, size: , amount:
 - Doritos Nacho Cheesier, size: , amount:
 - Ruffles, size: , amount:
 - Ruffles Cheddar, size: , amount:
 - Tostitos, size: , amount:
- Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: I did not link these experiences to WOW chips, but am very convinced that it was the cause. I started eating WOW chips when they hit the shelves about 6 years ago. I ate them almost every day. I try to eat foods low in fat, adn WOW chips was fat free. I read the abdominla warning when they first appeared, but i figured if the FDA passed Olestra it must be minimally harming. I have been recently diagnosed as having gall stones and have scheduled to have my gallbladder removed. I am lean, exercise regularly, eat low fat low sodium meals, adn i am only 28.....very uncharacteristic to an individual with gallstones. I was suspicious that Light chips may be contributing.....then i found this web cite and decided to share my theory of why i at age 28 have gall stones.....i think it is because i ate WOW and LIght Lays chips!Did you have the flu, allergy, or other illness that might have explained your problems? Noi job, ride bikes, do aerobics, drink lots of water, adn i weigh 125 pounds and i am 5 foot 7

Where/when problems occur?

safety problems/inconvenience? No
not in public.....i wasnt linking my physical discomfort to the WOW chips

seek medical help? Yes

emergency room? Yes

diagnosis? i was diagnosed with gall stones.....but i am an intelligent educated individual and realized that it is rare for someone in my fitness and age to have these.....so it is my hypothesis that OLEAN may just be the culprit behind my gall sotnes

medication? Yes



olesta1@cspinet.org
07/20/2005 01:16 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07-20-05
Name: [REDACTED]
Age: 18
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 07-19-05 9:00p.m.

When problem? 8 hours 0 minutes

When problems end? 07-20-05 9:30a.m.

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- 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:

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

pain medicine

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? (i am just now discovering that OLEAN is so dangerous.....i
WILL never eat OLEAN again.....and i am afraid it has done even more
damage to my body besides give me gall sontes)

Media? Yes

web site? i googled the word OLEAN



olesta1@cspinet.org
07/21/2005 02:07 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: 7/21/05
Name: [REDACTED]
Age: 21
Sex: f
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7/20/05 @ approx 7:00pm

When problem? 12 hours - minutes

When problems end? not yet

Still persist? Yes

Occations: so far 1

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

additional details:

I looked on the package and there was no astric* to say: "This product contains Olestra". Even so the possible side effects of consuming the product was not stated anywhere on the bag. I'm a 21 year old girl with an eating disorder. Somehow, I feel that consuming this type of fake fat is just like taking a laxitive which counts as a form of bullimia. However that's not the type of eating disorder i have, I battle anorexia. I don't like having diarrhea

eat olestra again? No
problems again? No

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, 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
07/23/2005 07:01 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

0-241

Date: 7/23/05
Name: [REDACTED]
Age: 54
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7/18/05 lunch and dinner

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

I also had this happen a couple of weeks ago when I had a fat-free ice cream cone. Didn't realize that it was olestra. I've suffered this before a couple of times from the WOW chips. I should know better. The labels were changed to LIGHT and that was confusing.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? cramping, loose stools

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Problem(s) reoccurred? n/a

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: 6 chips(one serving according to the nutrition label)

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? google



olesta1@cspinet.org
07/25/2005 12:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/25/05
Name: [REDACTED]
Age: 34
Sex: m
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 07/23/05

When problem? 8 hours minutes

When problems end? 07/25/05

Still persist? No

Occations: 1

- Problems/Severity:
- Diarrhea: moderate
 - Couldn't control bowels; soiled clothing: No
 - Loose stools: severe
 - Nausea: mild
 - Fecal urgency: severe
 - Flatulence/Gas: severe
 - Bloating:
 - Abdominal cramps: mild
 - 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?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, 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

I was in a panic trying to find a bathroom when I was out

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? surfing to see if others had problem with this



olesta1@cspinet.org
07/25/2005 05:31 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7-25-2005
Name: [REDACTED]
Age: 46
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes
When eat? 7-24-2005 5PM
When problem? 12 hours minutes
When problems end? ongoing as of 7/25 5PM
Still persist? Yes

Occations: 1 day
Problems/Severity:
- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: mild
- Fecal urgency: none
- 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?

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 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
07/26/2005 02:04 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: July 26/05
Name: [REDACTED]
Age: 21
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? JULY 19TH

When problem? 48 hours minutes

When problems end? 2 DAYS LATER

Still persist? No

Occations:

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

Which olestra product?

- Ruffles, size: , amount:
 - Ruffles Cheddar, size: Medium, amount: 1/4 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?

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? Searched "Ruffles Olestra"



olesta1@cspinet.org
07/26/2005 03:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/25/05

Name: [REDACTED]

Age: 60

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 7/24/05 - 1 p.m.

When problem? 30 hours minutes

When problems end? still occuring

Still persist? Yes

Occations: 1 day

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- 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:

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: 1/2 BAG
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
07/26/2005 06:23 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/26/05
Name:
Age: 33
Sex: Female
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat?

When problem? 12 hours minutes

When problems end? 24 hours later?

Still persist? No

Occations: 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: mild
 - Vomiting: none
 - Yellow-orange stains in underwear: moderate
 - Greasy stools: moderate
 - Oil in toilet: moderate
 - 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? Yes

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? Yes
specify GI: have had several ulcers over the years and have moderate acid
refluxDid 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?



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

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/28/05
Name: [REDACTED]
Age: 54
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: none
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7/26/05

When problem? 4 hours - minutes

When problems end? continue at this time

Still persist? Yes

Occations: 2 at least

Problems/Severity:

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

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? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: few
 - SCO Pringles, size: regular, amount: few
 - Ruffles Cheddar, size: large, amount: 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? yes
flatulence

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
07/29/2005 09:39 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/29/05
Name: [REDACTED]
Age: 43
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7/29/05 7:45 a.m.

When problem? hours 30 minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

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

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: 10 oz., amount: 1/2 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? 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? searched internet for info on olestra



olesta1@cspinet.org
07/30/2005 12:23 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 07/30/2005
Name: [REDACTED]
Age: 43
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 1996 or 1997

When problem? 00 hours 00 minutes

When problems end?

Still persist? Yes

Occations: no

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- 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? problems never stopped

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: Small, 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? 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? Google Search



olesta1@cspinet.org
07/31/2005 02:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 7/31/05
Name: [REDACTED]
Age: 28
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 7/29/05 - 3

When problem? 2 hours minutes

When problems end? Still feeling exhausted and weak

Still persist? Yes

Occations: 3

- Problems/Severity:
- Diarrhea: severe
 - Couldn't control bowels; soiled clothing: No
 - Loose stools: moderate
 - Nausea: none
 - Fecal urgency: severe
 - 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:
Since consuming the Light Ruffles which had no indication on the package that they consumed the product I have been dehydrated and extremely weak and exhausted and unable to participate in my daily routine of physical activity.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, 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? yes
Diarrhea while getting out of car and going into the grocery store is just one example

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? search engine



olesta1@cspinet.org
08/03/2005 03:18 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/3/2005
Name: [REDACTED]
Age: 49
Sex: F
Address:
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 7/26/05

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:
- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- 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?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

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: 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?
Had to run home from dinner out to make it to the toilet in time

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?



olesta1@cspinet.org
08/03/2005 09:02 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/3/05
Name: [REDACTED]
Age: 22
Sex: Male
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 8/3/05 2:00

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: 1

- 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: severe
 - Vomiting: none
 - Yellow-orange stains in underwear: mild
 - Greasy stools: moderate
 - 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? Yes

Which olestra product?

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

Had to cancel a social event the following evening

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
08/08/2005 08:55 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8-8-05

Name: [REDACTED]

Age: 49

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 8-8-05 11:00 AM

When problem? 3/4 hours minutes

When problems end? still going

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- 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: general fatigue

additional details:

Same thing happened last week. (I did not know that product had olestra-- unmarked package--) I had three days worth of cramping, diarrhea, abdominal pain, runny stools. Today was the first day in four days that I felt good. Then-- today, I ate a small portion of the chips and began having the same symptoms/reactions. Sever cramps, severe cramps, severe gas, bloating (had to loosen my belt two notches), horrible/violent flatulence (very bad smell!!!), deep, rumbling belches also

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All the same problems I had last week when I ate a handful of the chips.

Would you have linked your symptoms? Yes

Which olestra product?

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?