

Biologix Supply 1-Month GLP-1 Trial Protocol

What's Included

- 1 × 10 mg GLP-1 Vial (Semalog™ – Semaglutide, Velatix™ – Tirzepatide, or Retalynt™ – Retatrutide)
- 1 × 30 mL Bacteriostatic Water (BAC) Bottle
- 1 × 3 mL Mixing Syringe (with needle)
- 4 × Insulin Syringes (for weekly injections)

Mixing Instructions

1. Wash your hands and clean the vial top with an alcohol swab.
2. Using the 3 mL mixing syringe, draw up 2 mL of BAC Water.
3. Slowly inject the 2 mL BAC Water into the GLP-1 vial.
4. Gently swirl to mix — do NOT shake.
5. Store in the refrigerator (36–46 °F).

- After mixing, your vial concentration is **5 mg per mL**.
→ $0.50 \text{ mL} = 2.5 \text{ mg}$

Dosing Schedule (4 Weeks)

Week	Weekly Dose	Amount to Inject	Notes
1	2.5 mg	0.5 mL	Inject subcutaneously in abdomen or thigh. Rotate site weekly.
2	2.5 mg	0.5 mL	Stay consistent. Keep hydration high.
3	2.5 mg	0.5 mL	Continue clean meals and light workouts.
4	2.5 mg	0.5 mL	Final week. Maintain steady routine.

What to Eat & Drink

- ✓ Focus on lean proteins (chicken, fish, eggs, protein shakes).
- ✓ Include vegetables, fruit, and whole grains for fiber.
- ✓ Drink 80–100 oz of water per day.
- ✓ Use electrolyte packets during exercise or heat exposure.
- ✗ Avoid alcohol, fried foods, and added sugars.
- ✗ Limit soda, juices, and processed snacks.

Additional Guidance

- Sleep: Aim for 7–8 hours nightly.
- Exercise: 3–4 strength sessions + light cardio weekly.
- Storage: Keep vial refrigerated and discard after 30 days of mixing.
- For research purposes only. Not for human consumption.