

How to Use Your SEMAGLUTIDE Quarterly Kits

Note: Months are considered 4-weeks. Quarters are 3-months or 12-weeks.

In 5-10 days after your Semaglutide Consult you will receive your first Quarterly Kit (**QK**) of Semaglutide at your door in a cold-box. Your **QK** contains 3-months of Semaglutide in one or more vials, and empty syringes. Check all foil & paper wrapping.

Upon arrival, refrigerate the vial(s). Within 12-hours, fill 1 to 4 syringes as listed in the **QKs** 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 out of the reach of children.

Immediately, or on your 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 QKs and your doses.

Initial Mid-Dose Membership: You will first receive **QK1**. As below, start at .25mg for first 2 injections. Then 4 of .5mg each, then 6 of .75mg each. Before the end of Week 12, you will receive **QK2**. You then do 12 weeks of 1mg doses. You will receive **QK2** every Quarter until you increase to **High-Dose** or to **Max-Dose** or to **Maintenance-Dose** when we call you at your **Quarterly Consult** below.

Initial High-Dose. You too begin with **QK1** for the first 3-months. You then receive **QK3** for the next 3-months to go up to 2mg. Then, you receive **QK4** to stay at 2mg per dose until you choose to go to **Max-Dose** or **Maintenance-Dose** at your **Quarterly Consult**.

Transition-Dose. To go from 1mg to 2mg you first receive **QK3** for 3-Months. Then you receive **QK4** every 3-Months.

Fixed-Doses. You receive **QK2** for 3-Months of fixed **Mid-Dose** 1mg. You receive **QK4** for fixed **High-Dose** 2mg. For fixed **Max-Dose** 2.5, **QK5**.

Your Quarterly Consults: At least 1-week before the end of each 3-Months (12-weeks), we will email & call you to see if you want to stay at your current Membership (and **QKs**), or change Membership (**QKs**), or go on **Maintenance QK**. If we do not hear from you, we will continue to auto-ship **QKs** 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 **QK** to keep your weight-off and the medical benefits. You may cancel your next **QK** shipment and its 3 monthly-payments by emailing us at least 2-weeks before the end of any 3-Month 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](#).

Quarterly Kit #1 (QK1) for all **New Members** months 1, 2, & 3. Includes 3ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-2	2 syringes	10 units	.20ml	.25mg
3-6	4 syringes	20 units	.80ml	.5mg
7-12	6 syringes	30 units	1.8ml	.75mg

Quarterly Kit #2 (QK2) for 3-Months of fixed **Mid-Dose**. Includes 5ml of Semaglutide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	40 units	4.80ml	1mg

Quarterly Kit #3 (QK3) for 3-Months to transition to **High-Dose** from **Mid-Dose**. Includes 8ml of Semaglutide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-3	3 syringes	50 units	1.5ml	1.25mg
4-6	3 syringes	60 units	1.8ml	1.5mg
7-9	3 syringes	70 units	2.1ml	1.75mg
10-12	3 syringes	80 units	2.4ml	2mg

In Quarterly Kit #4 (QK4) for 3-Months of fixed **High-Dose**. Includes 10ml of Semaglutide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	80 units	9.6 ml	2mg

In Quarterly Kit #5 (QK5) for 3-Months of fixed **Max-Dose**. Includes 12ml of Semaglutide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	96 units	11.5 ml	2.4mg

Maintenance QK for 3-Months of Maintenance to prevent weight rebound and keep health & medical benefits.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ Total ml used</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	25 units	3 ml	.625mg

Store all Semaglutide in the refrigerator between 35 to 46 degrees F. Unopen vials are good for 4 months, filled-syringes for 3 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.