

SEMAGLUTIDE Maintenance Dosing

Who uses Maintenance

1. Members who have already achieved their weight-loss goals and want to keep it off at a low-cost.
2. Members who wish to keep the many medical benefits of Semaglutide.
3. Members with low weight-loss goals who wish to have a little more weight-loss at lower-cost.

Note: To be on Maintenance, Members must take at least 6-months of any MedPURE Memberships.

Instructions. Fill each syringe to the unit line below. Note: 1ml = 100 units.

Members are initially shipped 3-months worth of Semaglutide PURE for the following doses.

<u>Weeks #</u>	<u># of syringes</u>	<u>≈ Units per syringe</u>	<u>≈ MG per syringe</u>
1-12	12 syringes	22 units	.6mg

- ☐ Remember: Months are 4-weeks. Quarters are 3-months or 12-weeks.
- ☐ If you need extra syringes, order 1ml Insulin Syringes, 5/16" (8mm), 31G (.25mm) [HERE](#).
- ☐ Use MedPURE's [Dosing Calendar](#) to write-down the units above on your inject-days.
- ☐ Your **shipment** contains 3-Months (12 weeks) of Semaglutide PURE in vials & empty syringes.
- ☐ **Check all foil & paper wrapping for your vials and empty syringes.**
- ☐ To fill syringes, use [How to Fill Weight-Loss Syringes](#) and watch this [video](#).
- ☐ Refrigerate your vials & filled-syringes & vial(s) in a sealed plastic bag or a [hard travel-case](#).
- ☐ Immediately, or on your next inject-day, self-inject Week #1's syringe.
- ☐ Use [How to Self-Inject](#) and watch this [video](#).
- ☐ Then, every 7-days (weekly), on your "inject-day," self-inject your next correctly-dosed syringe.
- ☐ Properly discard any unused medication after 90 days. Do not reuse syringes.
- ☐ Do not flush medications or pour down a drain.
- ☐ Use a Sharps Container or a Bottle with Cap to dispose of used syringes.
- ☐ Keep all medicines out of the reach of children.
- ☐ Do not share or take anyone else's medicine.
- ☐ Go to MedPURE.com for side-effects, cautions, and [Terms & Conditions](#).
- ☐ If you would like to request a consultation, call your Primary Consultant or (470) 474-1000.

Side-effects may include nausea, acid reflux, diarrhea, constipation, and vomiting but usually decrease over time. See [MedPURE.com](#) for a more complete list and how to reduce them. Seek medical attention if severe abdominal pain or allergic reaction. Rodent studies have shown risk of Thyroid C-Cell Tumors (but not in human-studies). Avoid if personal or family history of MTC or MEN 2).