

# TIRZEPATIDE

Tirzepatide 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 lowering glucagon secretion as well as targeting areas in the brain and stomach that regulate appetite and food intake. A small change in the molecule allows the drug to last weeks in our bodies rather than the natural version our bodies make, which only lasts for a few minutes.

## TIRZEPATIDE WORKS 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
- Dual action receptors allow for lower blood sugars, in part by reducing the production of sugar in the liver
- Stimulates insulin secretion by the pancreas
- GIP increases energy expenditure, resulting in weight loss

## BENEFITS OF TIRZEPATIDE

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

Tirzepatide strength is 10 mg/mL, and comes in 1ml, 2ml, 3ml, and 4ml 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](mailto:hello@summermedspa.com) or call us at (503) 388-3334!

Visit our website at [www.SummerMedSpa.com](http://www.SummerMedSpa.com) to see before + afters, learn about our services, and shop skincare!

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## DOSING GUIDELINES ALL VIALS ARE 10MG/ML CONCENTRATION

TIERS	DOSE (MG)	UNITS	VIAL UNITS	COST	VIAL DOSES	COST/DOSE
1	2	20	100	\$100	5	\$20
2	4	40	200	\$175	5	\$35
3	7	70	300	\$250	4.3	\$58
4	9	90	400	\$315	4.4	\$72
*5	12	120	600	\$500	5	\$100
*6	14	140	600	\$500	4.2	\$119

\*Tiers 5 and 6 require an order of TWO 300 unit vials.

### 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.**

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

Visit our website at [www.SummerMedSpa.com](http://www.SummerMedSpa.com) to see before + afters, learn about our services, and shop skincare!