

WELCOME



*hello***YOU**
aesthetics & wellness

Semaglutide, Glycine + Vitamin B12 is a medicine used for weight loss in specific patients. Semaglutide mimics the performance of the human-created GLP-1 hormone, and it helps the pancreas release the right amount of insulin when blood sugar levels are high. This process delays gastric emptying, which causes appetite suppression - leading you to opt for smaller portion sizes and have fewer cravings. This medication was FDA-approved in 2021 for treating patients who are considered overweight.

Tirzepatide, Glycine + Vitamin B12 is a once weekly injectable dual glucagon-like peptide 1 (GLP-1) receptor and glucose dependent insulinotropic polypeptide (GIP) receptor agonist. It works by increasing insulin production and lowers glucagon secretion, as well as, targets areas in the brain that regulate appetite and food intake. In 2023, the FDA approved tirzepatide for chronic weight management in adults.



Vitamin B12 is a nutrient that helps keep your body's blood and nerve cells healthy and helps make DNA, the genetic material in all of your cells. Vitamin B12 also helps prevent megaloblastic anemia, a blood condition that makes people tired and weak.

Glycine is an amino acid that is a building block for making proteins in the body. This is added to prevent muscle wasting.

1



Look at the vial name and follow the instructions for your prescribed medication – note this booklet has dosing instructions for Semaglutide, Glycine + Vitamin B12 and Tizepatide, Glycine + Vitamin B12

2



Draw your medication up from the vial

3



Inject subcutaneous in the fatty tissue of the belly, back of arm or thigh once a week

4

Return your vial to the refrigerator.



MY DOSE DAY IS: _____

Semaglutide, Glycine + Vitamin B12

Semaglutide 5 mg/mL+Gylcine 5 mg/mL+Cyanocobalamin – 1 mg/mL
Subcutaneous Injectable 2 mL Vial (200 units)



STORE VIAL IN THE REFRIGERATOR

SLOW TITRATION INSTRUCTIONS

Recommended for patients with sensitive stomachs or patients experiencing side effects with the first two doses.

WEEKS 1-4

Inject **5 syringe units** (equivalent to 0.25 mg of medication) subcutaneously once a week

WEEKS 5-8

Inject **10 syringe units** (equivalent to 0.5 mg of medication) subcutaneously once a week

WEEKS 9-12

Inject **15 syringe units** (equivalent to 0.75 mg of medication) subcutaneously once a week

WEEKS 13-16

Inject **20 syringe units** (equivalent to 1 mg of medication) subcutaneously once a week

WEEK 17 + BEYOND

Increase by **5 syringe units** (equivalent to 0.25 mg of medication) every two weeks, **max dosing is 50 units** (equivalent to 2.5 mg of medication)

ACCELERATED TITRATION INSTRUCTIONS

Recommended for patients who have no changes in appetite and not experiencing side effects with the first two doses.

WEEKS 1-2

Inject **5 syringe units** (0.25 mg) once per week

WEEK 3 + BEYOND

Inject **10 syringe units** (equivalent to 0.5 mg of medication), may increase by 5 syringe units every week to a max of 50 units (equivalent to 2.5 mg of medication)



Max dosing requires 1 vial per month.

Tirzepatide, Glycine + Vitamin B12

Tirzepatide 10 mg/mL+Glycine 5 mg/mL+Cyanocobalamin – 500 mcg/mL
Subcutaneous Injectable 2mL Vial (200 units)



STORE VIAL IN THE REFRIGERATOR

INSTRUCTIONS

WEEKS 1-4

Inject **25 syringe units** (equivalent to 2.5 mg of medication) subcutaneously once a week

WEEKS 5-8

Inject **50 syringe units** (equivalent to 5 mg of medication) subcutaneously once a week

WEEKS 9-12

Inject **75 syringe units** (equivalent to 7.5 mg of medication) subcutaneously once a week

WEEKS 13-16

Inject **100 syringe units** (equivalent to 10 mg of medication) subcutaneously once a week

WEEKS 17-21

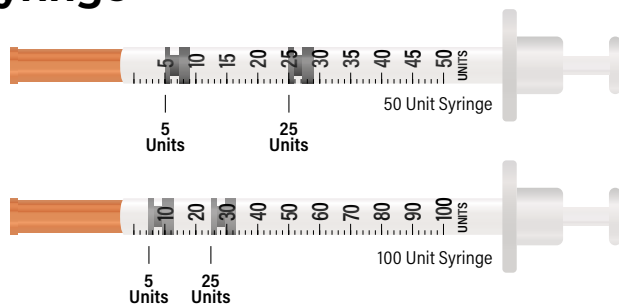
Inject **125 syringe units** (equivalent to 12.5 mg of medication) subcutaneously once a week

WEEKS 21 + BEYOND

Inject **150 syringe units** (equivalent to 15 mg of medication) subcutaneously once a week

⚠️ Max dosing requires 3 vials per month.

Syringe



Syringes come in various sizes: on a 100 unit syringe, 5 units would be halfway to 10 units, and 25 units would be between 20 and 30.

DOSING TRACKER

STARTING WEIGHT _____

WEEK #	DATE	DOSE	UNITS
WEEK #	DATE	DOSE	UNITS
WEEK #	DATE	DOSE	UNITS
WEEK #	DATE	DOSE	UNITS
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WEEK #	DATE	DOSE	UNITS
WEEK #	DATE	DOSE	UNITS

ENDING WEIGHT _____



- Can be taken with or without food any time of day
- Diet and exercise are essential
- Follow a low-carb and high-protein diet
- Side effects are more common with excess sugar and fried foods
- Water intake is vital – drink half your weight in ounces
- Nausea often occurs due to hunger – eat small frequent meals
- You must give the medication 12 weeks before deciding if it works for you
- Clinical studies have shown people can lose up to 5-10% of body weight by week 12
- You can take your weekly dose during a three day window (Days 6 – 8)
- Order refills 7-10 days before they are needed by visiting **helloyou.life/prescription-reorder**



PROGRESS TRACKER

MEASUREMENTS

START

DATE

WEIGHT

ARM - LEFT

ARM - RIGHT

THIGH - LEFT

THIGH - RIGHT

HIP

WAIST

WEEK 6

DATE

WEIGHT

ARM - LEFT

ARM - RIGHT

THIGH - LEFT

THIGH - RIGHT

HIP

WAIST

WEEK 12

DATE

WEIGHT

ARM - LEFT

ARM - RIGHT

THIGH - LEFT

THIGH - RIGHT

HIP

WAIST

For medical questions and to refill
a prescription text 623.343.7313

For questions about scheduling
text 480.390.1569

helloyou.life

info@helloyou.life

