



ALEGRO

HEALTH & WELLNESS

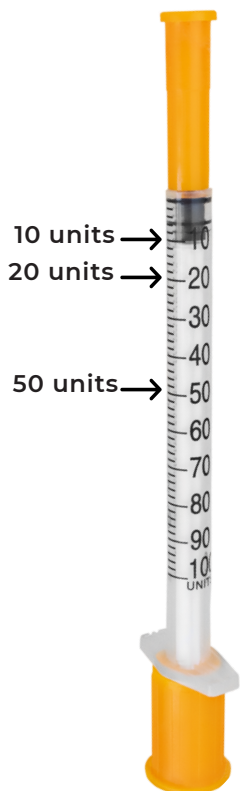
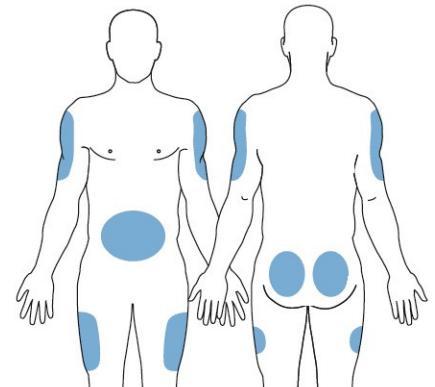
SEMAGLUTIDE/B6 DOSING



1. Swab the top of the vial with an alcohol pad each time before drawing up your medication from the vial with a syringe
2. Swab your skin with an alcohol pad each time prior to injection
3. The needle is very small and you can inject at a 90 degree angle

INJECTION SITES

Subcutaneous



MONTH 1, weeks 1-4: 0.25mg weekly

MONTH 2, weeks 5-8: 0.5mg weekly

MONTH 3, weeks 9-12: 1mg weekly

MONTH 4, weeks 13-16: 1.7mg weekly

MONTH 5, weeks 17+: 2.4mg weekly

The concentration of semaglutide/B6 you will receive each month will change as your dose increases.

*If you have been given a custom dosing schedule or were instructed to deviate from this schedule per your provider, please do not administer your injection without confirming the units in the patient portal. We will assist you in confirming your dose.

Dose Concentrations- Semaglutide/B6:

MONTH 1 - 0.25mg/1mg/0.1ml

MONTH 2 - 0.5mg/2mg/0.2ml

MONTH 3 - 1mg/5mg/0.5ml

MONTH 4 - 1.7mg/5mg/0.5ml

MONTH 5 - 2.5mg/5mg/0.5ml

Subcutaneous (SQ or Sub-Q) injections are given in the fatty tissue, just under the skin.

The best areas on your body to give yourself a SQ injection are:

Upper arms. At least 3 inches (7.5 centimeters) below your shoulder and 3 inches (7.5 centimeters) above your elbow, on the side or back.

Outer side of upper thighs.

Belly area. Below your ribs and above your hip bones, at least 2 inches (5 centimeters) away from your belly button.

Your injection site should be healthy, meaning there should be no redness, swelling, scarring, or other damage to your skin or the tissue below your skin.



SEMAGLUTIDE / B 6 DOSING

<p>0.25 MG & 0.5 MG WEEKLY DOSE</p> <p>10 units/0.25mg (4 weekly doses) 20 units/0.5mg (3 weekly doses)</p>	<p>VIAL AMOUNT</p> <p>2.5mg/1ml</p>
<p>1 MG WEEKLY DOSE</p> <p>25 units/0.5mg (1 weekly dose) 50 units/1mg (3 weekly doses) or 50 units/1mg (4 weekly doses)</p>	<p>VIAL AMOUNT</p> <p>4mg/2ml</p>
<p>1.7 MG WEEKLY DOSE</p> <p>30 units/1mg (1 weekly dose) 50 units/1.7mg (3 weekly doses) or 50 units/1.7mg (4 weekly doses)</p>	<p>VIAL AMOUNT</p> <p>6.8mg/2ml</p>
<p>2.5 MG WEEKLY DOSE</p> <p>35 units/1.7mg (1 weekly dose) 50 units/2.5mg (3 weekly doses) or 50 units/2.5mg (4 weekly doses)</p>	<p>VIAL AMOUNT</p> <p>10mg/2ml</p>



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SEMAGLUTIDE & VITAMIN B6



Semaglutide is a Glucagon-like peptide-1 (GLP-1) which is released by the L-cells in the intestines in response to food consumption. It increases insulin production, a hormone that lowers the blood sugar level while inhibiting glucagon secretion, which is a hormone that raises blood sugar. It also reduces appetite and energy intake while delaying gastric emptying. It was first developed in 2012 as a longer-acting option to Liraglutide. In 2017 this medication was approved for the treatment of type 2 diabetes and soon after approved for the treatment of obesity.

Vitamin B6, or pyridoxine, is a water-soluble vitamin found naturally in many foods, as well as added to foods and supplements. It is a key element in maintaining hormone balance in the body and limiting the negative effects of hormones as they move through the system. Vitamin B6 helps our bodies to process certain amino acids (proteins), which may somehow reduce nausea. Some studies show that women who have severe morning sickness have lower levels of vitamin B6 in their blood.

Vitamin B6 Vs B12: What's The Difference?

Both of these supplements are part of a group of eight vitamins known as the B complex. B6 and B12 are the ones we hear of most commonly. Both are stored in the liver, with excess B6 flushed out of the body through urine.

Both B vitamins contribute to red blood cell production, but they have individual functions as well. B6 is a key element in maintaining hormone balance in the body and limiting the negative effects of hormones as they move through the system. Vitamin B12 plays a role in a healthy nervous system by promoting the production of myelin, a sheath that protects nerves and conducts electrical impulses.

When a person has a B6 deficiency they may notice it in their mood. Vitamin B6 is involved in the production of gamma-aminobutyric acid (GABA), which helps control depression, anxiety, and pain. B6 also contributes to the production of serotonin, which contributes to mood stability.

Vitamin B6 has also been widely studied for its role in disease prevention. Adequate blood levels of B6 may be associated with lower risk of cancers, compared to low blood levels.