

UNDERSTANDING

Tirzepatide

Tirzepatide is a once-weekly injectable dual glucagon-like peptide 1 (GLP-1) receptor and glucose-dependent insulinotropic polypeptide (GIP) receptor agonist. 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.

Tirzepatide works in the following ways:

1. Delays how quickly the stomach digests 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. Dual action receptors allow for lower blood sugars, in part by reducing the production of sugar in the liver.
4. Stimulates insulin secretion by the pancreas.
5. GIP increases energy expenditure, resulting in weight loss reductions

DOSING:

Tirzepatide/Glycine/B12 10mg/5mg/500mcg/ml-2ml vial

Sample Dose Escalation Schedule*		
WEEKS	WEEKLY DOSE	# OF UNITS
1-4	2.5mg	25
5-8	5mg	50
9-12	7.5mg	75
13-16	10mg	100
17-20	12.5mg	125
21-24	15mg	150

*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.

Example on how to prescribe

RX #1	RX #2	RX #3	RX #4
Tirzepatide/Glycine/B12 10mg/5mg/500mcg/ml	Tirzepatide/Glycine/B12 10mg/5mg/500mcg/ml	Tirzepatide/Glycine/B12 10mg/5mg/500mcg/ml	Tirzepatide/Glycine/B12 10mg/5mg/500mcg/ml
Inject 25 units subcutaneously weekly for 4 weeks, then increase to 50 units weekly for 2 weeks (1 x 2ml vial)	Inject 50 units subcutaneously weekly for 2 weeks, then increase to 75 units weekly for 4 weeks (2 x 2ml vials)	Inject 100 units subcutaneously weekly for 4 weeks (2 x 2ml vials)	Inject 125 units subcutaneously weekly for 4 weeks, then increase to 150 units weekly thereafter (3 x 2ml vials)

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 500mcg/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 Tirzepatide

- * Decreased appetite and cravings
- * Weight loss
- * A1C reduction
- * Improved cardiometabolic measures

Patient Pricing

- 10mg/5mg/500mcg/ml 1 vial (2ml)___ \$225
- 10mg/5mg/500mcg/ml 2 vials (4ml)___ \$400
- 10mg/5mg/500mcg/ml 3 vials (6ml)___ \$600
- 10mg/5mg/500mcg/ml 4 vials (8ml)___ \$800
- 10mg/5mg/500mcg/ml 5 vials (10ml)___ \$1000

WARNING

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

Max of 5 vials per order

Considering a 90-day Beyond-Use Date (BUD) and the necessary time for comprehensive quality assurance through potency and sterility testing, the maximum vial per order is 5 vials.

Ask about our Online Portal to easily prescribe this medication!

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 Tirzepatide. If you have ever had pancreatitis consult with your medical provider as using Tirzepatide can increase the risk of developing pancreatitis.