



ALEGRO

HEALTH & WELLNESS

Tirzepatide/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



Recommended Dosing:

MONTH 1, weeks 1-4: 2.5mg weekly
 MONTH 2, weeks 5-8: 5mg weekly
 MONTH 3, weeks 9-12: 7.5mg weekly
 MONTH 4, weeks 13-16: 10mg weekly
 MONTH 5, weeks 17-20: 12.5mg weekly
 MONTH 6, weeks 20+: 15mg weekly

← 50 units

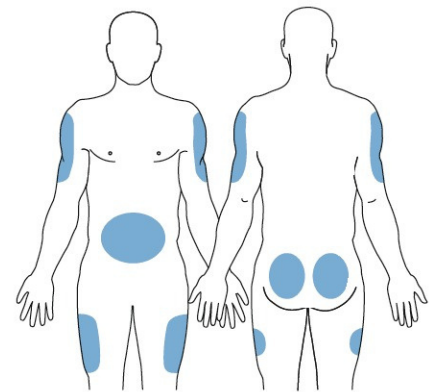
The concentration of tirzepatide/B6 you will receive each month will change and increase as your dose increases but the units will remain 50.

Dose Concentrations- Tirzepatide/B6:

MONTH 1 - 2.5mg/5mg/0.5ml
 MONTH 2 - 5mg/5mg/0.5ml
 MONTH 3 - 7.5mg/5mg/0.5ml
 MONTH 4 - 10mg/5mg/0.5ml
 MONTH 5 - 12.5mg/5mg/0.5ml
 MONTH 6 - 15mg/5mg/0.5ml

INJECTION SITES

Subcutaneous



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.



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TIRZEPATIDE & VITAMIN B6



Tirzepatide is a glucose-dependent insulinotropic polypeptide (GIP) receptor and glucagon-like peptide-1 (GLP-1) receptor agonist. In comparative head-to-head trials, Tirzepatide surpassed Semaglutide's HbA1c reduction by an additional 24%. As a GIP and GLP-1 receptor agonist, Tirzepatide is a 39-amino acid modified peptide with a C20 fatty diacid moiety that enables albumin binding and prolongs the half-life. Tirzepatide selectively binds to and activates the GIP and GLP-1 receptors, the targets for native GIP and GLP-1. At therapeutic doses, it acts on the brain and suppresses appetite. Used in conjunction with a healthy diet and exercise, Tirzepatide helps patients adhere to a reduced-calorie diet, enhancing the weight loss process.

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 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.