

UNDERSTANDING

Semaglutide

Semaglutide is a modified molecule our bodies make, called a GLP-1 analog. It works by increasing insulin production and lowering glucagon secretion as well as targeting areas in the brain that regulate appetite and food intake. A small change in the molecule allows the drug to last weeks in our bodies rather than the natural version our bodies make, which lasts minutes.

Semaglutide acts in the following ways:

1. Delays how quickly our stomachs digest food, leading to a feeling of fullness and satisfaction with smaller meal sizes.
2. Slows intestinal motility so you will feel fuller longer after meals.
3. Lowers blood sugars, in part by reducing the production of sugar in the liver.
4. Stimulates insulin secretion by the pancreas.
5. Decreases inflammation throughout the body, which leads to Adiponectin release and fat lipolysis.

Semaglutide/Glycine/B12 Dosing		
*5MG/5MG/1MG/ML		
PRESCRIPTIONS	WEEKS	STRIVE SEMAGLUTIDE/GLYCINE/B12 DOSE
RX #1	1-4	0.5 ml vial = Inject 0.05 ml (5 units) Subcutaneously weekly for 4 weeks.
RX #2	5-8	0.5 ml vial = Inject 0.1 ml (10 units) Subcutaneously weekly for 4 weeks.
RX #3	9-12	1 ml vial = Inject 0.2 ml (20 units) Subcutaneously weekly for 4 weeks.
RX #4	13-16	2 ml vial = Inject 0.35 ml (35 units) Subcutaneously weekly for 4 weeks.
RX #5	16+	2 ml vial = Inject 0.5 ml (50 units) Subcutaneously weekly for 4 weeks.

*Beyond-Use Date: 0.5mL: 60 day, 1mL: 60 day, 2mL: 90 day

Example on how to prescribe

RX #1	RX #2	RX #3	RX #4	RX #5
Semaglutide/Glycine/B12 5mg/5mg/1mg/ml	Semaglutide/Glycine/B12 5mg/5mg/1mg/ml	Semaglutide/Glycine/B12 5mg/5mg/1mg/ml	Semaglutide/Glycine/B12 5mg/5mg/1mg/ml	Semaglutide/Glycine/B12 5mg/5mg/1mg/ml
Inject 0.05 ml (5 units) SC weekly for 4 weeks #0.5 ml vial	Inject 0.1 ml (10 units) SC weekly for 4 weeks #0.5 ml vial	Inject 0.2 ml (20 units) SC weekly for 4 weeks #1 ml vial	Inject 0.35 ml (35 units) SC weekly for 4 weeks #2 ml vial	Inject 0.5 ml (50 units) SC weekly for 4 weeks #2 ml vial / refills-3

*This is a dose titration example. Strive Pharmacy recommends using variable dose vials to achieve the lowest effective dose, even if it deviates from the dosing schedule. This helps to limit side effects and improve adherence.

Side Effects/Contraindications

The most common side effects include nausea and constipation.

*Patients also report acid reflux, stomach pain, vomiting, and diarrhea. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions.

* Cyanocobalamin 1mg/mL added to reduce nausea side effects.

* Glycine 5mg/ml added to help inhibit the deterioration of protein tissue that forms muscles. Studies show that administering glycine during calorie restriction may be beneficial for preserving muscle mass and loss of fat tissue.

BENEFITS OF SEMAGLUTIDE

- * Decreased appetite and cravings
- * Weight loss
- * Improved blood glucose control

WARNING

*This medication is **NOT** insulin and should not be used if you have type 1 diabetes **OR** if you develop diabetic ketoacidosis. Semaglutide should not be used with any other GLP-1 medications.

Patient Pricing

5mg/mL 0.5 mL vial___\$150

5mg/mL 1 mL vial___\$220

5mg/mL 2 mL vial___\$250

Clinic Pricing

5mg/mL 0.5 mL vial___\$100

5mg/mL 1 mL vial___\$150

5mg/mL 2 mL vial___\$175

Max of 2 vials per order:

Considering a 60-day Beyond-Use Date (BUD) for 0.5 mL and 1 mL vials and 90 day BUD for 2 mL vials, the necessary time for comprehensive quality assurance through potency and sterility testing, the maximum vial per order is 2 vials.

Risk of Thyroid C-Cell Tumors

If you or any family members have been diagnosed with Multiple Endocrine Neoplasia Syndrome Type 2 or Medullary Thyroid Cancer you should not take Semaglutide. If you have ever had pancreatitis consult with your medical provider as using Semaglutide can increase the risk of developing pancreatitis.