

'Diet pills landed me in a mental hospital': Woman sues health food store claiming insomnia caused by capsules led to a psychotic breakdown

- Sainah Theodore is suing the Natural Health Food Center in Brooklyn for selling her Natural Lipo X, a brand of diet pills that contain illegal and unlabeled stimulants
- The capsules caused six days of insomnia and erratic behavior, including stopping her car in the middle of a busy intersection and stabbing pillows
- After her breakdown, medics were called and she was committed to a psych ward for five days

By [Margot Peppers](#)

PUBLISHED: 18:30 EST, 9 January 2014 | **UPDATED:** 08:12 EST, 10 January 2014

A woman is taking legal action after diet pills caused her to have a psychotic breakdown which landed her in a mental hospital.

Army reservist Sainah Theodore from Queens told the [New York Daily News](#) she is suing the Natural Health Food Center in Brooklyn for unspecified damages after diet pills she bought there gave her six days of insomnia, which in turn led to erratic and violent behavior.

At the peak of her delirium, the 26-year-old says she heard voices, stopped her car in the middle of a busy intersection and stabbed pillows and pictures in her own home before medics had to be called.



© Natural Health Food Center

Under fire: Army reservist Sainah Theodore is suing the Natural Health Food Center for unspecified damages after Natural Lipo Z (pictured), the diet pills she bought there,

caused a psychotic breakdown

She then spent five days in a mental hospital and her deployment to Afghanistan had to be delayed.

'Once I came out of the sedation, it was clear to me it was the pill that caused it,' she said.

The trouble began when the health store sold Miss Theodore a product called Natural Lipo X which, unbeknownst to her, contained illegal stimulants that weren't labeled on the packaging.

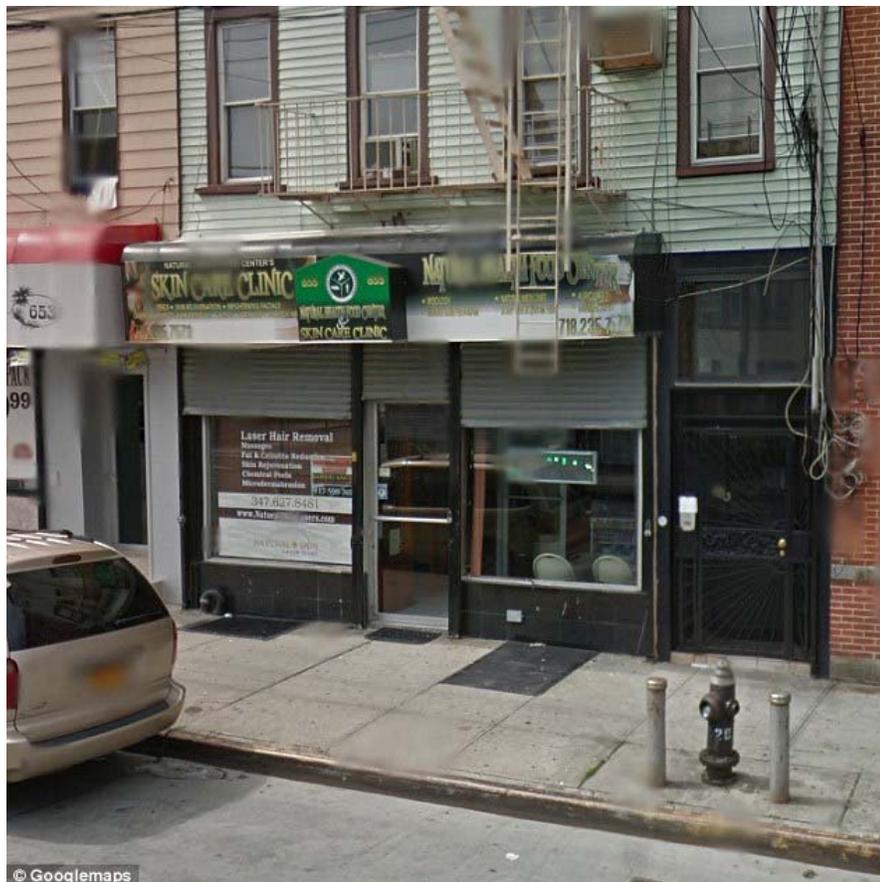
According to the Daily News, lab tests later confirmed that the pills contained high levels of caffeine and a laxative called Phenolphthalein which is illegal to sell over-the-counter.

Another ingredient was weight-loss stimulant Sibutramine, which was banned by the FDA in 2010 'due to a long list of side effects that includes sleeplessness'.

'Once I came out of the sedation, it was clear to me it was the pill that caused it'

It was these stimulants, the suit claims, that led to Miss Theodore's bizarre and destructive behavior - which included sending her mother aggressive texts and 'causing total destruction of her home,' said her lawyer Brian Pascale.

'I couldn't believe all of this happened to me. It was a blur,' said Miss Theodore, who studies sociology. 'I had no recollection of my behavior.'



Defense: Employees at the store (pictured) say that her reaction was the result of the insurance company claiming that she was fasting while taking the pills

She and her lawyers are suing the health food center, where employees claim that her reaction was the result of the insurance company saying that she was fasting while taking the pills.

'We can't leave the store to see the customer eats well,' said store manager Kennedy Angeliz. 'The insurance is handling this. That's all I will say.'

'Individuals who adulterate products with illegal ingredients are not complying with current regulations'

Miss Theodore's lawyers have denied this claim, asserting that she ate normally while on the diet pills.

Michael McGuffin, president of the American Herbal Product Association, said these spiked pills are part of an even bigger problem in the pharmaceutical industry as a whole.

'Individuals who intentionally adulterate products with illegal and undeclared ingredients are not complying with current laws and regulations,' he explained.

'The federal government and the regulated supplement industry work together to raise awareness about these tainted products.'

Read more:

- [Diet pills gave Queens woman insomnia, put her in mental hospital: lawsuit](#)



Comments (21)

Share what you think

- [Newest](#)
- [Oldest](#)
- [Best rated](#)
- [Worst rated](#)

[View newest 10](#)

[baccuss](#), seattle, United States, 1 hour ago

It did not occur to her to stop taking them? Can't fix stupid.

[Reply](#) [New Comment](#) [New](#)

[1](#)
[5](#)

[Click to rate](#)

[userpete86](#), IrvineCA, United States, 1 hour ago

It's a well known fact that many diet pills contain stimulants. It doesn't even sound like there's anything wrong with these particular pills.

[Reply](#) [New Comment](#) [New](#)

[0](#)
[5](#)

[Click to rate](#)

[usednurse](#), Scottish Borders United Kingdom, 2 hours ago

Why can someone sue for being stupid? Non prescription diet pills don't work or if they do, they contain illegal ingredients. Ultimately, even prescription diet pills only give weight loss while you are taking them and most ethical doctors won't prescribe them as they know that the only long term solution is to eat less and eat healthy, and to get more active.

[Reply](#) [New Comment](#) [New](#)

[1](#)
[4](#)

[Click to rate](#)



[Ping](#), Memphis, United States, 2 hours ago

Girl sue yourself for taking those. Diet?It's called exercising and eating the RIGHT FOODS.

[Reply](#) [New Comment](#) [New](#)

[0](#)
[6](#)

[Click to rate](#)

[Cece](#), New York City, 2 hours ago

There is no quick way to losing weight. Taking diet pills are never a good idea. People need to be very knowledgable of any drug they ingest including ones that are prescribed by doctors. I hope this case gets thrown out of court. A little research would have probably given her enough information to make an informed decision.

[Reply](#) [New Comment](#) [New](#)

[0](#)
[7](#)

[Click to rate](#)

[John](#), Antrim, 3 hours ago

Didn't make you forget how to make a claim, did it?

[Reply](#) [New Comment](#) [New](#)

[0](#)
[14](#)

[Click to rate](#)

[Blitzkrieg](#), California, United States, 6 hours ago

That's what people get for taking a 'miracle pill' instead of getting off their asses and actually exercising.

[Reply](#) [New Comment](#) [New](#)

[2](#)
[23](#)

[Click to rate](#)

[mrsmarces](#), SYD, Australia, 7 hours ago

Sorry i dont agree Its a known fact that all weightloss pills contain some sort of drug that does cause insomnia and make u change moods. NO WEIGHTLOSS PILL IS RECOMMENDED FOR PEOPLE THAT THAT SUFFER FROM DEPRESSION. I suggest that if you were to take weightloss pills that you do some research and ask a doctor if its suitable for you.

[Reply](#) [New Comment](#) [New](#)

[1](#)
[20](#)

[Click to rate](#)

[Erica](#), Somewhere, United States, 8 hours ago

Eat healthy, willpower, don't buy junk food, exercise, water, sleep.

[Reply](#) [New Comment](#) [New](#)

[1](#)
[21](#)

[Click to rate](#)

[Mindwave](#), Houston USA, 9 hours ago

Lol. As if the health store made her buy those pills. Do your research and stop lying around getting fat lady. Lol

[Reply](#) [New Comment](#) [New](#)

[3](#)
[19](#)

[Click to rate](#)

[Desi](#), Bell, 9 hours ago

Does no one take responsibility for their own stupidity anymore? Illegal ingredients or not this woman made a choice to take them and continue to do so until she ended up in the hospital. She should be ashamed not looking for a handout.

[Reply](#) [New Comment](#) [New](#)

[2](#)
[18](#)

[Click to rate](#)

[jwing7](#), pueblo USA, 9 hours ago

I smell MONEY!

[Reply](#) [New Comment](#) [New](#)

[3](#)
[9](#)

[Click to rate](#)

[kurd](#), lol, 10 hours ago

Requiem for a Dream.

[Reply](#) [New Comment](#) [New](#)

[1](#)
[8](#)

[Click to rate](#)

[PJ](#), The EU, United Kingdom, 11 hours ago

Any stimulants apart from caffeine are bad.

[Reply](#) [New Comment](#) [New](#)

[3](#)
[8](#)

[Click to rate](#)

[SullaFelix](#), Asheville, United States, 13 hours ago

So one time taking them wasn't enough to warn her? I call bull....

[Reply](#) [New Comment](#) [New](#)

[6](#)
[25](#)

[Click to rate](#)

[Far East ex-pat](#), Chiang Mai Thailand, 13 hours ago

Do I hear "cha-ching" here?

[Reply](#) [New Comment](#) [New](#)

[5](#)
[30](#)

[Click to rate](#)

[DrMallard](#), West Palm Beach FL USA, 14 hours ago

But if it's 'all natural' it's got to be good for you! Just like some nice hot lava, a good shot from a geyser, a nip from an adder or a visit from one of those weather systems with names like Andrew, Sandy, or Katrina.

[Reply](#) [New Comment](#) [New](#)

[6](#)
[22](#)

[Click to rate](#)

[ben](#), USA USA, 14 hours ago

That store looks legit

[Reply](#) [New Comment](#) [New](#)

[5](#)
[23](#)

[Click to rate](#)

[kh](#), Minneapolis MN, 14 hours ago

She only has herself to blame. She chose to buy a supplement - NONE are regulated in any way and can contain anything at all -even poisonous substances - or be completely worthless. There is NO FDA evaluation of so -called natural or health care supplements. I'm amazed at the number of people who won't buy milk if it's not organic and then buy completely unknown random crap at the health food store because of what the label claims is supposed to be inside the bottle.

Reply New Comment New

17

54



Click to rate

[JackB44](#), Newport News, United States, 11 hours ago

So true.

0

7

Click to rate

[Kevin](#), Blackburn, United Kingdom, 14 hours ago

If you buy this crap ,pay your money and take your chance . I feel a claim coming on here . !

Reply New Comment New

10

37

Click to rate

The views expressed in the contents above are those of our users and do not necessarily reflect the views of MailOnline.



Who is this week's top commenter? [Find out now](#)

Published by Associated Newspapers Ltd

Part of the Daily Mail, The Mail on Sunday & Metro Media Group

GlamEntertainment

© Associated Newspapers Ltd