

How to Use Your TIRZEPATIDE Bi-Monthly Kits

Note: Months are considered 4-weeks. Bi-Monthly is two months or 8 weeks.

In 5-10 days after your Tirzepatide Consult you will receive your first Bi-Monthly Kit (**BK**) of Tirzepatide at your door in a cold-box. Your **BK** contains 2-Months of Tirzepatide in one or more vials, along with empty syringes. Check all foil & paper wrapping.

Immediately refrigerate the vial(s). Within 12-hours, fill 1 to 4 syringes as listed in the **BKs** below. To fill syringes, use our page, [How to Fill Weight-Loss Syringes](#) and watch this [video](#). Refrigerate your filled-syringes & vial(s) in a sealed plastic bag.

Immediately, or on you inject-day, self-inject Week #1's syringe. Then every 7-days (weekly), on your "inject-day," self-inject your next correctly-dosed syringe as below. Use [How to Self-Inject Weight-Loss Meds](#) and watch this [video](#). If needed call us at 470.474.1000.

Your Membership determines your BKs and your doses.

All Initial Memberships: You first receive **BK1** below. Start at 2.5mg (25 units) for your first 4 injections. Then 4 of 5mg (50 units) each.

Initial Mid-Dose: Before the end of Week 8, you will receive **BK2** and do all 8 weeks at 6mg each. You continue to receive **BK2** every 2-Months until you choose to go to **High-Dose**, **Super-Dose**, or **Maintenance-Dose** when we call you at your **Bi-Monthly Consult** below.

Initial High-Dose: Before the end of Week 8, you will receive **BK3** for 4 weekly shots of 7.5mg and 4 of 10mgs. Eight weeks after that, you receive **BK4** for 8 syringes of 10mgs each. You receive **BK4** every 8 weeks until you go to **Super-Dose** or **Maintenance-Dose**.

Initial Super-Dose. Before the end of Week 8, you receive **BK3** to go up to 10mg per dose. Then **BK5** to go up to 15mg. Then, every 8 weeks, you receive **BK6** to stay at 15mg until you choose **Maintenance-Dose** at your **Bi-Monthly Consult**.

Transition-Dose. To go from 7.5mg to 10mg, you start at **BK3** then stay at **BK4**. From 10mg to 15mg, you receive **BK5** then **BK6**.

Fixed-Doses. 2-months of Fixed **Mid-Dose** 6mg is shipped in **BK2**. Fixed **High-Dose** 10mg is shipped in **BK4**. Fixed **Max-Dose** 15mg is in **BK5**.

Your Bi-Monthly Consults: One week before the end of each 8-week period, we will email and call you to see if you want to stay at your current Membership (and **BKs**), or change your Membership (**BKs**), or go on **Maintenance BK**. If we do not hear from you, we will continue to auto-ship **BKs** and auto-charge you Monthly based on your current Membership. We recommend you continue your Membership until you reach your goal-weight, then go on Maintenance **BK** to keep your weight-off and all the medical benefits. You may cancel your next **BK** shipment and its two monthly payments by emailing us at least 2-weeks before the end of any 8-week period.

Syringes. Fill each syringe to unit line as below. Use Insulin Syringes, 5/16" (8mm), 31G (.25mm) Order extras [HERE](#). Use & order alcohol pads [HERE](#).

Bi-Monthly Kit #1 (BK1) for Months 1 & 2 for **All** Initial Tirzepatide Members. Includes 3ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-4	4 syringes	25 units	1ml	2.5mg
5-8	4 syringes	50 units	2ml	5mg

Bi-Monthly Kit #2 (BK2) for Months 3 & 4, then on for **Mid-Dose** Members. Includes 5ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	60 units	4.80ml	6mg

Bi-Monthly Kit #3 (BK3) for Months 3 & 4 to transition to **High-Dose**. Includes 7ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-4	4 syringes	75 units	3ml	7.5mg
5-8	4 syringes	100 units	4ml	10mg

In Bi-Monthly Kit #4 (BK4) for Months 5 & 6, then on for **High-Dose** Members. Includes 8ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	100 units	8 ml	10mg

Bi-Monthly Kit #5 (BK5) for Months 5 & 6 to transition to **Super-Dose**. Includes 11ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-4	4 syringes	125 units	5ml	12.5mg
5-8	4 syringes	150 units	6ml	15mg

In Bi-Monthly Kit #6 for Months 7 & 8, then on for **Super-Dose** Members. Includes 12ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	150 units	12ml	15mg

Maintenance BK for ongoing Months to prevent weight rebound and keep medical benefits. Includes 4ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	50 units	4ml	5mg

Store all Tirzepatide in the refrigerator between 35 to 46 degrees F. Unopen vials are good for 3 months, filled-syringes for 2 months. Once punctured, properly discard any unused medication after 90 days. Do not reuse syringes. Do not flush medications or pour down a drain. Use Sharps Container or a Bottle with Cap to dispose of used syringes. Keep all medicines out of the reach of children. Do not share or take anyone else's medicine. Go to [MedPure.com](#) for side-effects, cautions, and Terms & Conditions. Talk with your healthcare provider before starting any new medicine, including OTC products, natural products, or vitamins. If you would like to request a consultation, call us at (470) 474-1000.