

Tirzepatide + B6

Doctor handout - weight management, appetite control, and metabolic support

Overview: Tirzepatide is a once-weekly peptide used to support appetite control, satiety, weight loss, and improved metabolic health. Our formula includes vitamin B6 as part of a tolerability-focused approach designed to help patients start and stay on therapy more comfortably.

Clinical Snapshot

Common uses: weight loss and long-term weight maintenance; appetite control and reduction in food noise; support for patients with obesity or excess body weight; improved glycemic control in appropriate patients.

Key benefits: helps reduce hunger and cravings, increases satiety and portion control, supports meaningful weight loss, and may support improvements in blood pressure, cholesterol-related markers, mobility, and joint comfort as weight comes down.

Provider experience: in our practice, many patients have done well with a structured initiation approach that begins at **2.5 mg in week one** and increases to **5 mg in week two**, based on provider judgment and patient tolerability.

Administration: subcutaneous injection, once weekly, with site rotation in the abdomen, thigh, or upper arm.

Fulfillment: one-month supply with 4 weekly preloaded syringes, shipped direct to the patient.

Tolerability advantage: B6 is included as part of a tolerability-focused formula designed to support a smoother start for patients concerned about nausea.

Administration and Dosing

- Route: Subcutaneous injection
- Frequency: Once weekly
- Dispensing: 1 month supply with 4 weekly preloaded syringes
- Fulfillment: Shipped direct to the patient
- Injection sites: Abdomen, thigh, or upper arm
- Best practice: Rotate injection sites weekly
- Week 1: 2.5 mg
- Week 2: 5 mg, when clinically appropriate
- Further titration based on provider assessment, patient response, and tolerability

Why This Formula Stands Out

- Vitamin B6 included as part of a tolerability-focused formula
- Designed to support a smoother start for patients concerned about nausea
- Preloaded syringes simplify patient use and improve compliance
- Conservative escalation allows providers to individualize treatment pace

Pricing

Dose	Monthly Price
5 mg	\$350
7.5 mg and 10 mg	\$425 if reordered within 45 days

Common Side Effects and Cautions

Tirzepatide can cause gastrointestinal side effects, especially early in therapy or during dose escalation, including nausea, constipation, diarrhea, decreased appetite, or mild abdominal discomfort.

- Use caution in patients with a personal or family history of medullary thyroid carcinoma
- Use caution in patients with MEN2 history, prior pancreatitis, or significant gastrointestinal disease
- Pregnancy or breastfeeding should be evaluated by the provider before treatment

Patient counseling tip: Encourage smaller meals, slower eating, hydration, and consistent weekly dosing. Patients who start low and titrate carefully often tolerate therapy better and are more likely to remain adherent.

This handout is intended as a concise product overview for physician education and workflow support.