

## NEXT GENERATION WEIGHT LOSS THERAPY

Do you struggle to lose weight and have tried diet after diet, only to gain all your weight back? A new modern, medical solution for weight loss is here! Semaglutide is an **FDA-approved** prescription peptide for weight management. It is a weekly injectable that can be done from home that helps regulate blood sugar levels, regulate appetite, slows down the emptying of the stomach, and controls your body's glucose production. Our Semaglutide is compounded with L-Carnitine to help you safely lose weight and keep it off.

### WHAT IS SEMAGLUTIDE?

Semaglutide is a synthetic glucagon-like peptide (GLP-1) analog. GLP-1 is a peptide hormone produced in the small intestine that stimulates insulin secretion and inhibits glucagon secretion, which slows down the emptying of the stomach, and regulates appetite – all which aid in healthy and effective weight loss. L-Carnitine is added to give you energy while you are on your journey to healthy weight loss.

### BENEFITS OF SEMAGLUTIDE

- Proven healthy weight loss
- Appetite control
- Balanced glucose levels
- Meal portion control
- Reduced food cravings
- Hgb A1C reduction
- Decreased risk of adverse cardiovascular events (death from cardiovascular disease, non-fatal myocardial infarction, and non-fatal stroke)

### WHAT RESULTS CAN I EXPECT?

Originally used to treat Type 2 diabetes, Semaglutide has two robust studies that show its effectiveness in weight loss in non-type 2 diabetic patients. It is FDA-approved as an obesity treatment. In a 68-week study\* overweight or obese adults receiving weekly Semaglutide injections showed the following results:

- **Average of 15% loss of total body weight**  
(i.e. a 232 lb. man may lose an average of 35 lbs.)

- Nearly 70% achieved a 10% weight loss threshold
- 32% of participants lost at least 20% of their initial weight



\*Studies done by the New England Journal of Medicine and Journal of American Medical Association. For more information, scan the code or visit <https://www.nejm.org/doi/pdf/10.1056/NEJMoa2032183?articleTools=true>.

### WHEN CAN I EXPECT RESULTS?

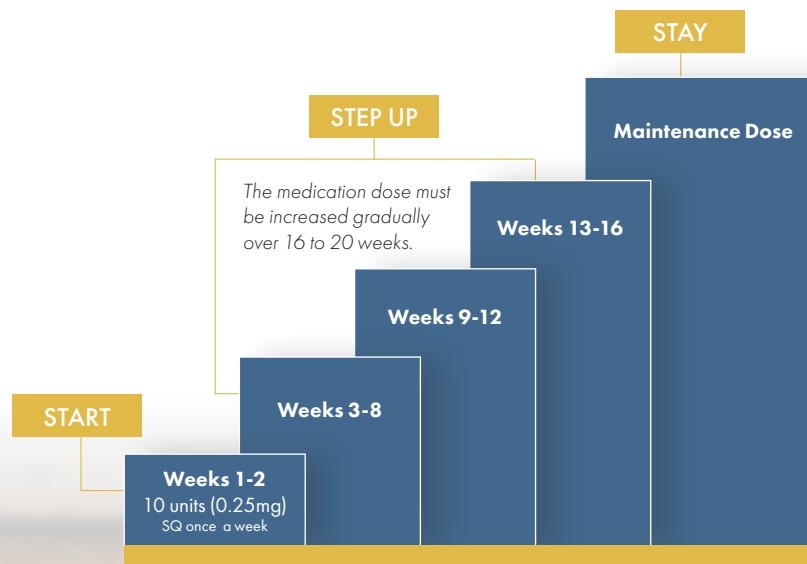
While patients will notice some significant body weight loss in the first month, the full benefits are usually fully noticed after three to six months of treatment. (\*Results may vary based on treatment plan)

**In 28 weeks, participants lost 16% of their body weight.**



\*Based on an average of 15% loss of total body weight


Your prescribed dose of the medications requires a gradual titration up to the maintenance dose. Semaglutide Peptide Therapy is offered as a weekly subcutaneous injection.



## GUIDELINES FOR SEMAGLUTIDE

1. Semaglutide requires one at home injection once a week until you have reached your weight loss goal. During your treatment you will be required to meet with a provider once a month to continue to discuss treatment.
2. Medication is injected subcutaneously or in the fatty layer once a week.
3. It is important to follow the instructions and the recommended dosing of the medications as directed by the medical provider. Do not make dosage adjustments without consulting our providers.
4. **Traveling with medication:** Semaglutide has to be refrigerated at all times. Pack on ice while traveling and refrigerate upon reaching your destination. The medication is safe to take through TSA.
5. **Must be refrigerated after reconstitution.**

**YOUR MEDICATION**



### Semaglutide

Refrigerated

Dosage: **10 units (0.25 mg)\***

Instructions: \_\_\_\_\_

\_\_\_\_\_

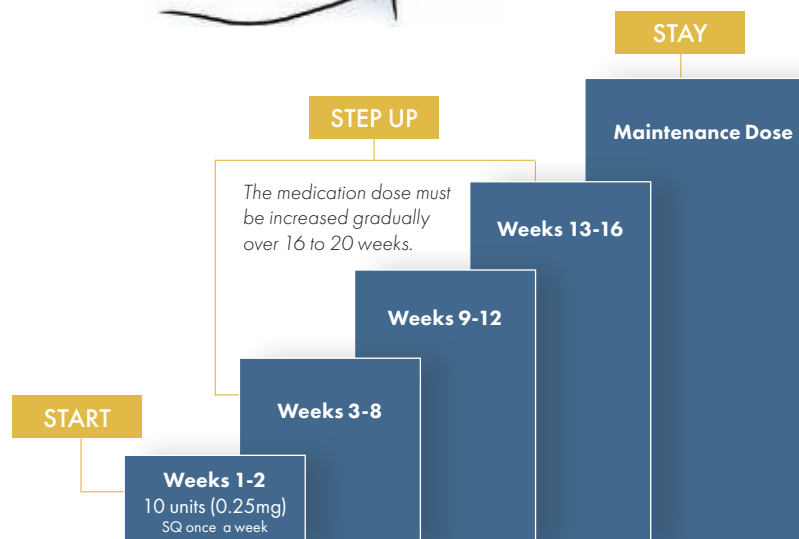
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\*All patients will begin treatment using the starting dosage at 10 Units (0.25 mg), increasing gradually according to provider recommendation. See patient success plan and dosing chart for more details.

Please note: The reconstitution is 2 mL of Bacteriostatic water.

## SUBCUTANEOUS INJECTION GUIDELINE

1. Wash your hands: Use soap and dry thoroughly. Put on gloves if necessary.
2. Open the alcohol wipe: Wipe the top of the bottle and the area where you plan to give the injection. Let the area dry. Do not touch this area until you give the injection. See the illustration below for location selection:
3. Draw the medication: Wipe the top of the vial with the alcohol pad, turn the vial upside down, insert the syringe into the vial, and pull back the barrel to your prescribed medication dose.
4. Prepare the needle: Hold the syringe with your writing hand and pull the cover off with your other hand. Place the syringe between your thumb and first finger. Let the barrel of the syringe rest on your second finger.
5. Inserting the needle into the subcutaneous: Pinch together the skin of your stomach. Holding the syringe barrel tightly, use your wrist to inject the needle through the skin into the subcutaneous at a 90-degree angle.
6. Injecting the medicine: Push down on the plunger to inject the medicine. Do not force the medicine by pushing hard. Some medicines hurt. You can inject the medicine slowly to reduce the pain.
7. Remove the needle: Once the medicine is injected, remove the needle at the same angle as it went in. Place bandage over the area where you gave the injection if needed.
8. Dispose of the syringe properly.



This guide is to help you achieve optimal results while taking Semaglutide. We know that weight loss is a journey, and we want to ensure that you have all the information you need to be successful.

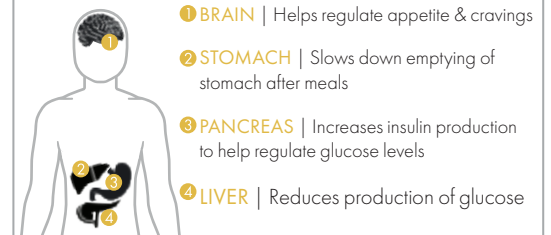
## FREQUENTLY ASKED QUESTIONS:

1. **Why do I have to increase the dose of the medication over time?**  
A) This allows your body to adjust and tolerate the medication better. If you start a high dose, you will have an increased risk of side effects such as nausea, diarrhea, constipation, and abdominal pain.
2. **How long do I have to take the medication?**  
A) We recommend a minimum of six months on treatment.
3. **Will I gain weight once I stop taking the medication?**  
A) If you maintain your diet and exercise, you will not gain any weight. If you return to your previous lifestyle habits, you likely will gain weight.
4. **Is the medication safe?**  
A) Yes. Semaglutide is FDA-approved for weight loss and has been studied multiple times to show its safety and effectiveness.
5. **How does the medication work?**  
A) Semaglutide improves your body's production of insulin, leading to balanced glucose levels. It reduces your body's natural production of glucose, and it helps regulate appetite by slowing down the emptying of your stomach, which will help you feel fuller, longer. These will all help you lose weight.
6. **Are there any negative side effects?**  
A) There are potential negative side effects. The most common are nausea, diarrhea, constipation, and abdominal pain. We recommend patients reduce their portion size and stop eating once they start feeling full when starting the medication. This is because your stomach empties at a slower rate when you are on the medication. Overeating greatly increases the incidence of nausea.
7. **Do I have to start exercising or change my diet once I start the medication?**  
A) We strongly recommend that you start a regular exercise program and reasonable dietary changes to optimize your weight loss while on the medication. Our team can help you get started making these changes.

\*Based on an average of 15% loss of total body weight



## SEMAGLUTIDE FUNCTION ON SPECIFIC ORGANS



## Meal Planning Guide

This is a simple guide to selecting healthy foods that are nutritious and will help you eat a clean diet while on your weight loss journey. It is a very simple guide. At each meal, select one food from each category. Your portion size should be about the size of your palm. If you feel you are hungry between your meals, feel free to add a mid-morning and afternoon protein shake.

### Category 1 – Proteins:

- Eggs
- Chicken
- Flank Steak
- 93% Lean Ground Beef
- Bison
- Turkey
- Lamb
- Pork Chops

### Category 2 – Carbohydrates:

- Oatmeal
- Sweet Potato
- Brown Rice
- Quinoa
- Red Potatoes
- Squash

### Category 3 – Fruits, Vegetables, and Nuts:

- Apples
- Grapefruit
- Blueberries / Raspberries
- Broccoli / Cauliflower
- Asparagus
- Peas
- Spinach, Kale or Green, Leafy Salad
- Almonds, Walnuts, or Pecans

**PLEASE NOTE** The reconstitution is 2 mL of Bacteriostatic water.

| MONTH | DATE ADMINISTERED | DOSE (Units/mg)       | WEIGHT | NOTES           |
|-------|-------------------|-----------------------|--------|-----------------|
| 1     | Week 1            | 10 Units*<br>(0.25mg) |        |                 |
|       | Week 2            |                       |        | FOLLOW-UP APPT: |
|       | Week 3            |                       |        |                 |
|       | Week 4            |                       |        | FOLLOW-UP APPT: |
| 2     | Week 5            |                       |        |                 |
|       | Week 6            |                       |        | FOLLOW-UP APPT: |
|       | Week 7            |                       |        |                 |
|       | Week 8            |                       |        | FOLLOW-UP APPT: |
| 3     | Week 9            |                       |        |                 |
|       | Week 10           |                       |        | FOLLOW-UP APPT: |
|       | Week 11           |                       |        |                 |
|       | Week 12           |                       |        | FOLLOW-UP APPT: |
| 4     | Week 13           |                       |        |                 |
|       | Week 14           |                       |        |                 |
|       | Week 15           |                       |        |                 |
|       | Week 16           |                       |        | FOLLOW-UP APPT: |
| 5     | Week 17           |                       |        |                 |
|       | Week 18           |                       |        |                 |
|       | Week 19           |                       |        |                 |
|       | Week 20           |                       |        | FOLLOW-UP APPT: |
| 6     | Week 21           |                       |        |                 |
|       | Week 22           |                       |        |                 |
|       | Week 23           |                       |        |                 |
|       | Week 24           |                       |        | FOLLOW-UP APPT: |



\*SUBSEQUENT DOSING PER PROVIDER RECOMMENDATION.