

# SEMAGLUTIDE Quarterly Kits Dosing Instructions

**Instructions:** (1) Circle your Membership. (2) Circle your Quarterly Kit # (QK#). (3) Use your QK# in chart.

**Note:** Months are 4-weeks. Each Quarter is 3-Months or 12-weeks.

**Initial Memberships:** You are a New Member starting at our lowest dose (.25mg).

1. Initial Mid-Dose (.25 to 1mg): **QK1** for 1<sup>st</sup> Quarter. Then **QK2** on-going.
2. Initial High-Dose (.25 to 2mg): **QK1** for 1<sup>st</sup> Quarter. Then **QK3** for 2<sup>nd</sup> Quarter. Then **QK4** on-going.
3. Initial Super-Dose (.25 to 2.4mg): **QK1** for 1<sup>st</sup> Quarter. Then **QK3** for 2<sup>nd</sup> Quarter. Then **QK5** on-going.

**Transition-Memberships.** You used Semaglutide up to 1mg AND you want to increase your dose.

4. Transition Mid- to High-Dose (1.25 to 2mg): **QK3** for 1<sup>st</sup> Quarter. Then **QK4** on-going.
5. Transition Mid- to Super-Dose (1.25 to 2.4mg): **QK3** for 1<sup>st</sup> Quarter. Then **QK5** 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 (1mg): **QK2** on-going.
7. Fixed High-Dose (2mg): **QK4** on-going.
8. Fixed Super-Dose (2.4mg): **QK5** 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](#).

**QK1** for all **Initial Memberships** months 1, 2, & 3. Includes 3ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-2	2 syringes	10 units	.25mg
3-6	4 syringes	20 units	.5mg
7-10	4 syringes	30 units	.75mg
11-12	2 syringes	40 units	1mg

**QK2** for 3-Months of fixed **Mid-Dose**. Includes 5ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	40 units	1mg

**QK3** for 3-Months to **High-Dose** from **Mid-Dose**. Includes 8ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-3	3 syringes	50 units	1.25mg
4-6	3 syringes	60 units	1.5mg
7-9	3 syringes	70 units	1.75mg
10-12	3 syringes	80 units	2mg

**QK4** for 3-Months of fixed **High-Dose**. Includes 10ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	80 units	2mg

**QK5** for 3-Months of fixed **Super-Dose**. Includes 12ml of Semaglutide plus syringes.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	96 units	2.4mg

**Maintenance QK** for 3-Months of lower-dose to prevent weight rebound & keep medical benefits. Uses QK1.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	25 units	.6mg