# GLP-1 PEPTIDE THERAPY

*Patient Guide | Semaglutide & Tirzepatide for Weight Loss*

***Goal: 1-3 lbs of weight loss per week with mild side effects —*** *finding your sweet spot is the key to safe, effective therapy.*

## How It Works

Semaglutide and Tirzepatide mimic glucagon-like peptide-1 (GLP-1), a hormone that targets appetite and food intake centers in the brain. GLP-1 receptor agonists also:

- Protect pancreatic cells
- Improve heart function
- Reduce neuroinflammation
- Regulate blood lipid metabolism
- Reduce fat deposition

## Diet & Lifestyle Recommendations

- Decrease caloric intake by 30-50%; limit or avoid sugar and grains
- Eat small meals every 3-4 hours with 20-40g protein, fiber, and healthy fat
- No need for full meals — focus on nutrition. Eat slowly and stop when slightly full
- Eat a few cups of organic vegetables daily. Steamed is best
- Stay hydrated: drink half your body weight (lbs) in ounces of water daily
- Ensure daily bowel movements — if you miss a day, take action the next day
- Use Slippery Fiber: aim for 25-40g daily. Chia seeds and ground flax are excellent sources
- Exercise regularly — start where you are. Build muscle consistently each week
- Minimize or eliminate alcohol — it will significantly hinder your progress

## Required Blood Work

Blood work is required at the 3-month mark to monitor:

- Liver function
- Kidney function
- Pancreatic enzymes
- Thyroid function
- Glucose and metabolic markers

Please schedule your lab appointment before your 3-month follow-up. Results will be reviewed with your provider to ensure safe and effective continuation of therapy. As with any pharmaceutical, there are risks. Please read and sign the consent form outlining possible side effects and risks.

## Medication Options

**Semaglutide** (Ozempic equivalent | 5 mg/mL)

**Tirzepatide** (Zepbound/Mounjaro equivalent | 12.5 mg/mL or 25 mg/mL)

**GLP-1 Squared** (Semaglutide/Tirzepatide)

**Always check the strength on your vial label.** *The same number of units gives a different dose in each tirzepatide vial — 25 mg/mL is twice as strong as 12.5 mg/mL.*

## Dosing Instructions

*Units are measured on a standard U-100 insulin syringe.*

### Tirzepatide

| Step | Dose | 12.5 mg/mL vial | 25 mg/mL vial |
|---|---|---|---|
| Start | 1-2 mg | 8-16 units | 4-8 units |
| No effect after 3 days: increase | 2-3 mg | 16-24 units | 8-12 units |
| No side effects: 3 days later increase | 3-4 mg | 24-32 units | 12-16 units |
| Maintenance, once weekly based on your sweet spot | 4-10 mg | 32-80 units | 16-40 units |

**Quick check:** 12.5 mg/mL → 8 units = 1 mg | 25 mg/mL → 4 units = 1 mg

### Semaglutide (5 mg/mL)

- Start: 10 units (0.5 mg) weekly
- No weight loss after 3 weeks: increase to 20 units (1 mg)
- Having weight loss at 10 units: maintain that dose as long as desired
- Progress: 10 to 20 to 25 units weekly as needed
- Above 25 units: consider splitting into two lower-dose injections per week

## Finding Your Sweet Spot

***Aim for 1-3 lbs of weight loss per week with mild side effects.***
If you have no side effects at all, the dose may need to be increased. Even mild fatigue, light insomnia, or brief heartburn on injection day indicates an effective dose.

## Injection Tips

- Inject into thigh, stomach, or back of upper arm — side effects may vary by site
- Days 1-2 after injection are typically the most intense for side effects
- Be proactive with supplements — start early, don't wait for symptoms
- Double-check your vial strength before drawing up each dose

## Possible Side Effects & Management

**Constipation**
Maintain daily bowel movements. Increase water, magnesium, and fiber intake. Use Smooth Move tea (1/2-1 cup in the evening) or a laxative if needed.

**Nausea**
Drink strong ginger tea throughout the day. Ginger or Gentian/Ginger capsules: 2-4 caps up to 4x/day — be preventative, start early. If severe, Dramamine or a prescription anti-nausea medication may be needed.

**Low Blood Sugar**
If you feel shaky, weak, or lightheaded — eat immediately. Consider a glucometer or CGM to monitor blood sugar levels.

**Bloating & Flatulence**
Ginger and digestive enzymes can help. See supplement recommendations.

**Fatigue**
MICC injections with Power B Complex and extra B12 often help. Special Weight Loss Package: $130 for 4 injections.

## Recommended Supplements

- **Mtn Peaks Digestive Formula** (HCl, bile, enzymes, probiotic) — 1-2 capsules with each meal
- **Professional Magnesium Potassium Complex** (or magnesium citrate) — 2-4 capsules nightly to promote bowel movements. Adjust as needed.
- **Integrative Lipotropic Complex** — liver support for fat metabolism, B vitamins, and motility support.
- **Ginger Capsules** — 2-4 capsules with or without meals, 3-4x/day for nausea and motility.
- **Food Fibers** — Flaxseed, chia seed, rice bran, oat bran, psyllium husk, pectins, Fiber Plus (1-3 scoops daily).
- **DGL Chewable or GI Soothe** — for GERD/reflux/heartburn: chew 2-3 tabs up to 4x/day.

***If you experience adverse effects not listed here, call or text our office.***