

12-Month GLP Protocol Guide

*Progressive Dosing • Mixing Instructions • Lifestyle Integration • Off-Ramp Strategy •
Peptide Stacking*

Overview

This protocol provides a step-by-step, year-long plan for GLP-based therapy (GLP-1 receptor agonists such as Semaglutide, dual agonists like Tirzepatide, and triple agonists like Retatrutide).

The structure is designed to:

- Minimize side effects during ramp-up
- Sustain appetite suppression and fat loss
- Preserve lean muscle mass through resistance training + protein intake
- Create a metabolic reset that lasts beyond the protocol

Unlike crash diets, this progressive approach builds long-term satiety, glycemic stability, and lifestyle habits to maintain results.

Progressive Dosing Schedule

| Weeks | Weekly Dose | Syringe Volume | Clinical Notes |
|--------------------------------|-----------------------------|---------------------|---|
| 1–4 (extend to 8 if sensitive) | 2.5 mg | 0.50 mL (50 units) | Loading phase — body adapts, nausea minimized. |
| 5–8 | 5.0 mg | 1.00 mL (100 units) | Stronger appetite suppression, early fat-loss acceleration. |
| 9–16 | 7.5 mg | 1.50 mL (150 units) | Consistent appetite control, steady fat loss. |
| 17–24 | 10 mg | 2.00 mL (200 units) | Stabilization phase — balance appetite suppression & tolerance. |
| 25–36 | 12.5 mg (from 50 mg/mL mix) | 0.25 mL | Escalation for advanced users tolerating well. |
| 37–52 | 15 mg (from 50 mg/mL mix) | 0.30 mL | Peak phase — maximum common dose, maintained. |

Mixing Instructions

(10 mg vial): Add 2 mL bacteriostatic water → final concentration = 5 mg/mL. • 0.25 mL = 1.25 mg • 0.50 mL = 2.5 mg • 1.00 mL = 5 mg • 1.50 mL = 7.5 mg • 2.00 mL = 10 mg

• (20 mg vial): Add 2 mL bacteriostatic water → final concentration = 10 mg/mL. • 0.10 mL = 1 mg • 0.25 mL = 2.5 mg • 0.50 mL = 5 mg • 1.00 mL = 10 mg • 1.50 mL = 15 mg • 2.00 mL = 20 mg

• (50 mg vial): Add 2 mL bacteriostatic water → final concentration = 25 mg/mL. • 0.10 mL = 2.5 mg • 0.20 mL = 5 mg • 0.25 mL = 6.25 mg • 0.30 mL = 7.5 mg • 0.40 mL = 10 mg • 0.50 mL = 12.5 mg • 0.60 mL = 15 mg • 1.00 mL = 25 mg

Storage: Refrigerate between 36–46°F (2–8°C). Use within 30 days. Label vial with date + concentration.

Injection Instructions

- Use U-100 insulin syringes (29–31 gauge, 0.5–1 mL).
- Inject subcutaneously (abdomen, thighs, flanks).
- Rotate sites weekly to prevent irritation.
- Clean vial and site with alcohol.
- Pinch skin, inject slowly (5–10 seconds) at 90° or 45° angle.

Safety & Monitoring

- Baseline Testing: A1C, fasting glucose, lipids, liver/kidney function, thyroid panel.
- Follow-ups every 3–6 months.
- Caution: Avoid with history of thyroid cancer, pancreatitis, gallstones, severe GI disease.
- Limit alcohol — worsens GI stress.

Lifestyle Integration

Nutrition

- Protein: 0.7–1.0 g per lb goal body weight.
- Balance: 40% protein, 30% carbs, 30% fats.
- Hydration: 80–100 oz water/day.

Training

- Strength training: 3–4x/week.
- Cardio: 2–3x/week moderate intensity.
- Daily movement: 7k–10k steps.

Recovery

- Sleep: 7–8 hrs nightly.
- Stress management: meditation, yoga, journaling.

Troubleshooting

- Nausea → Hold dose longer, eat smaller meals.
- Constipation → Add fiber, water, magnesium.
- Plateau → Increase cardio, adjust macros.
- Fatigue → Check electrolytes, thyroid, testosterone.
- Muscle loss → Increase protein, resistance training, add creatine.

Advanced Enhancements (Peptide Stacking)

Fat Loss & Energy:

- AOD-9604
- Tesofensine
- CJC-1295 + Ipamorelin

Muscle & Recovery:

- BPC-157
- TB-500
- IGF-1 LR3

Skin, Hair, Anti-Aging:

- GHK-Cu
- Epithalon

Metabolic & Hormonal Support:

- Tesamorelin
- Kisspeptin-10
- GH secretagogues

Coming Off GLP Therapy (Tapering & Off-Ramp)

Step-Down Taper (Final 12 Weeks):

- Weeks 40–44: Reduce to 10 mg.
- Weeks 45–48: Drop to 7.5 mg.
- Weeks 49–52: Drop to 5 mg, then discontinue.

Off-Ramp Strategies:

- Maintain habits: protein, training, hydration, sleep.
- Support peptides: CJC-1295/Ipamorelin, Tesamorelin, BPC-157.
- Nutrition: Mediterranean diet, refeed every 10–14 days.
- Appetite support if needed: AOD-9604, Tesofensine.

Weekly Checklist

- ☐ Injection complete
- ☐ Protein target met
- ☐ Water intake (80–100 oz)

- ☐ Strength training (2–4 sessions)
- ☐ Steps logged (7–10k)
- ☐ Sleep quality rated
- ☐ Weight/waist/photos updated

Weekly Progress Tracker (Weeks 1–52)

| Week | Dose (mg) | Injection <input type="checkbox"/> | Protein Goal <input type="checkbox"/> | Water Goal <input type="checkbox"/> | Training <input type="checkbox"/> | Steps <input type="checkbox"/> | Sleep <input type="checkbox"/> |
|------|--------------|---------------------------------------|--|--|--------------------------------------|--------------------------------|--------------------------------|
| 1 | 2.5 mg | | | | | | |
| 2 | 2.5 mg | | | | | | |
| 3 | 2.5 mg | | | | | | |
| 4 | 2.5 mg | | | | | | |
| 5 | 5.0 mg | | | | | | |
| 6 | 5.0 mg | | | | | | |
| 7 | 5.0 mg | | | | | | |
| 8 | 5.0 mg | | | | | | |
| 9 | 7.5 mg | | | | | | |
| 10 | 7.5 mg | | | | | | |
| 11 | 7.5 mg | | | | | | |
| 12 | 7.5 mg | | | | | | |
| 13 | 7.5 mg | | | | | | |
| 14 | 7.5 mg | | | | | | |
| 15 | 7.5 mg | | | | | | |
| 16 | 7.5 mg | | | | | | |
| 17 | 10 mg | | | | | | |
| 18 | 10 mg | | | | | | |
| 19 | 10 mg | | | | | | |

| | | | | | | | |
|----|---------|--|--|--|--|--|--|
| 20 | 10 mg | | | | | | |
| 21 | 10 mg | | | | | | |
| 22 | 10 mg | | | | | | |
| 23 | 10 mg | | | | | | |
| 24 | 10 mg | | | | | | |
| 25 | 12.5 mg | | | | | | |
| 26 | 12.5 mg | | | | | | |
| 27 | 12.5 mg | | | | | | |
| 28 | 12.5 mg | | | | | | |
| 29 | 12.5 mg | | | | | | |
| 30 | 12.5 mg | | | | | | |
| 31 | 12.5 mg | | | | | | |
| 32 | 12.5 mg | | | | | | |
| 33 | 12.5 mg | | | | | | |
| 34 | 12.5 mg | | | | | | |
| 35 | 12.5 mg | | | | | | |
| 36 | 12.5 mg | | | | | | |
| 37 | 15 mg | | | | | | |
| 38 | 15 mg | | | | | | |
| 39 | 15 mg | | | | | | |
| 40 | 15 mg | | | | | | |
| 41 | 15 mg | | | | | | |
| 42 | 15 mg | | | | | | |
| 43 | 15 mg | | | | | | |

| | | | | | | | |
|----|-------|--|--|--|--|--|--|
| 44 | 15 mg | | | | | | |
| 45 | 15 mg | | | | | | |
| 46 | 15 mg | | | | | | |
| 47 | 15 mg | | | | | | |
| 48 | 15 mg | | | | | | |
| 49 | 15 mg | | | | | | |
| 50 | 15 mg | | | | | | |
| 51 | 15 mg | | | | | | |
| 52 | 15 mg | | | | | | |

Tip: Keep this tracker with your kit. Record injections, habits, and notes weekly to stay consistent.