



CONNECTICUT CONSUMER PROTECTION MONTHLY NEWSLETTER

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SCAM ALERT

What it is: Weight Loss Scams

How it works: The Federal Trade Commission (FTC) warns consumers to be extremely cautious of deceptive weight loss promises—whether it be magic diet supplements or effortless workout routines—that sound too good to be true.

How to protect yourself:

Be skeptical if a weight loss program, product, or diet promises instant or dramatic results without changing dietary habits or increasing physical activity. Thoroughly research companies, products, and anything guaranteeing weight loss outcomes. Always consult your doctor before making drastic lifestyle changes.

Buying supplements and medication online is a dangerous game.

In 2023, companies spent over a billion dollars on weight loss and diabetes ads, according to Media Radar, an analytics firm. Wellness-related advertisements are everywhere, especially in a new year, and it can be hard to distinguish real ads from fake ones.

The Federal Trade Commission warns consumers about buying supplements from third-party retailers, including Amazon.

The Food and Drug Administration considers a health product fraudulent if it is promoted as effective, but was never scientifically proven to be effective.

Marketing or advertising that claims a product is “best-selling,” or offers cure-all solutions, miraculous success stories, a quick fix, or an “all-natural” cure are all warning signs that a product may be a knock-off supplement.

Steer clear of products that claim, “guaranteed results” or “secret ingredient.” These products are untested and often use fake testimonies.

Consumers should not purchase medications online. Advertisements may appear as the real, original brand of medication, but can be counterfeit. These products are not tested and can contain the wrong ingredient, have too much, too little or no active ingredient.

Buying medication online has increased in popularity. There are 35,000 websites selling prescription medications worldwide, but 95 percent of them operate illegally.



SPEAKING REQUESTS

Want DCP to speak to your organization, or table at your event? Contact Catherine Blinder at Catherine.Blinder@ct.gov to submit a request.

[Contact Us](#)

Connecticut Department of Consumer Protection

450 Columbus Boulevard,
Suite 901
Hartford, CT 06103-1840
Main Line: (860) 713-6100
(8:30 a.m. – 4:30 p.m.)

Consumer Complaint

Center

(860) 713-6300
Toll Free: (800) 842-2649
8:30am-4:30pm
Email:
DCP.complaints@ct.gov

VISIT US ONLINE
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Warning Signs of Counterfeit Medications

- Priced suspiciously low. If it is too good to be true, it probably is.
- The package or the medication itself looks different than normal.
- You experience a new or unusual side effect.
- It was purchased from an online pharmacy.

You should always consult with a doctor or pharmacist before taking any new medication and have your prescriber send the electronic prescription directly to the pharmacy. Purchase over-the-counter drugs in person at a licensed pharmacy.

Fake products are often sold at convenience stores, gas stations and flea markets. The scams target those with limited English proficiency or those who have limited access to health care services.

People who spot suspected knockoff products should report it to [the FDA](#).

Thinking about signing up for a health club or gym membership in 2025? Here's a few things you should know.

- Determine what your goals are prior to enrolling.
- Read the entire contract before signing up.
- Understand all fees and policies prior to signing a contract.
- Ask questions about anything you don't understand.
- Tour the facility you're interested in at the time you think you might use it.
- Don't feel pressured to sign up immediately.

Have a tip we missed? A topic you want more information about? Send us an email at DCP.Communications@ct.gov.