

## **PHI Clinic – Medication Education (Weight Management Program)**

### **Semaglutide (GLP-1 Receptor Agonist)**

Action:

- Mimics the GLP-1 hormone to regulate appetite and glucose metabolism.

Benefits:

- Reduces appetite and cravings
- Improves blood sugar control
- Supports significant weight loss

Common Side Effects:

- Nausea, vomiting, constipation or diarrhea
- Decreased appetite

Role in Weight Loss Program:

- Core medication for appetite control and metabolic improvement.

### **Tirzepatide (GLP-1/GIP Dual Agonist)**

Action:

- Activates GLP-1 and GIP receptors to enhance insulin sensitivity and appetite suppression.

Benefits:

- Greater appetite reduction
- Improved glucose and lipid metabolism
- Enhanced weight loss response

Common Side Effects:

- Gastrointestinal symptoms
- Fatigue during dose escalation

Role in Weight Loss Program:

- Advanced option for patients requiring stronger metabolic support.

### **NAD+ (Nicotinamide Adenine Dinucleotide)**

Action:

- Supports cellular energy production and mitochondrial function.

Benefits:

- Improves energy levels
- Supports metabolic efficiency
- May reduce fatigue during weight loss

Common Side Effects:

- Mild nausea or flushing (rare)

Role in Weight Loss Program:

- Supports energy and metabolic resilience during calorie reduction.

### **Vitamin B12 (Cobalamin)**

Action:

- Essential vitamin for red blood cell production and nervous system function.

Benefits:

- Supports energy levels
- Prevents deficiency during weight loss
- Aids metabolism

Common Side Effects:

- Rare injection site discomfort

Role in Weight Loss Program:

- Enhances energy and supports overall metabolic health.

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