



olesta1@cspinet.org
08/10/2005 02:52 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/10/05
Name: [REDACTED]
Age: 35
Sex: M
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 8/9/05 0900

When problem? 1 hours 30 minutes

When problems end? still in process

Still persist? Yes

Occations: 4

- Problems/Severity:
- Diarrhea: severe
 - Couldn't control bowels; soiled clothing:
 - Loose stools: severe
 - Nausea: mild
 - Fecal urgency: severe
 - 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:
I was unaware of what could have been causing my problem for the past 4 days. I started eliminating my normal food choices when I finally came to the conclusion that it was the Lay's light chips. I will never consume anything that is made with this product again. My past four days have been Hell!

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?

- Ruffles, size: 10.25, amount: 10-15

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? Was going to go to hospital today-- then I read that the product had olestra...

medication? No

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? Yes

response? None

Media? Yes

web site? web search- Google



olestra1@cspinet.org
08/10/2005 03:24 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08102005
Name: [REDACTED]
Age: 52
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 08/08/2005

When problem? 4 hours minutes

When problems end? 08/09/2005

Still persist? No

Occations: 4

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

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Yes I'm lactose intollerant so only if I consume Dairy products.

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

Where/when problems occur?

safety problems/inconvenience? yes

Constantly interrupting my work to run to the bathroom

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? internet



olesta1@cspinet.org
08/10/2005 08:19 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08/10/05
Name: [REDACTED]
Age: 24
Sex: Female
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 08/08/05

When problem? 4 hours minutes

When problems end? 08/10/05

Still persist?

Occations: 2

Problems/Severity:

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

- Lay's Regular, size: large, amount: whole package over time

- Ruffles, size: large, amount: whole package over time

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

while driving, no bathrooms on road traveling

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? From a friend who had the same problems



olesta1@cspinet.org
08/10/2005 09:59 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 8/10/05

Name: [REDACTED]

Age: 57

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 8-8-2005

When problem? 3 hours minutes

When problems end? 8-8-05 @ 5:00 p.m.

Still persist? No

Occations: 1 day

Problems/Severity:

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

additional details:

Sweating accompanied the severe cramps and nausea.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 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? No

Where/when problems occur?

safety problems/inconvenience? yes
I felt nausea and had abdominal cramps had to be in bed for a few hours

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
08/12/2005 11:56 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/12/05
Name: [REDACTED]
Age: 44
Sex: female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 8/11/05

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: 1

- Problems/Severity:
- Diarrhea: moderate
 - 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:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips?

Read label before eating?

Read label before eating?

Would you have linked your symptoms?

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? yes

Sudden onset of cramping was embarrassing.

seek medical help? Yes

emergency room? No

diagnosis? Possible intestinal obstruction.

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Found searching for information.



olesta1@cspinet.org
08/13/2005 05:00 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8-13-05

Name: [REDACTED]

Age: 33

Sex: f

Address: 1 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 8-13-05 2pm

When problem? 2hours hours minutes

When problems end?

Still persist? Yes

Occations: 1 day so far

Problems/Severity:

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

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? 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?

Which olestra product?

- Tostitos, 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

i had to turn around and run home (5 blocks) and barely made it.

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



olesta1@cspinet.org
08/16/2005 11:34 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/16/05

Name: [REDACTED]

Age: 29

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 8/15/05

When problem? 2 hours 30 minutes

When problems end? 8/16/05

Still persist? No

Occations: 2

Problems/Severity:

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

- Ruffles, size: , amount: 3/4 cup

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

Having severe gas in a store is very embarrassing, cramping pain made me leave the store and retreat to the couch for the rest of the day

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? found it



olesta1@cspinet.org
08/16/2005 11:42 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: August 16, 2005

Name: [REDACTED]

Age: 19

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? August 15, 2005 - 7:00 pm

When problem? hours 20 minutes

When problems end? Ongoing

Still persist? Yes

Occations: So Far 2

Problems/Severity:

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

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

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: reg, amount: 1/4 of 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? yes

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
08/17/2005 06:22 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/17/2005
Name: [REDACTED]
Age: 47
Sex: F
Address: P [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: No

When eat? 8/16/2005

When problem? 12 hours minutes

When problems end?

Still persist? No

Occations: 1

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

additional details:

I purchased a bag of "Fat Free" ruffles light cheddar and sour cream fat free potatoe chips. I did'nt know that it had Olestra in it. I ate less than 15 chips (I believe 5-8 chips). Less than 1 serving.

When I woke up early this morning, I had a massive headache, nausea and burping. The headache was beyond belief. It was not a migrane!

I thought they pulled this stuff off the market! Why did they bring it back?

I'm not going to even try to eat these chips again!

It is 5:59pm 8/17/2005 - I still have the headache - just not as severe!

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: Large, amount: A few Chips (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
It is very inconvenient that I have to get up every 10 minutes at work to go to the bathroom

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 Surfing



olesta1@cspinet.org
08/19/2005 04:16 PM

To olestra@cspinet.org
cc
bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 08/19/2005

Name: [REDACTED]

Age: 59

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 08/13/2005

When problem? 10 hours minutes

When problems end? 08/14/2005

Still persist? No

Occations: 1

Problems/Severity:

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

additional details:

Please do not sell my name to any mailing list!

Frito-Lay says that, "there were concerns initially but not anymore." They referred me to another telephone number.

There was no warning on the bag.

I am upset about my physical consequences, but even angrier about the blow-off I received from Frito-Lay. The FDA was really not doing their job on this one. My girl-friend had an even worse reaction than I had.

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?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
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 so sick, I couldn't go to work. I own my own business and can't afford
to not be at work!

seek medical help? No

emergency room? No

diagnosis?

medication?
Aleve, Ice Packs

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google



olesta1@cspinet.org
08/21/2005 12:14 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08-20-2005

Name: [REDACTED]

Age: 31

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 8/20/2005 5:00 pm

When problem? 1 hours 30 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: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: mild
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- 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?

Read label before eating?

eat olestra again? No
problems again?

Problem(s) reoccurred? N/A

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?

- Lay's Regular, size: Large, 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?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? Yes

response? "We heard some concerns in the beginning but there have not been any
complaints for some time."

Media? Yes

web site? Google search on the word "Olestra"



olesta1@cspinet.org
08/21/2005 09:51 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/21/05

Name: [REDACTED]

Age: 48

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? August 14th

When problem? 16 hours minutes

When problems end? some ended 28 hrs

Still persist? Yes

Occations: one

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: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: burning in intestinal tract

additional details:

2 days after burning sensation, cramps, and gas ended, I began having dark stools.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? the same

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Yes Regular Ripple Chips, size: , amount: 20 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

Several trips to restaurant bathroom

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
08/22/2005 09:38 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/22/2005

Name: [REDACTED]

Age: 33

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: na

Phone: (na)

Fax: ()

Suffer: Yes

When eat? 8/19/2005 at 3pm

When problem? 2 hours minutes

When problems end? not finished yet

Still persist? Yes

Occations: 1 day

Problems/Severity:

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

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 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
got symptoms and had to stay home from 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? did search for olestra online



olesta1@cspinet.org
08/23/2005 08:57 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08/23/05
Name: [REDACTED]
Age: 51
Sex: Female
Address: [REDACTED] 1
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 08/22/05

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- 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: severe
- Oil in toilet: severe
- Other:

additional details:

I do not think they should be able to label these foods "Light" I usually eat baked doritos but saw that the light doritos had less fat in them. I just never thought that there was Olestra in them. I didnt realize it until this morning after being up sick all night.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eater. the chips? Yes

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1 serving

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? I am considering contacting them

Media? No

web site? google



olesta1@cspinet.org
08/25/2005 02:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/25/05
Name: [REDACTED]
Age: 20
Sex: f
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 8/24/05 12 am

When problem? 2 hours 45 minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

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?

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? I did a search



olesta1@cspinet.org
08/27/2005 09:55 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08/27/05
Name:
Age: 27
Sex: Female
Address:
Occupation: Professional
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 08/26/05 11:00 PM

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

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

Which olestra product?

- SCO Pringles, size: 6.5 oz, 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?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? looked it up



olesta1@cspinet.org
08/28/2005 03:27 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/28/05

Name: [REDACTED]

Age: 52

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/27/05 3PM

When problem? 1 hours 0 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: severe
- 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? 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: 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

Not as able to care for my 4 month old daughter

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 Olestra



olesta1@cspinet.org
08/28/2005 09:57 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/28/05
Name: [REDACTED]
Age: 20
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 8/25/05

When problem? 24 hours 0 minutes

When problems end?

Still persist? Yes

Occations: 3 days

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

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: 1/4 package
- Ruffles Cheddar, size: , amount: 10 chips
Eat with a meal? Which meal?

Eat as a snack?

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

Where/when problems occur?

safety problems/inconvenience? yes
unable to sleep

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? will contact them tomorrow!

Media? Yes

web site? web search



olesta1@cspinet.org
08/29/2005 08:56 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8-29-05
Name: [REDACTED]
Age: 55
Sex: male
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 8-28-05

When problem? 3 hours minutes

When problems end? na

Still persist? Yes

Occations: 1

Problems/Severity:

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

additional details:

24 hrs. later severe stomach cramps

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: small, 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
ran to the bathroom all day 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
08/29/2005 10:35 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8/29/05

Name: [REDACTED]

Age: 77

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 8/28/05 10pm

When problem? 3 hours 15 minutes

When problems end?

Still persist? Yes

Occations: 1 day

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: 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? 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: small, amount: 1/2 pk.

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? googling olestra



olestra1@cspinet.org
08/29/2005 07:22 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08/29/2005
Name: [REDACTED]
Age: 59
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 8/27/05 1:00 p.m.

When problem? one hours minutes

When problems end? 8/27/05 7:00 p.m.

Still persist? No

Occations: 1

- Problems/Severity:
- Diarrhea: severe
 - Couldn't control bowels; soiled clothing: No
 - Loose stools:
 - Nausea: none
 - Fecal urgency: severe
 - Flatulence/Gas: severe
 - Bloating:
 - Abdominal cramps: severe
 - Vomiting: none
 - Yellow-orange stains in underwear: none
 - Greasy stools: mild
 - 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, size: medium, amount: 20 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?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet



olesta1@cspinet.org
08/29/2005 09:29 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 08/29/2005

Name: [REDACTED]

Age: 34

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 08/29/05 Noon CST

When problem? 1 hours 0 minutes

When problems end? Not sure yet!

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency:
- Flatulence/Gas: severe
- 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? 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: small, 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?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
09/02/2005 05:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9-2-05

Name: [REDACTED]

Age: 30

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9-1-05 and 9-2-05

When problem? 1 hours 15 minutes

When problems end?

Still persist? Yes

Occations: 2 days so far

Problems/Severity:

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

additional details:

I finally looked at the bag and realized these were probably the WOW chips in a new package. They contain Olestra. I did not see any warning but did not examine the bag well enough.

eat olestra again?

problems again?

Problem(s) reoccurred? still going through symptoms

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, 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
to the bathroom many times all afternoon

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 up Olestra & found it



olesta1@cspinet.org
09/02/2005 06:24 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/2/2005

Name: [REDACTED]

Age: 30

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 08/31/05 11:30pm

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: only one

Problems/Severity:

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

additional details:

I had came home late from a theatre play and decided I wanted something to eat. I took only a handful of Fat Free Pringles not realizing they were made with Olestra. Then went to bed. I went to work the next morning & had a sudden urge to go to the bathroom, but soiled my clothing before I made it there. I had never in my life had this happen before. I went home that night knowing I had nothing else abnormal to eat or drink and I saw the can labeled with "olestra" and knew this was the cause.

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles, size: 15, amount: shared whole over 2 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? yes
Had to excuse myself from company and shower twice.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? e-mailed today

Media? Yes

web site? google



olesta1@cspinet.org
09/05/2005 03:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9.5 .05

Name: [REDACTED]

Age: 43

Sex: F

Address: 4100 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 09. 03

When problem? hours 20 minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

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

additional details:

My doghter is 11, and tree yars after she had Lay Light Chips steel sufer from gastro intestinal disbalans.

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?

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: handful 10 or so
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 narrative above

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? general search



olesta1@cspinet.org
09/06/2005 10:48 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/6/2005

Name: [REDACTED]

Age: 50,

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/1/2005 8:00PM

When problem? 4 hours 15 minutes

When problems end? 9/3/2005 9:00AM

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: mild
- 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? Yes

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: few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Never before eating Lay chips Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

not for discatrimon

seek medical help? Yes

emergency room? No

diagnosis? non

medication? Yes

4 times antibiotic

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? Yes

response?

Media? Yes

web site? yahoo



olesta1@cspinet.org
09/06/2005 02:08 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 2005-09-06

Name: [REDACTED]

Age: 42

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2005-09-03 and 2005-09-04

When problem? 6 hours 00 minutes

When problems end? problems continue as at 2006-09-06 1334 hours EST

Still persist? Yes

Occations: 4

Problems/Severity:

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

additional details:

I ate 2 servings of Lays Light potato ships, each consisting of between 6 and 12 chips (a small side accompaniment to the meal) at lunch on Saturday and Sunday, with symptoms persisting to Tuesday. Were I not in good health I would have had to present to the emergency room due to the dehydration symptoms.

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?

- Lay's Regular, size: large, amount: 1/3 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? Yes

emergency room? Yes

diagnosis? Dr visit found nothing sent to hospital for MRI- found nothing

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? Yes

response?

Media? Yes

web site? "Googled" "Olestra"



olesta1@cspinet.org
09/12/2005 10:27 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/12/2005
Name: [REDACTED]
Age: 61
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 9/11/2005

When problem? 2 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

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: severe
- Oil in toilet: moderate
- Other:

additional details:

Stomach cramps felt like the beginning of labor. I would have soiled myself unless I was at home. I am at work now, and am afraid to eat. This is really disgusting. How could the FDA allow this product in our food chain? I ate Ruffles Light 1/2 the calories product.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles, size: large, amount: a few (6 to 12)

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 frequently stop for bathroom breaks when returning home from cottage

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



olesta1@cspinet.org
09/14/2005 12:02 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/14/05

Name: [REDACTED]

Age: 48

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/12/05

When problem? 24 hours minutes

When problems end? 9/15/05

Still persist? No

Occations: 1

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: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: none
- Other: anal blood

additional details:

I am a nursing student. I am taking a Web based nutrition course. One of the questions was about olestra. I had never heard of it. I did some research and then bought a can of fat free Pringles, for research. 24 hours later it hit me. Diarrhea, "anal leakage" and anal bleeding (very atypical). Olestra is OFF of my shopping list. I gave a full report to my Web class as "Human Lab Rat Study".

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large 13 to 15, amount: 2 cups of 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 company over and was back & forth to bathroom. They said they will never purchase that product.

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 when searching info about olestra.



olesta1@cspinet.org
09/15/2005 08:07 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/15/05

Name: [REDACTED]

Age: 18

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/10/05

When problem? 72 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

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

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- SCO Pringles, size: reg, amount: 3/8 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 was going out the door to a dentist appt. when it hit.

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? Web based nutrition class. Lecture gave link to you.



olesta1@cspinet.org
09/17/2005 02:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/16
Name: [REDACTED]
Age: 15
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 9/15

When problem? 5 hours 0 minutes

When problems end? 9/16 10:00 p.m

Still persist? No

Occations: 1

Problems/Severity:

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

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
09/19/2005 08:02 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 09-19-05

Name: [REDACTED]

Age: 42

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 09-18-05

When problem? 10 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

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

problems again? Yes

Problem(s) reoccurred? all of the above. I'm not going to eat the pringles anymore after I've read the articles on olestra

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: , 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

Unusual bathroom breaks/smell

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

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, 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?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I looked up olestra in google to find out about it.



olesta1@cspinet.org
09/20/2005 09:39 PM

To olestra@cspinet.org
cc
bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 09/20/05

Name: [REDACTED]

Age: 69

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Sep 14 & 15, 2005 (9:00pm)

When problem? 12 hours hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

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

additional details:

Left me feeling extremely week and stomach fluttery. This is the second time I have eaten olestra and had the same symptoms each time. Was not aware of eating olestra until symptoms occurred.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? 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: 4 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

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

Where/when problems occur?

safety problems/inconvenience? yes

Gas and diarrhea 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? google



olesta1@cspinet.org
09/20/2005 10:56 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 09-20-2005

Name: [REDACTED]

Age: 67

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 09-17-2005

When problem? 16 hours minutes

When problems end? 09-20-2005 in a.m.

Still persist? No

Occations: one day this time

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: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: This was an ongoing serious problem for two days. I guess this stuff had to pass through my system. This is not the first time that has happened.

additional details:

It made me continually have to go to the bathroom and have constant bowel movements throughout the day. I would have to go to the bathroom and no sooner leave when I had to go back again. If I had lunch then I had to go again to the bathroom. This was awful. It did not stop until today. I have sworn off Ruffle chips permanently. I had this affect before. I get this same affect from TYLENOL. It took a long time for me to learn that Tylenol did this too.

I am glad I found this web site and hope you say more publicly about Olean.

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: 1/2 pkg

- Tostitos, size: , 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

Inconvenience

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? In the process of doing so

Media? Yes

web site? Look up Olestra and this was one of the options



olesta1@cspinet.org
09/21/2005 11:28 AM

To olestra@cspinet.org
cc
bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 9-21-05

Name: [REDACTED]

Age: 40

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 9-11-05, afternoon

When problem? a few hours hours ? minutes

When problems end? 9-11-05, later that evening

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: severe
- 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:

Learned a long time ago to avoid products with olestra (Wow brands), but didn't realize that Ruffles Light had it. Ruffles has a couple of low-fat options out, and didn't realize this was different. Shame on Frito-Lay!

Nothing like spending an evening being sick in the bathroom.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Thank you.

eat olestra again? No
problems again? No

Problem(s) reoccurred? None

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: 6.5 oz., amount: 1/2 package
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: ulcer condition Did you have the flu, allergy, or other illness
that might have explained your problems? No I am a healthy 67 years of age
woman who has never been sick and who is not on any medication whatsoever.

Where/when problems occur?

safety problems/inconvenience? yes
Above explains everything.

seek medical help? No

emergency room? No

diagnosis? N/A

medication?
N/A

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? N/A I will let them know very shortly. I did my research first.

Media?

web site? I searched for Olean through Google search engine



olesta1@cspinet.org
09/22/2005 11:05 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9-22-05
Name: [REDACTED]
Age: 18
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 9-21-05 9:00PM

When problem? 1 hours minutes

When problems end? 9-22-05 11AM has not ended yet.

Still persist? Yes

Occations: <1

Problems/Severity:

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

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

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?

- Ruffles, size: large, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: IBS off and on; have been symptom free for several years
Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

started severe cramping a couple hours after eating some chips... recognized the symptoms immediately from prior experiences with Olestra... a couple hours later (after cramping stopped), I checked the label of bag of chips for olestra content... sure enough!

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
09/22/2005 03:34 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/20/05

Name: [REDACTED]

Age: 20

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/15/05

When problem? 2 hours 0 minutes

When problems end?

Still persist? Yes

Occations: same day

Problems/Severity:

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

Very upsetting that there was no warning on label about possible side effects!

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all of the above listed ones

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: medium, amount: 17
- Ruffles, size: small, 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

VERY inconvenient urgencies that are also embarrassing and noisy in the public bathrooms.

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? Looked it up when I was researching my symptoms and found out about olestra.

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

needing to repeatedly use the bathroom

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? researched it online

10-343



olesta1@cspinet.org
09/26/2005 07:21 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/26/05

Name: [REDACTED]

Age: 50

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1400/26sep

When problem? 1 hours 30 minutes

When problems end? I don't know yet. still having them problem as I write this.

Still persist? Yes

Occations: one time

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- 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? Yes

problems again? Yes

Problem(s) reoccurred? the same

Packet bear label stating olestra may cause? No

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?

- Original Pringles, size: regular, amount: whole package
- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles Cheddar, 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? yes
All of the sudden in class I felt stool leaking ou of my anus. I tried to pinch it but to no avail. The condition worsened, so I had no choice but to jump out of my seat, shit dripping down my leg, and run out the door. Everyone laughed at me and now I am known as "shits mcghee"

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? "Not our problem"

Media? Yes

web site? Google



olesta1@cspinet.org
09/27/2005 11:39 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/27/05
Name: [REDACTED]
Age: 6
Sex: M
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 9/17/05 8pm

When problem? 10 hours 0 minutes

When problems end? 9/25/05

Still persist? No

Occations: 7

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: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: severe
- Other:

additional details:

Nicholas had 57 bowel movements in a week period.
Missed 3 days of school and the experience created severe anxiety to return to school.
He is still having 2 bowel movements/day which is not his usual.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have linked your symptoms? No

Which olestra product?

- Ruffles Cheddar, 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? No
my stomach startin burning and aching

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
09/29/2005 01:02 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/29/05

Name: [REDACTED]

Age: 27

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 9/21-9/24

When problem? 8 hours minutes

When problems end? 9/29

Still persist? No

Occations: 5

Problems/Severity:

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

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: lrg., amount: appro 10-12

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Nicholas had reflux as a toddler, which is an upper GI problem. He has no symptoms in over 2 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

Missing school just at the beginning of the year placed an unnecessary strain and anxiety on a 1st grader. He is still crying everyday I take him to school with fear he is going to keep going the bathroom or have an accident.

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

But 3 stool tests were completed ; c-diff, parasites and rotovirus- all were negative.

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? I called looking for guidance. I told them I had a 6 yr old with a reaction from olestra and they told me the nutritionist said to have him drink lots of water. I am a registered dietitian, which I made them aware of. She told me that it was not the olestra because it should leave the system within 48 hrs and she also blamed the history of reflux. Two different GI areas. She then proceeded to offer me coupons.....

Media? Yes

web site? I found it searching for help



olesta1@cspinet.org
09/29/2005 05:36 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9-29-05

Name: [REDACTED]

Age: 51

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 09-28-05 5:15 pm

When problem? hours 45 minutes

When problems end? 9-29-05 4:00 am

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- 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: moderate
- Oil in toilet: moderate
- Other:

additional details:

I feel that these products should be taken off the market. I have never had stools that loose. I took Imodium after each bowel movement and it helped to stop it.

Today I trashed the bag and will never buy nor eat a product with Olestra.

eat olestra again? No

problems again? No

Problem(s) reoccurred? Gas, loose stools

Packet bear label stating olestra may cause? No

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: 13 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? 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? Wikipedia



olesta1@cspinet.org
09/30/2005 03:25 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 9/30/2005

Name: [REDACTED]

Age: 18 months

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/29/2005 6pm

When problem? 3 hours 0 minutes

When problems end? 9/30/2005 3am

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: mild
- Fecal urgency: mild
- 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 eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 13 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? 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? yahoo



olesta1@cspinet.org
10/02/2005 02:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/3/05

Name: [REDACTED]

Age: 60

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/29/05

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 4-6

Problems/Severity:

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

additional details:

I would NEVER buy/eat any WOW products. My daughter had left some LIGHT Ruffles here after a ball game. I ate the LIGHT chips several times last week not knowing they were really WOW under a new name. I experienced an extreme amount of gas all last week and couldn't figure out why since I never have this problem!!! After eating them for lunch again yesterday my symptoms got worse. I started throwing up, had diarrhea, and cramping. I noticed that everything seemed very greasy and wonder why. After reading this, I see that is also one of the symptoms! Why is this product allowed on the market!! The hidden name change is criminal!!

eat olestra again? No
problems again?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles, 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

seek medical help? Yes

emergency room? Yes

diagnosis? severe cramps and shortness of breath due to olestra

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? friend



olestra1@cspinet.org
10/02/2005 03:48 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: october 2. 2005

Name: [REDACTED]

Age: 19

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? september 31 2005 5:30

When problem? hours 45 minutes

When problems end? still havent ended two days later

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- 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? all of them!

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

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: medium, amount: 1/2 pkg. 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? yes
missed work

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? BUT I will!!!!!!!!!!!!!!

Media? Yes

web site? online search



olesta1@cspinet.org
10/03/2005 06:11 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: October 3, 2005
Name: [REDACTED]
Age: 30
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 10/03/05 2:30pm

When problem? hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- 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:

additional details:

I'd like to tell a quick story, because the above symptoms (which occurred after unknowingly eating just a small serving of food containing olestra) don't show the severity of my first experience.

Last Monday, I bought a can of Pringles fat free chips and ate about 10-15 chips/day mon-fri at lunch. Each afternoon and evening I had the above symptoms, but they were gone by Sunday (I hadn't had Pringles in two days). Today, after eating another 10 chips at lunch, my stomach immediately started hurting. That's when I read the ingredients on the Pringles can. Sure enough - ingredient #2 was olestra. I was horrified because several years ago, I had a horrible experience with WOW chips that involved me being at the beach in a white bikini and much worse symptoms than I had today (probably because on

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: small, 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

had to close down desk i work at because i had to go to the bathroom so often

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? was researching because of my symptoms and found the site



olesta1@cspinet.org
10/06/2005 05:33 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10-06-05
Name: [REDACTED]
Age: 43
Sex: f
Address: [REDACTED]
Occupation: [REDACTED] m
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 2:00pm 10/05/05

When problem? 2 hours 30 minutes

When problems end? still going on, 24 hrs later!

Still persist? Yes

Occations: 1

Problems/Severity:

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

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?

- SCO Pringles, size: reg, amount: 1/2 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?

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? did a search



olesta1@cspinet.org
10/09/2005 01:42 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/9/05
Name: [REDACTED]
Age: ?
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: (?) ?
Fax: ()

Suffer: Yes

When eat? 3 weeks ago

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 21

Problems/Severity:

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

additional details:

REMOVE ANY PRODUCTS THAT CONTAIN OLESTRA IMEDIATELY!!! THEY ARE ABSOLUTELY NO GOOD!!

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? diarrhea & flatulance

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: 1/2 package
 - SCO Pringles, size: regular, amount: 1/2 package
 - Lay's Regular, size: small, amount: whole package
 - Lay's KC Masterpiece BBQ, size: , amount:
 - Ruffles, size: small, amount: whole package
 - Ruffles Cheddar, size: small, 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? Yes

web site? Something Fishy: Website on Eating Disorders



olesta1@cspinet.org
10/09/2005 03:23 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/9/2005
Name: [REDACTED]
Age: 24
Sex: M
Address: [REDACTED]
Occupation: [REDACTED]
Email:
Phone: ()
Fax: ()

Suffer: Yes .

When eat? 10/6/2005

When problem? 4 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: mild
- 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:

I was under the impression that this product had been removed from the market, or at the very least had to come with a warning. I had no idea I was exposing myself to this until it was to late. I have bowl problems already and this product only served to make things worse for me. This product should be completely taken off the market before it kills someone

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: 20-30 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: ulcersDid 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 unable to care for my two small children because I was on the toilet all day

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? AOL search