

Semaglutide



Invest in your HEALTH, invest in YOU, because YOU are worth it!

Welcome to COLLECTIVE

WELLNESS & AESTHETICS

Here at Collective, we are extremely happy you have taken the time to invest in your well-being. We understand that weight loss is a personal goal and that Obesity is a chronic medical condition, not a personal choice.

This is why this program was created to help you succeed and teach you about eating, sleeping, and learning new healthier habits that will help you for the rest of your life.

B12 Shots

Please note that in this program, we recommend weekly B12 (Methylcobalamin) shots every 2 weeks. Due to not having much appetite some people may feel low energy levels. B12 is known to increase energy levels and also helps burn fat into energy. This is optional but make a note that is available to you.

How to support your weight loss

We offer our signature Detox IV Hydration Therapy to detox your body and kick-start your weight loss journey by eliminating all the gunk in your system. This IV contains vitamin C, B complex, Magnesium, and Glutathione the perfect mix to cleanse your body. This infusion is available to you at a rate of \$152.10 as long as you are part of the Weight loss program. **ACTUALLY, YOU CAN GET ANY OF OUR IV INFUSIONS THROUGH COLLECTIVE II AT A DISCOUNTED RATE!**

Semaglutide Injections

Boosts Weight Loss, Energy, and MORE!

What is Semaglutide?

Semaglutide is a medication that increases glucagon-like- peptide-1 receptor activity in our body. this allows our body to increase insulin secretion in the presence of food, decrease the stored glucagon secretion and delay gastric emptying. The action of this drug can help you utilize the sugar in your body for energy and help with appetite allowing you to lose weight. Adding Semaglutide to your weight loss regimen can help you lose more weight.

How Does Semaglutide Work?



- Delays stomach emptying and slows intestinal motility. This leads to a feeling of fullness and satisfaction with smaller meal sizes.
- Lowers blood sugars, in part by reducing the production of glucagon from the pancreas.
- Stimulates insulin secretion by the pancreas - but not directly, so it does not cause low blood sugar.
- A semaglutide regimen will also lead to healthier blood sugar levels, which can help patients feel more energetic throughout their day. Stabilized and controlled blood sugar levels can also help improve other areas of overall health.



This means patients can benefit from medically assisted weight loss without any need for invasive surgeries or harsh stimulants.

Semaglutide Dosage Consideration

- Administer Semaglutide once weekly, on the same day each week, at any time of day, with or without meals.
- Inject subcutaneously in the abdomen, thigh, or upper arm.
- Initiate at 0.25 mg once weekly for 4 weeks. In 4-week intervals, increase the dose until a dose of 2.4 mg is reached.
- The maintenance dose of Semaglutide is 2.4 mg once weekly.
- If you are losing weight on current dose, it is possible that your provider will keep you on that dose

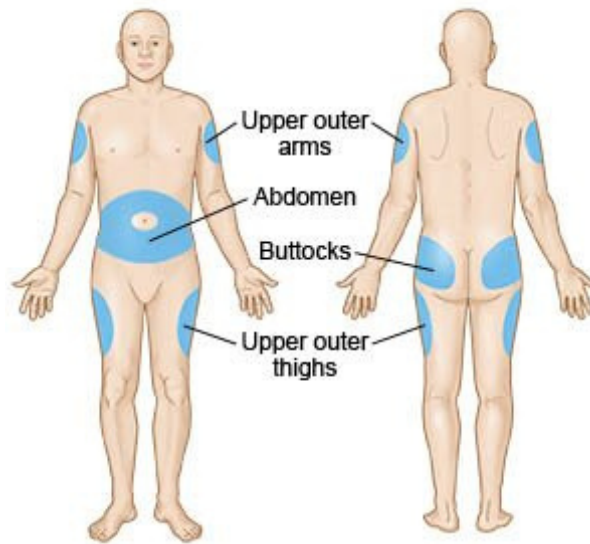
Weeks	Dose
Weeks 1-4	0.25MG
Weeks 5-8	0.5MG
Weeks 9-12	1MG
Weeks 13-16	1.7MG
Weeks 17 +.	2.5MG

Possible Side Effects

During the increase in dosage, patients should be aware of any unwanted side effects such as: nausea, vomiting, diarrhea, abdominal pain, constipation, heartburn, burping.

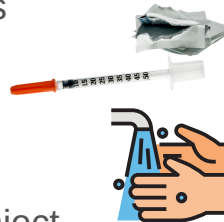
Some side effects can be serious. If you experience any of these symptoms call your doctor immediately or get emergency medical treatment: ongoing pain that begins in the upper left or middle of the stomach but may spread to the back, with or without vomiting, rash; itching; swelling of the eyes, face, mouth, tongue, or throat; or difficulty breathing or swallowing decreased urination; or swelling of legs, ankles, or feet, vision changes, fainting or dizziness pain in the upper stomach; yellowing of skin or eyes; fever; or clay-colored stools (in those receiving semaglutide [Wegovy] for management of weight loss) rapid heartbeat

INJECTION SITES



Instructions

1. Gather supplies. Syringe & alcohol wipes
2. Wash your hands with soap and water
3. Get medication and alcohol wipes
4. Clean the area where you are going to inject.
5. Inject your medication into chosen site
6. Dispose of the syringe in a sharps container



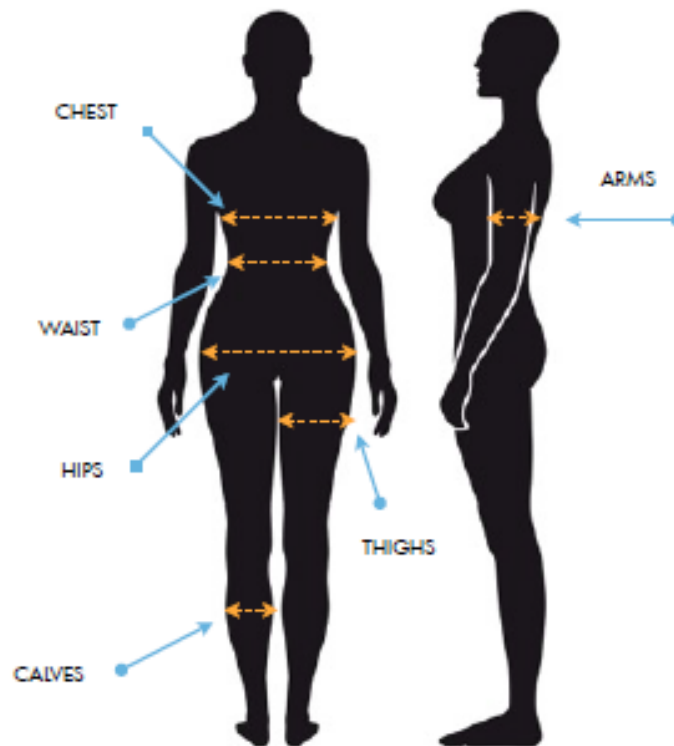
Storage and Handling of Medication

1. Store your vial in the refrigerator
2. Do not freeze your vial unless directed by office staff. Depending on the pharmacy the vial may require freezing.
3. Discard vial after 28 days of opening or as directed from your provider



How To Measure Yourself

- 1** Take measurements once a week. Weigh yourself first thing in the morning, after urinating.
- 2** Take weight naked, and remaining measurements in direct contact with the skin (not over clothing).
- 3** The waist is the smallest part of the torso, the hips are the most significant part of the glutes, the calves and arms are to be measured flexed, the thighs are the largest part of the upper thigh, and the chest is measured under the arms ~2-3" above the nipples.



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Meal formula

PROTEIN + VEGGIE + HEALTHY FAT+ CARB IN MODERATION

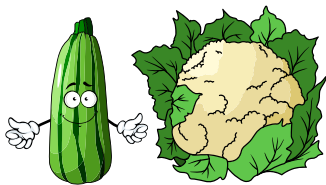
Protein



Steak	Turkey	Duck
Chicken	Salmon	Sardines
Pork	Shrimp	Crab
Eggs	Protein Powder	Bison
Lamb	Venison	Ground Beef
Sausage	Bacon	Ham
Deli Meats	Liver	Tuna

For more protein ideas, check the Meat, Protein, & Seafood section in the Food List sheet.

Veggies



Cauliflower	Cabbage	Pickles
Broccoli	Asparagus	Mushrooms
Zucchini	Radishes	Eggplant
Leafy Greens	Bell Peppers	Rhubarb
Cucumbers	Jicama	Green Beans
Brussels Sprouts	Celery	Onions
Spinach	Bok Choy	Kale
Lettuce	Watercress	Green Beans
Endive	Garlic	Okra

For more veggie ideas, check the Greens & Veggies section in the Food List sheet.

Healthy Fat



Butter	Lard	Olive Oil
Avocado Oil	Ghee	Cocoa Butter
Cheese	Mayo	Coconut Oil
Bacon	Nuts	Other nut &
Avocado	MCT Oil	seed oils

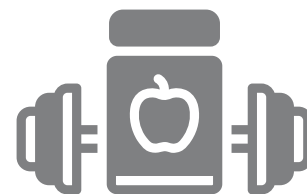
For more healthy fat ideas, check the Fats section in the Food List sheet.

Complex carbs



whole-grain pasta	Oats
whole wheat	Red potatoes
cereal brown or	whole wheat breads
wild rice quinoa	whole wheat wraps
couscous	Ezekiel bread
sweet potatoes	

Protein Shakes



These are some of the protein shakes our clients love and can be found at your local grocery store.



Our Favorite Protein Snacks!

