

TABLE 2-continued

PAT- IENT CODE	AGE	HEIGHT (ft. in)	PHYSICAL CONDITION	BROMOCRIPTINE (mg)
P12	46	6	135% IBW; high GHB and high fasting glucose	N/A

From Table 1, it can be seen that both the weight and fat loss were superadditively higher in subjects on the combined bromocriptine/diet regimen. Although the number of patients and controls is small, there are several aspects of this study that make this trend significant.

First, although the number of subjects on bromocriptine only was small in Table 1, the results (no appreciable weight loss, fat loss of about 10 lbs.) are closely comparable to those obtained in several prior studies. See, e.g. Cincotta et al. *Experientia*, 1987, 43: 416-417.

Second, turning to the subjects on placebo and diet in Table 1, the present inventors are of the opinion that the data for patient P8 should not be used to calculate averages because this individual appears to have lost an unusually high amount of both body weight and body fat which is inconsistent with all the other subjects. (The rest of the subjects in the placebo group lost pounds of weight and body fat within the range expected by prior studies.)

Third, all of the subjects were told to use the ADA diet, and were closely monitored which means they almost certainly consumed a much healthier diet than before they entered the study. This would bias the results adversely to the present invention.

Amelioration of the metabolic parameters described above was consistent with the body weight and body fat loss shown in Table 1. Most noteworthy are improvements achieved in glucose tolerance increase, insulin sensitivity increase, and glycosylated hemoglobin reduction.

We claim:

1. A method for reducing weight in a patient in need of such treatment comprising in combination the steps of:

(a) administering daily to said patient a predetermined amount of a prolactin inhibitor confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake.

2. The method as recited in claim 1 wherein said prolactin inhibitor comprises a dopamine agonist.

3. The method of claim 2 wherein said dopamine agonist is bromocriptine.

4. The method of claim 3 wherein said predetermined amount is within the range of 0.8 to 3.2 mg of bromocriptine.

5. The method of claim 1 wherein said prolactin administration and caloric intake restriction continue for a period of time from about 10 to about 180 days.

6. The method of claim 1 wherein said predetermined time is within the period from 0500 to 1300 hours.

7. The method of claim 1 wherein a second predetermined amount of a prolactin inhibitor is given to said patient at a second predetermined time wherein said second predetermined time is within the period from 0900 to 1300 hours and said first predetermined time is within the period from 0500 to 1000 hours.

8. The method of claim 1 wherein said restriction in caloric intake is moderate.

9. The method of claim 1 wherein the caloric intake of said patient after said restriction is from 70 to 90% of the number of calories required by said patient for weight maintenance.

10. The method of claim 9 wherein the caloric intake of said patient after said restriction is 70% of the number of calories required for weight maintenance, provided that the restricted caloric intake is not below 1200 calories per day.

11. The method of claim 1 wherein said reduction in body weight persists for an extended period of time after cessation of said treatment.

12. A method for reducing body fat in a patient in need of such treatment comprising in combination the steps of:

(a) administering daily to said patient a predetermined amount of a prolactin inhibitor confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake.

13. The method as recited in claim 12 wherein said prolactin inhibitor comprises a dopamine agonist.

14. The method of claim 13 wherein said dopamine agonist is bromocriptine.

15. The method of claim 14 wherein said predetermined amount is within the range of 0.8 to 3.2 mg of bromocriptine.

16. The method of claim 12 wherein said prolactin administration and caloric intake restriction continue for a period of time from about 10 to about 180 days.

17. The method of claim 12 wherein said predetermined time is within the period from 0500 to 1300 hours.

18. The method of claim 12 wherein a second predetermined amount of a prolactin inhibitor is given to said patient at a second predetermined time wherein said second predetermined time is within the period from 0900 to 1300 hours and said first predetermined time is within the period from 0500 to 1000 hours.

19. The method of claim 12 wherein said restriction in caloric intake is moderate.

20. The method of claim 12 wherein the caloric intake of said patient after said restriction is from 70 to 90% of the number of calories required by said patient for weight maintenance.

21. The method of claim 20 wherein said caloric intake of the patient after said restriction is 70% of the number of calories required for weight maintenance, provided that the restricted caloric intake is not below 1200 calories per day.

22. The method of claim 12 wherein said reduction in body fat persists for an extended period of time after cessation of said treatment.

23. A method for increasing the efficiency of weight reduction in a patient in need of such treatment comprising in combination the steps of:

(a) administering daily to said patient a predetermined amount of a prolactin inhibitor confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake;

said combination achieving an increased efficiency of weight reduction as compared to that achieved by either step (a) or step (b) alone; and thereby curbing or avoiding the metabolic rate decrease that accompanies dietary caloric restriction.

24. The method as recited in claim 23 wherein said prolactin inhibitor comprises a dopamine agonist.

25. A method for increasing body fat reduction in a patient in need of such treatment comprising in combination the steps of:

(a) administering daily to said patient a predetermined amount of a prolactin inhibitor confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake;

said combination achieving an increased efficiency of body fat reduction as compared to that achieved by