



Tirzepatide for Weight Loss

Overview: Tirzepatide is a medication prescribed to manage blood sugar and encourage weight loss. Tirzepatide is a GIP (glucose-dependent insulintropic polypeptide) receptor and a GLP-1 (glucagon-like peptide-1) receptor agonist, both of which impact blood sugar and metabolic health.

Because of its dual effect on GIP and GLP-1, Tirzepatide may produce greater reductions of hyperglycemia (high blood sugar) compared to selective GLP-1 receptor agonists like Semaglutide. Tirzepatide also impacts the digestive system by slowing the digestive process, which can reduce hunger cravings and assist patients in adhering to a low-calorie diet.

Suggested Dosage:

2mg to 14.5mg of Tirzepatide, injected weekly as a subcutaneous injection.

Tirzepatide 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 Tirzepatide is a 14.5mg subcutaneous injection weekly, though patients may require smaller doses depending on their needs, lab results, and response to the medication.

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 Tirzepatide/Niacinamide 8/2 mg/mL — Empower Pharmacy Formula:

1. Start with a 2mg injection weekly for 4 weeks. This is 0.25mL (25 units on an insulin syringe).
2. Increase to 4mg injection weekly for 4 weeks. This is 0.5mL (50 units on an insulin syringe).
3. Then increase to a 6mg injection once weekly for 4 weeks. This is 0.75mL (75 units on an insulin syringe).
4. After that, increase to 7mg injection once weekly. This is 0.88mL (88 units on an insulin syringe).
5. Then increase to a 10mg injection once weekly for 4 weeks. This is 1.25mL (125 units on a syringe).
6. Increase to a 12mg injection once weekly for 4 weeks. This is 1.5mL (150 units on a syringe).



Titration Schedule for Tirzepatide/Niacinamide 17/2 mg/mL — Empower Pharmacy Formula:

1. Start with a 2mg injection weekly for 4 weeks. This is 0.12mL (12 units on an insulin syringe).
2. Increase to 4mg injection weekly for 4 weeks. This is 0.24mL (24 units on an insulin syringe).
3. Then increase to a 6mg injection once weekly for 4 weeks. This is 0.36mL (36 units on an insulin syringe).
4. After that, increase to 8mg injection once weekly for 4 weeks. This is 0.48mL (48 units on an insulin syringe).
5. Patients can then increase to 9mg injection once weekly for 4 weeks. This is 0.54mL (54 units on an insulin syringe).
6. Increase the dosage to 10.5mg injection once weekly. This is 0.63mL (63 units on an insulin syringe).
7. Then increase to a 12mg injection once weekly for 4 weeks. This is 0.72mL (72 units on an insulin syringe).
8. If necessary, patients can increase to a 14.5mg injection once weekly as the maximum dose. This is 0.85mL (85 units on an insulin syringe).

Titration Schedule for Tirzepatide/Niacinamide 20/1 mg/mL — Anazao Pharmacy Formula:

1. Start with a 2.5mg injection once a week for 4 weeks. This is 0.125mL (12.5 units on an insulin syringe).
2. Increase to a 5mg injection once a week for 4 weeks. This is 0.25mL (25 units on an insulin syringe).
3. Then increase to a 7.5mg injection, once a week for 4 weeks. This is 0.375mL (37.5 units on an insulin syringe).
4. After that, increase to a 10mg injection once a week for 4 weeks. This is 0.50mL (50 units on an insulin syringe).
5. If necessary, increase to a 12.5mg injection once a week for 4 weeks. This is 0.625mL (62.5 units on an insulin syringe).
6. If necessary, increase to the max dose of a 15mg injection once weekly. This is 0.75mL (75 units on an insulin syringe)

Tirzepatide/ Niacinamide Injection	Vial Size	SKU	Patient Price
8/2 mg/mL	2.5 mL	1780- emp	\$195
17/2 mg/mL	2mL	1781- emp	\$250
17/2 mg/mL	4mL	1863- emp	\$495
20/1 mg/mL	3mL	4880- ana	\$499



Tirzepatide Oral Disintegrating Tablets

Tirzepatide is also available in the form of oral disintegrating tablets (ODTs). These tablets are left under the tongue to dissolve and enter the bloodstream via the salivary gland. While we recommend Tirzepatide injections as a more effective therapy, Tirzepatide ODTs may be beneficial to patients depending on their needs and regulations within their state.

Tirzepatide ODT Suggested Dosage:

5mg Tirzepatide daily. If required, patients may continue up to 10mg (two tablets) daily.

Tirzepatide tablets must be titrated or started at a lower dose and gradually increased over time. Tirzepatide ODTs are 5mg per tablet, and they are scored so they can be broken into 2.5mg halves.

Titration Schedule for Tirzepatide ODTs:

1. Start with 2.5mg daily (half an ODT) for 30 days.
2. After that, increase to 5mg (one ODT) daily.
3. If necessary, patients can increase to 7.5mg daily (one and a half ODTs) for 30 days and then increase to 10mg daily (two ODTs).

Tirzepatide ODT	SKU	Patient Price
3mg	4135-emp	\$4.55 per tablet
4mg	4136-emp	\$5.65 per tablet
5mg	3100-emp	\$6.95 per tablet



Tirzepatide Oral Suspension

Tirzepatide is available as an oral suspension. This berry-flavored medication is placed under the tongue to enter the bloodstream through the salivary gland. There is a 1mL dropper within the vial.

Tirzepatide Oral Suspension Suggested Dosage:

5mg (1/2mL) to 10mg (1mL) Tirzepatide twice weekly.

Tirzepatide oral suspension must be titrated or started at a lower dose and gradually increased over time. The drops should be held under the tongue for one minute before swallowing. Avoid eating for 30 minutes after taking the medication.

Titration Schedule for Tirzepatide Oral Suspension:

1. Start with 5mg (1/2mL) twice weekly for two weeks.
2. After that, increase to 7.5mg (0.75mL) twice weekly for two weeks.
3. If necessary, patients can increase to 10mg (1mL) twice weekly.

Tirzepatide Oral Suspension	SKU	Patient Price
10mL	4127-UCP	\$280
20mL	4128-UCP	\$420

Combination Therapies

Tirzepatide can 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 Tirzepatide 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