



Congrats on starting your weight loss journey!

Please review this information in its entirety before starting our weight loss program, and keep it as a reference to refer back to also.

If your medication vial is from Strive, it should be kept in the fridge (despite shipping instructions). No harm will be done to the medication by freezing.

If it is from Compounding Pharmacy of America, it should be kept in the freezer, and will need to be defrosted prior to injection.

The medication can stay at room temperature for up to 72 hours, so do not be concerned if it arrives warm or if you will not be home to receive the package.

The injection should be done at approximately the same day and time every week. If this is not possible, try to do it within 24 hours of that time (Monday or Wednesday evening)

When it is time for your injection, pull vial out of fridge or freezer, and let thaw if needed. Wipe the vial with an alcohol wipe prior to pulling up medicine, and also wipe the area on your skin where you will be injecting. Check out [this video](#) for instructions on giving yourself the injection.

Diet and exercise are key to maximizing your weight loss! The medication should help with reducing your portion sizes, but is not a replacement for exercise. We also recommend at least 20 minutes of moderate exercise 3-4 times/week, as possible.

Every person varies – keep your provider informed of how you are feeling prior to increasing your dose. Once you are approaching your target weight, we will begin to reduce the medication.

Your initial program cost includes one 5mg vial of medication. Please let your provider know 2-3 before it is time for a refill.

Side Effects: GI Side effects (primarily Nausea, Diarrhea), Fatigue are the most common

This program may not be suitable for those with a history of pancreatitis. If you have a history of diabetes, this medication with other diabetic medications may cause low blood sugar (hypoglycemia). This medication is not for those with Type I Diabetes. Very rarely, thyroid tumors are possible, and patients with a family history of Medullary Thyroid Carcinoma or MEN 2 should not use this product. Cholelithiasis (gallstones) can occur with many weight loss programs and is a possible side effect of this medication. Please review the drug insert provided with your mailed medication.

Semaglutide manufacturer recommended dosing schedule: 10 units Weeks 1-4; 20 units Weeks 5-8; 40 units Weeks 9-12; 80 units Weeks 15-18

Our recommended Semaglutide dosing schedule:

Injection week	Strive Pharmacy (5mg/mL)	CPA Pharmacy (2.5 mg/mL)
Weeks 1-2	5 units	10 units
Weeks 3-4	7.5 units	15 units
Weeks 5-8	10 units	20 units
Weeks 9+	Inc by 2.5 weekly as needed	Inc by 5u weekly as needed

You may find it useful to write down your dosages each week. Please note, formulations can vary – please verify with instructions and labels on your medication.

Tirzepatide Dosing Schedule:

Weeks 1-2: 25 or 50 units

Weeks 3-4: 50 units

Weeks 5+: Increase 25units every 2-4 weeks as needed, to a max of 150 units

Please request a refill a medication 3 weeks before you need it! The first vial will last 8-12 weeks; subsequent vials will last less long. Our direct weight loss line, available by call or text, is 786.377.6928 and is the best way to reach us.

Refill pricing:

Semaglutide 5mg: \$375

Semaglutide 10mg: \$575

1 Tirzepatide 20mg vial: \$399

2 Tirzepatide 20mg vials: \$675

3 Tirzepatide 20mg vials: \$925

\$50 out of state shipping fee may apply outside of FL

B12, Meta-Boost (MIC-B12), Lipolean injections (and more) available for shipping to your home as well to supplement your weight loss regimen!