



## HOW TO GET STARTED ON SEMAGLUTIDE

Semaglutide is a Glucagon-Like-Peptide-1 (GLP-1), it increases the body's production of insulin, inhibits glucagon, and decreases appetite. Half-life: 7 days. Which is why the dosing is 1 injection/week. Peptides are short chains of amino acids that are naturally occurring in the body.

### ● **HYDRATION:**

The injection works rapidly after administration. As you experience decreased appetite you may also experience decreased thirst. It is important to drink throughout the day to stay hydrated. Hydration is important for weight loss and fat metabolism. Stay hydrated!

### ● **CALORIE & PROTEIN INTAKE:**

We highly advise you track your caloric & protein intake. You can create a daily food log notebook or use an app like MyFitnessPal. Protein aids in weight loss and is key in preventing loss of muscle mass. Daily protein intake should be between 1 and 1.6 grams per kilogram of body weight. If exercising or resistance training, protein intake should be slightly higher. For body fat percent more than 30%, calculate your protein intake based off your goal weight.

### ● **ADMINISTRATION:**

The injections are subcutaneous, meaning they go into the fat and not the muscle. Inject at a 90-degree angle. The injections are once a week, and you can inject either in the morning or at night. There are no concerns if you miss a day unless you are more than 2 weeks since your last injection. If this is the case, please reach out to us.

### ● **ADVERSE EFFECTS:**

Mild to moderate nausea, vomiting, diarrhea, abdominal cramping, and constipation are common. Nausea tends to be the most common side effect. Fatigue can be common as your body adjusts to the decrease calorie intake. Side effects are typically mild and improve over time. It is important to eat smaller meals to prevent nausea, as bigger meals are the main cause of nausea. Vitamin B12 helps with this side effect as well as eating smaller amounts. If you are experiencing more than mild-moderate side effects, like vomiting, please contact us.

### ● **CONTRAINDICATIONS:**

Family or personal history of medullary thyroid carcinoma, multiple endocrine neoplasia syndrome type 2, or hypersensitivity.

### ● **WEIGHT LOSS EXPECTATIONS:**

You begin at the lowest dose and slowly increase to prepare your body for the 2.4mg weight loss dose. Most people lose weight during this period, but weight loss is more significant at the higher doses. Losing weight the first month will depend on how much modification is made to diet and exercise. As the dose is increased so should weight loss, but you can have periods of plateau depending on the modifications you have made. At the 2.4mg dose, you can expect weight loss in the 10lb a month range and possibly more.

#### **WEEKLY DOSE SCHEDULE:**

**Weeks 1-4**  
10U (.25mg)

**Weeks 5-8**  
20U (.5mg)

**Weeks 9-12**  
40U (1mg)

**Weeks 13-16**  
68U (1.7mg)

**Weeks 17+**  
*Maintenance dose*  
96U (2.4mg)

#### **VITAMIN B12 WEEKLY DOSING:**

**75U**  
(750mcg)