

SEMAGLUTIDE

Semaglutide is a medication designed to work like a natural hormone in your body called GLP-1. It helps control blood sugar by increasing insulin, lowering glucagon, and also works in the brain to reduce appetite and food intake. Unlike the natural hormone, which only lasts a few minutes, semaglutide has been modified to stay active for about a week, making it much more effective as a treatment.

SEMAGLUTIDE HAS BEEN SHOWN TO ACT IN THE FOLLOWING WAYS

- Delays how quickly our stomachs digest food, leading to a rapid feeling of fullness and satisfaction with smaller meal sizes
- The slower digestion also helps you feel fuller for a longer duration after meals
- Lowers blood sugars, in part by reducing the production of sugar in the liver
- Stimulates insulin secretion by the pancreas.
- Decreases inflammation throughout the body which leads to adiponectin release and fat lipolysis

BENEFITS OF SEMAGLUTIDE

- Effectively lowers blood sugar and improves insulin sensitivity
- Promotes significant, sustainable weight loss
- Supports heart health and lowers the risk of heart attack and stroke
- Offers kidney protection and improved metabolic function
- Enhances long-term weight management and healthy body composition
- Improves gut health and digestion
- Reduces inflammation throughout the body
- Boosts energy, confidence, and overall well-being

SIDE EFFECTS AND CONTRAINDICATIONS

The most common side effects include nausea and constipation. Patients also report acid reflux, cramping, bloating, vomiting, diarrhea, and injection site reactions. Very rare side effects may include pancreatitis, cholecystitis, cholelithiasis, bowel obstruction

* Cyanocobalamin 500 mcg/mL added to reduce nausea side effects.

*Glycine 5 mg/mL added to help inhibit the deterioration of protein tissue that forms muscles. Studies show that administering glycine during calorie restriction may be beneficial for preserving muscle mass and loss of fat tissue.

DELIVERY AND STORAGE

Semaglutide strength is 5 mg/mL, and comes in 50-unit, 100-unit, and 200-unit vials. It is shipped overnight via FedEx to your doorstep. Refrigerate upon arrival.

If you have any questions about your care, please email hello@summermedspa.com or call us at (503) 388-3334!

Visit our website at www.SummerMedSpa.com to see before + afters, learn about our services, and shop skincare!

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DOSING GUIDELINES ALL VIALS ARE 5MG/ML CONCENTRATION

TIER/MONTH	DOSE (MG)	UNITS	VIAL SIZE (UNITS)	COST/VIAL	DOSES PER VIAL	COST PER DOSE
1	0.2	4	50	\$90	12.5	\$8
2	0.4	8	50	\$90	6.3	\$15
3	0.9	18	100	\$140	5.6	\$25
4	1.5	30	200	\$165	6.7	\$25
5	2.2	44	200	\$165	4.5	\$37

CLIENT EDUCATION

- Refrigeration: Store your vial in the refrigerator immediately upon delivery
- Possible Side Effects: Mild nausea or gastrointestinal discomfort can occur
- Nutrition & Hydration: Eat smaller, balanced meals and drink plenty of water to help minimize side effects
- Alcohol Use: Limit alcohol consumption to reduce strain on the liver and support overall health
- Physical Activity: Engage in regular exercise to promote weight loss and preserve muscle mass
- Health Monitoring: If you are at risk for diabetes, monitor your blood sugar
- Adherence: Take your medication exactly as prescribed. Do not skip doses, and keep all scheduled follow-up appointments to ensure safe and effective treatment

FOR REFILLS, CALL/TEXT YOUR PROVIDER AT 360-727-0998 WHEN YOU HAVE 3 WEEKS OF MEDICATION REMAINING.

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