Dolores Catania Teams Up with Advanced Herbals®, from the Makers of Dramamine®, to Launch The Dish on GLP-1s Content Series and Tackle One of the Most Common Complaints from GLP-1 Users: Nausea

July 15, 2025

Advanced Herbals® and the reality TV star are sharing new, original content aimed to help the majority (64%) of GLP-1 users who wish they had more education about the medications' side effects

TARRYTOWN, N.Y., July 15, 2025 /PRNewswire/ -- Side effects can crash the GLP-1 party – and most people aren't prepared for it. A survey commissioned by Advanced Herbals®, from the makers of Dramamine®, and Fleet® revealed that nausea and constipation are among the most common side effects reported by GLP-1 users, affecting 42% and 29% respectively – often without warning. Nearly two-thirds (64%) of GLP-1 users surveyed wished they had received more education about side effects prior to starting treatment, and 61% of users agreed the symptoms were more real than they had anticipated, indicating a potential gap in knowledge around GLP-1 side effects.

To address the information gap and empower GLP-1 users with ongoing support during their health journeys, Advanced Herbals® is partnering with reality TV star Dolores Catania, to debut a new content series: "*The Dish on GLP-1s*." As a GLP-1 advocate who has spoken openly about her ups and downs with the medications, Catania is getting real about the one side effect that nearly derailed her progress and why she has used Advanced Herbals® Ginger Chews to help address her side effects – because nausea doesn't come with a heads up.



Reality TV star Dolores Catania and Dr. Holly Lofton Team Up with Advanced Herbals®, from the Makers of Dramamine®, to Launch The Dish on GLP-1s Content Series and Tackle One of the Most Common Complaints from GLP-1 Users: Nausea

"When I first started my wellness journey with GLP-1 medications, I was prepared for weight loss and I was ready to feel different, but the nausea? No one prepared me for that," said Dolores Catania. "It really impacted my day-to-day life, but at the time no one was having these open, honest conversations about GLP-1 use – there was still a lot of stigma and speculation."

Real Talk + Real Expertise
The series, which debuted today on Dramamine.com/TheDishonGLP1, Instagram and YouTube, features candid conversations between Catania and Dr. Holly Lofton, a Board Certified Obesity Medicine Physician at NYU Langone. Dr. Lofton offers professional expertise, and Dolores Catania gets candid about her experiences as they unpack the real-life impact of GLP-1 side effects. Together, the two offer support and smart, stigma-free solutions, including how Advanced Herbals® Ginger Chews, with a clinically tested dose of ginger to help relieve nausea from morning sickness, motion sickness and upset stomach, may help individuals with nausea associated with their GLP-1 journey*.

"GLP-1 medications work by slowing the rate at which the stomach empties, helping users feel full longer and ultimately consume fewer calories, but this mechanism can also lead to symptoms like nausea, bloating and constipation," said Dr. Holly Lofton. "These early symptoms and side effects can ultimately derail proper use of the drug or even deter potential new patients. That's why non-prescription, convenient options, like Advanced Herbals® Ginger Chews for nausea and Fleet® Stimulant Oral Laxatives for constipation, can be helpful tools in managing these common side effects."

The series will air weekly across Dramamine's social platforms, offering relatable, expert-backed insights meant to inform, empower and resonate with the growing community of GLP-1 users looking for information on their wellness journeys. Follow @DramamineOfficial to learn more.

"As some of the most common symptoms of GLP-1 medications, nausea and constipation have proven to be jarring and disruptive for GLP-1 users," said Erica Nesbitt, Associate Marketing Director at Prestige Consumer Health. "All indicators point to increased accessibility and continued use of GLP-1 medications, so we saw an opportunity with Fleet® Oral Laxatives, Liquid Glycerin Suppositories and Advanced Herbals® Ginger Chews to help support those on a journey to improve their health."

Clinically Tested, Convenient Relief

Advanced Herbals® Ginger Chews, from the makers of Dramamine®, are crafted with ginger extract that helps to provide non-drowsy relief from multiple cases of nausea including upset stomach, morning sickness, motion sickness and occasional heartburn. With a great tasting lemon-honey-ginger flavor and a clinically tested dose of ginger extract, these soft chews are convenient and safe for frequent use. Fleet® Stimulant Oral Laxatives are a gentle, oral option for constipation relief that are easy to bring on the go and Fleet® Liquid Glycerin Suppositories provide fast relief for occasional constipation, working within minutes. Advanced Herbals® Ginger Chews and Fleet® Oral Laxatives and Liquid Glycerin Suppositories can be purchased at retailers including Amazon, Target, Walmart, Walgreens and CVS.

Survey Methodology: *Advanced Herbals®, from the makers of Dramamine®, and Fleet conducted a consumer survey in collaboration with third-party research partner Opinium to obtain a nationally representative sample of ~ 1,000 U.S. adults who currently take GLP-1 medications. The survey was conducted in May 2025.*

About Dramamine®

With over 75 years of experience, Dramamine® is the leader in nausea relief and the #1 pharmacist recommended brand in motion sickness. Dramamine®'s range of solutions, in various forms, effectively prevent and treat nausea, dizziness, vomiting & queasiness. The brand is part of Prestige Consumer Healthcare, a leading consumer healthcare products company which markets over-the-counter products in the U.S., Canada and Australia. For more information on Dramamine®, visit www.Dramamine.com.

About Fleet®

Fleet® is the #1 brand of enemas and suppositories, trusted for over 140 years to provide gentle, fast and effective relief from occasional constipation. Offering a range of over-the-counter solutions, Fleet® helps consumers manage digestive discomfort with confidence and convenience, no prescription required. For more information, visit www.fleetlabs.com.

About Prestige Consumer Healthcare Inc.

Prestige Consumer Healthcare is a leading consumer healthcare products company with sales throughout the U.S. and Canada, Australia, and in certain other international markets. The Company's diverse portfolio of brands include Monistat® and Summer's Eve® women's health products, BC® and Goody's® pain relievers, Clear Eyes® and TheraTears® eye care products, DenTek® specialty oral care products, Dramamine® motion sickness treatments, Fleet® enemas and glycerin suppositories, Chloraseptic® and Luden's® sore throat treatments and drops, Compound W® wart treatments, Little Remedies® pediatric over-the-counter products, Boudreaux's Butt Paste® diaper rash ointments, Nix® lice treatment, Debrox® earwax remover, Gaviscon® antacid in Canada, and Hydralyte® rehydration products and the Fess® line of nasal and sinus care products in Australia. Visit the Company's website at www.prestigeconsumerhealthcare.com.

**This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

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