

## Phentermine 37.5 mg Tablets Quick Reference Guide

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Phentermine is available in three dosages; 15mg capsules, 30mg capsules and 37.5mg tablets. Because phentermine is a generic drug, it is also available from numerous manufacturers. You can find out which company manufactured your phentermine using the imprints on the pill.

[Click here](#) to buy Phentermine 37.5mg tablets from the community-recommended pharmacies.

Phentermine [37.5mg tablets](#) come in the form of white tablets with small blue specks on them. One exception is Purepac phentermine 37.5mg, which has no specks on it. If you've received Mutual Labs phentermine and you're worried because the specks look painted on, you can relax now because that's how they are manufactured. Just like Purepac phentermine 37.5 pills, Mutual Labs' tablets contain all the medication in the white compound. So, in those cases, the specks are just for looks and all the phentermine is still there.

[Click here](#) to see pictures of different types of Phentermine at PhenForum.com.

Most people choose Phentermine 37.5mg over the other doses because they want to ensure they don't get hungry or tired. The people who take 37.5mg are generally those who will post in their weight loss journals about how they took the kids to school, cleaned out the house and reorganized their furniture, and made a fabulous dinner all in time to take a nice shower and relax in front of the TV before bed. That's one of the side effects of Phentermine - an energy boost.

Now, that sounds nice in theory but when you're taking Phentermine 37.5mg you need to make sure you don't starve yourself. Don't get me wrong - you WILL lose weight if you don't eat. But the problem is that when you don't eat enough, your body purposely slows down your metabolism to nearly a halt. So, when you stop taking Phentermine and start getting hungry again, you'll automatically store most of the calories you eat because your body is trying to store food to live on.

You can definitely lose weight with Phentermine 37.5mg. Just make sure you get at least 4 medium sized meals or 6 small meals daily; and you need to eat the right foods to ensure that you don't yo-yo back up after your weight loss.

Learn exactly how to eat for success when you're taking Phentermine 37.5: Check out our diet plan support options in the PhenForum Phentermine [Weight Loss Program](#).

If you're serious about losing weight and keeping it off, I urge you to get started with the Phentermine Weight Loss Program today. You could be losing weight this week! [Click here](#) to learn more and join us for support.