



## Semaglutide for Weight Loss

**Overview:** Semaglutide 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 to 2mg 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. The maximum dose for Semaglutide is a 2mg subcutaneous injection weekly, though patients may require smaller doses depending on their needs, lab results, and response to the medication.

### **Titration schedule for 2.5mg/mL formula(s):**

1. Start with a 0.25mg (0.1mL or 10 units on an insulin syringe) subcutaneous injection weekly for 4 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 to 1mg (0.4mL or 40 units on an insulin syringe) weekly for at least 4 weeks, and then may increase to 2mg (0.8mL or 80 units on an insulin syringe) weekly for at least 4 weeks.

### **Titration schedule for 1mg/mL + 0.5mg/mL Cyanocobalamin formula:**

1. Start with a 0.25mg (0.25mL or 25 units on an insulin syringe) subcutaneous injection weekly for 4 weeks.
2. After that, increase to a 0.5mg (0.5mL or 50 units on an insulin syringe) subcutaneous injection weekly.
3. Patients may continue to increase to 1mg (1mL or 100 units on an insulin syringe) weekly for at least 4 weeks, and then may increase to 2mg (2mL or 200 units on an insulin syringe) weekly for at least 4 weeks.

### **Titration schedule for 5mg/mL + 0.5mg/mL Cyanocobalamin formula:**

1. Start with a 0.25mg (0.05mL or 5 units on an insulin syringe) subcutaneous injection weekly for 4 weeks.
2. After that, increase to a 0.5mg (0.1mL or 10 units on an insulin syringe) subcutaneous injection weekly.
3. Patients may continue to increase to 1mg (0.2mL or 20 units on an insulin syringe) weekly for at least 4 weeks, and then may increase to 2mg (0.4mL or 40 units on an insulin syringe) weekly for at least 4 weeks.

A provider will guide your titration schedule and final dosage, and it's important to follow your provider's instructions. Patient protocols may vary from the general guidelines provided here.



**Titration schedule for 1mg/mL + 1mg/mL Cyanocobalamin formula:**

1. Start with a 0.25mg (0.25mL or 25 units on an insulin syringe) subcutaneous injection weekly for 4 weeks.
2. After that, increase to a 0.5mg (0.5mL or 50 units on an insulin syringe) subcutaneous injection weekly.
3. Increase to 1mg (1mL or 100 units on an insulin syringe) weekly for at least 4 weeks
4. Patients may continue to increase to 1.7mg (1.7mL or 170 units on an insulin syringe). At this dosage, patients would separate their weekly injection into two doses.
5. From there, patients may continue to increase to 2.4mg (2.4mL or 240 units on an insulin syringe). At this dosage, patients would separate their weekly injection into two doses.

| Semaglutide Injection               | Vial Size | SKU          | Patient Price |
|-------------------------------------|-----------|--------------|---------------|
| 2.5mg/mL                            | 1mL       | 1228         | \$189         |
| 2.5mg/mL                            | 3mL       | 1228         | \$310         |
| 1mg/mL + 0.5mg/mL<br>Cyanocobalamin | 1mL       | 1228         | \$80          |
| 5mg/mL + 0.5mg/mL<br>Cyanocobalamin | 1mL       | 1228         | \$140         |
| 1mg/mL + 0.5mg/mL<br>Cyanocobalamin | 2.5mL     | 1228         | \$189         |
| 5mg/mL + 0.5mg/mL<br>Cyanocobalamin | 2.5mL     | 1228         | \$350         |
| 1mg/mL + 1mg/mL<br>Cyanocobalamin   | 1mL       | 1893<br>-aps | \$80          |
| 1mg/mL + 1mg/mL<br>Cyanocobalamin   | 5mL       | 1894<br>-aps | \$310         |

**Semaglutide Sublingual Tablets**

Semaglutide is also available in the form of sublingual tablets. These grape-flavored 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:**

One 1,000mcg Semaglutide tablet daily. Semaglutide tablets must be titrated or started at a lower dose and gradually increased over time.



**Titration Schedule for Semaglutide Tablets:**

1. Start with 250mcg daily for 30 days.
2. After that, increase to 500mcg daily for 30 days.
3. Then increase to 1,000mcg daily as the final dosage level.

Patients who have already taken Semaglutide in some form may begin at the 500mcg or 1,000mcg dose. Patients new to the therapy should begin at 250mcg to titrate correctly and limit side effects.

| Semaglutide Sublingual Tablet                 | SKU      | Patient Price      |
|---|----------|--------------------|
| Semaglutide 250mcg/<br>Cyanocobalamin 100mcg  | 1305-ana | \$6.99 per tablet  |
| Semaglutide 500mcg/<br>Cyanocobalamin 100mcg  | 1306-ana | \$7.99 per tablet  |
| Semaglutide 1000mcg/<br>Cyanocobalamin 100mcg | 1307-ana | \$10.50 per tablet |

**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 Injections
- B12 Injections
- Lipo Burn weight management products
- Bella weight management products
- LipoSculpt cream

**In Case of Side Effects:**

Side effects for 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