

SEMAGLUTIDE

DESCRIPTION

Semaglutide is a GLP-1 receptor agonist (glucagon-like peptide-1). GLP-1 is a hormone that helps regulate blood sugar, reduces appetite, and slows down gastric emptying, leading to a feeling of fullness after meals. By mimicking this hormone, Semaglutide reduces hunger and encourages weight loss.

- **Use for Weight Loss:** Semaglutide is highly effective at promoting weight loss by curbing appetite and improving blood sugar control. Clinical trials have shown significant weight loss in people using Semaglutide as part of a weight management program.

- **Why Choose Semaglutide:** If an individual is primarily looking for an appetite suppressant and improved glucose regulation, Semaglutide is a strong choice. It is typically used for those who need moderate weight loss and helps individuals with insulin resistance or type 2 diabetes.

RECONSTITUTION INSTRUCTIONS

You will receive a 10mg vial of Semaglutide in freeze-dried form. To reconstitute:

1. Use Sodium Chloride 0.9% water for injection (available on our website).
2. Take a 1ml insulin syringe and draw 2 full syringes of Sodium Chloride.
3. Slowly inject the 2mL of Sodium Chloride into the vial containing 10mg of Semaglutide.
4. Swirl the vial gently until the powder fully dissolves. Do not shake the vial, as it may damage the peptide.

DOSAGE INSTRUCTIONS

1. **Starting Dose:** Begin with a 0.25mg (250mcg) dose once weekly. This will allow your body to adjust to the peptide and minimize potential side effects.
2. **Dose Increase:** After four weeks on 0.25mg, increase the dose to 0.5mg (500mcg) weekly. Continue at this dose for another four weeks.
3. **Further Increases:** If well-tolerated, you can increase to 1mg after an additional four weeks and even up to 2mg based on individual tolerance and weight loss goals. Do not increase faster than every four weeks to minimize side effects.

INJECTION SITE & TIMING:

- **Where to Inject:** Use a subcutaneous injection in areas with more fat tissue, such as the abdomen or thigh.
- **Time of Day:** There is no strict recommendation for the time of day, but many people prefer morning injections.
- **Fasting & Food:** Semaglutide does not require you to fast before or after injection, and it can be taken with or without food.

SYRINGE DOSING GUIDELINES:

After reconstitution with 2mL of Sodium Chloride, the concentration of your Semaglutide will be 5mg/mL. Using the 1mL insulin syringe, dose as follows:

- **0.25mg (250mcg):** Draw half way between the mark 0 and first mark 10.
- **0.5mg (500mcg):** Draw to the first mark 10
- **1mg:** Draw to the mark 20
- **2mg:** Draw to the mark 40

POTENTIAL SIDE EFFECTS:

- **Nausea:** This is the most common side effect. To reduce it, eat smaller meals and avoid rich, fatty, or spicy foods. Increase your dose gradually to allow your body to adjust.
- **Vomiting or Diarrhea:** Stay hydrated and consider reducing your dose temporarily until the side effects subside.
- **Constipation:** Increase your water and fiber intake.
- **Dizziness or Headaches:** Drink plenty of water and ensure you're eating enough if you're on a calorie deficit.

If any side effects are persistent or severe, consult a healthcare professional.

DISCLAIMER

The information provided is for **research purposes only** and is not intended to substitute professional medical advice. Always consult a licensed healthcare provider before beginning any new peptide protocol.