

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

- Standard Mix (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
- Extended Mix (20 mg vial): Add 2 mL bacteriostatic water → final concentration = 5 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
- High-Concentration Mix (50 mg vial): Add 2 mL bacteriostatic water → final concentration = 50 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
 - 1.00 mL = 25 mg
 - 2.00 mL = 50 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 ☐	Protein Goal ☐	Water Goal ☐	Training ☐	Steps ☐	Sleep ☐
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.