

TIRZEPATIDE Bi-Monthly Kits Dosing

Instructions: (1) Circle your Membership. (2) Circle your Bi-Monthly Kit # (BK#). (3) Use your BK# in chart.

Note: Months are 4-weeks. Each Bi-Monthly period is 2-Months or 8-weeks.

Initial Memberships: You are a New Tirzepatide Member starting at our lowest dose (2.5mg).

1. Initial Mid-Dose (2.5 to 6mg): **BK1** for 1st Bi-Monthly. Then **BK2** on-going.
2. Initial High-Dose (2.5 to 10mg): **BK1** for 1st Bi-Monthly. Then **BK3** for 2nd Bi-Monthly. Then **BK4** on-going.
3. Initial Super-Dose (2.5 to 15mg): **BK1** for 1st Bi-Monthly. Then **BK3** for 2nd. **BK5** for 3rd. Then **BK6** on-going.

Transition-Memberships. You used Semaglutide or Tirzepatide 1-4 months AND you want to increase dose.

4. Transition Mid- to High-Dose (7.5 to 10mg): **BK3** 1st Bi-Monthly. Then **BK4** on-going.
5. Transition Mid- to Super-Dose (7.5 to 15mg): **BK3** 1st Bi-Monthly. Then **BK5** for 2nd. Then **BK6** on-going.

Fixed-Dose Memberships. You want to jump up a dose or two, then stay there. OR just stay at your dose.

6. Fixed Mid-Dose (6mg): **BK2** on-going.
7. Fixed High-Dose (10mg): **BK4** on-going.
8. Fixed Super-Dose (15mg): **BK6** on-going.

Syringes. Fill each syringe to unit line as below. Use 1ml Insulin Syringes, 5/16" (8mm), 31G (.25mm). Order extras [HERE](#). Use [alcohol pads](#).

BK1 for all **Initial Memberships** months 1 & 2. Includes 3ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-4	4 syringes	25 units	2.5mg
5-8	4 syringes	50 units	5mg

BK2 for 2-Months of fixed **Mid-Dose**. Includes 5ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	60 units	6mg

BK3 for 2-Months to **High-Dose** from **Mid-Dose**. Includes 7ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-4	4 syringes	75 units	7.5mg
5-8	4 syringes	100 units	10mg

BK4 for 2-Months of fixed **High-Dose**. Includes 8ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	100 units	10mg

BK5 for 2-Months to **Super-Dose** from **High-Dose**. Includes 11ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-4	8 syringes	2 X 62.5 units	12.5mg
5-8	8 syringes	2 X 75 units	15mg

BK6 for 2-Months of fixed **Super-Dose**. Includes 12ml of Tirzepatide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-8	16 syringes	2 X 75 units	15mg

Maintenance BK for 2-Months to prevent weight rebound & keep medical benefits. Includes 4ml of Tirzepatide.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-8	8 syringes	50 units	5mg