



Semaglutide/Tirzepatide for Weight loss for Weight Loss

Overview: Semaglutide/Tirzepatide is a medication prescribed to help manage weight loss and diabetes. It mimics the effects of glucagon-like peptide-1 (GLP-1), which increases insulin production, impacts blood sugar, and supports healthy metabolism.

Injectable Semaglutide Suggested Dosage: 0.5mg up to 2.5mg of Semaglutide, injected weekly as a subcutaneous injection. Semaglutide must be titrated or started at a lower dose and gradually increased over time, to help the body adjust to the medication.

1. Start with a 0.25mg (0.1mL or 10 units on an insulin syringe) subcutaneous injection weekly for 2 weeks. 2. After that, increase to a 0.5mg (0.2mL or 20 units on an insulin syringe) subcutaneous injection weekly. 3. Patients may continue to increase by 10 units every 4 weeks up to 1.25mg (0.5mL or 50 units on an insulin syringe) weekly. Most patients do well between 0.5mg (0.2mL or 20 units) to 1.25mg (0.5mL or 50 units) on an insulin syringe. On occasion, some patient may need to increase past 1.25 mg.. Technically patients can increase all the way to 2.5mg (1mL or 100 units on an insulin syringe) weekly occurrence.

Injectable Tirzepatide Suggested Dosage: Start with a 2.5mg subcutaneous injection weekly for 4 weeks. After that, increase to a 5mg subcutaneous injection weekly. Patients may continue to increase to 7.5mg weekly to up to 10mg-12.5mg weekly dosage.

Semaglutide Sublingual Tablets: Semaglutide is also available in the form of sublingual tablets. These tablets are left under the tongue to dissolve and enter the bloodstream via the salivary gland. While we recommend Semaglutide injections as a more effective therapy, Semaglutide sublingual tablets may be beneficial to patients depending on their needs and regulations within their state.

Semaglutide Tablets Suggested Dosage: Semaglutide tablets must be titrated or started at a lower dose and gradually increased over time.

1. Start with 3mg daily for 30 days.
2. After that, increase to 6mg daily for 30 days.
3. Patients who have already taken Semaglutide in some form may begin at the 6mg dose. Patients new to the therapy should begin at 3mg to titrate correctly and limit side effects.

Combination Therapies: Semaglutide may be combined with other medications and supplements as appropriate under the supervision of a provider. The following products may be co-administered to potentiate effects:

- Lipo-C or Bioboost Injections
- B12 Injections
- Lipo Burn weight management products



Side effects: Semaglutide include nausea, constipation, heartburn, diarrhea, and other gastrointestinal issues due to its method of action. For patients who experience these side effects, there are medications and supplements that can help. • Prescription Zofran for nausea • Probiotics and fiber supplements for digestive issues • Proton Pump Inhibitors (PPIs) like Nexium or antacid tablets like Tums for heartburn