

SEMAGLUTIDE Quarterly Kits Dosing

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 1st Quarter. Then **QK2** on-going.
2. Initial High-Dose (.25 to 2mg): **QK1** for 1st Quarter. Then **QK3** for 2nd Quarter. Then **QK4** on-going.
3. Initial Super-Dose (.25 to 2.4mg): **QK1** for 1st Quarter. Then **QK3** for 2nd 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 1st Quarter. Then **QK4** on-going.
5. Transition Mid- to Super-Dose (1.25 to 2.4mg): **QK3** for 1st 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
7-12	6 syringes	30 units	.75mg

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