

CONSUMER MEDICATION INFORMATION – GLP-1/GIP PEPTIDE WEIGHTLOSS

****Indication:**** Tirzepatide is prescribed for weight loss in patients with obesity or overweight conditions.

Tirzepatide is in a class of medications called glucose-dependent insulinotropic polypeptide (GIP) receptor and glucagon-like peptide-1 (GLP-1) receptor agonists.

Tirzepatide is indeed a medication in a unique class known as a "dual incretin receptor agonist." It combines the properties of both a GIP (glucose-dependent insulinotropic polypeptide) receptor agonist and a GLP-1 (glucagon-like peptide-1) receptor agonist. Here's how it works:

1. ****Stimulation of GLP-1 Receptors:****

- Tirzepatide activates GLP-1 receptors in the body. GLP-1 is a natural hormone that is released from the intestines in response to food intake.
- When GLP-1 receptors are stimulated, several effects occur:
 - Increased insulin secretion: It promotes the release of insulin from the pancreas, especially in response to rising blood sugar levels after eating.
 - Reduced glucagon secretion: It decreases the release of glucagon, which raises blood sugar levels.
 - Slower gastric emptying: It slows down the emptying of the stomach, which leads to a feeling of fullness and helps control appetite.

2. ****Activation of GIP Receptors:****

- Tirzepatide also stimulates GIP receptors. GIP is another hormone released from the intestines when food is consumed.
- When GIP receptors are activated, they promote insulin secretion as well.

3. ****Dual Action Benefits:****

- The dual action of Tirzepatide on both GLP-1 and GIP receptors results in improved blood sugar control. It helps lower elevated blood sugar levels by increasing insulin secretion and reducing glucagon release.
- It also contributes to weight loss by reducing appetite (as a result of GLP-1 receptor activation) and by slowing gastric emptying, which can lead to eating less.

4. ****Potential Cardiovascular Benefits:****

- Some dual incretin receptor agonists, including Tirzepatide, have demonstrated potential cardiovascular benefits, such as a reduction in the risk of heart disease and stroke, which can be significant for individuals with diabetes.

Tirzepatide, as a dual incretin receptor agonist, offers a comprehensive approach to managing blood sugar levels and achieving weight loss, making it a valuable treatment option for individuals with type 2 diabetes and obesity. However, it should be prescribed and monitored by a healthcare professional to ensure safety and efficacy.

****Dosage:**** Follow your healthcare provider's instructions for the appropriate dosage. It is typically injected subcutaneously once a week.

- Common dose : Start with 0.25ml injected weekly for two weeks. Increase to 0.5ml weekly as directed by your doctor. Maximal dose is 1 ml each week unless otherwise directed by your doctor.

****Storage Instructions:**** Store Tirzepatide vials in the refrigerator at 2°C to 8°C (36°F to 46°F). Do not freeze. Keep the vial in the original carton to protect it from light.

****Side Effects:**** Common side effects may include nausea, vomiting, diarrhea, abdominal pain, or injection site reactions. Notify your healthcare provider if you experience severe side effects such as severe abdominal pain, pancreatitis, or allergic reactions.

****Subcutaneous Injection Instructions:****

1. Wash your hands thoroughly with soap and water.
2. Remove a vial from the refrigerator and allow it to reach room temperature for about 30 minutes.
3. Check the vial for any signs of damage or particles. Do not use if it appears compromised.
4. Clean the injection site with an alcohol swab and allow it to dry. This is optional
5. Choose an injection site (e.g., abdomen, thigh, or upper arm).
6. Hold the vial upright and remove the cap.
7. Use a new, sterile syringe and needle as per your healthcare provider's instructions.
8. Draw the appropriate dose of Tirzepatide into the syringe.
9. Pinch a fold of skin at the injection site.
10. Insert the needle at a 45-degree angle, and push it all the way in.
11. Inject the medication slowly.
12. Remove the needle and dispose of it in a sharps container.
13. Do not massage the injection site.
14. Keep a record of your injection date and site to ensure proper rotation.

Always follow your healthcare provider's guidance on dosage and administration. If you have any questions or concerns, consult your doctor or pharmacist.

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All GLP peptides are stored in the fridge. Storage Before opening: Keep your unopened vial and prefilled needles in a refrigerator (2°C to 8°C). Do not freeze. Discard after 30 days. Please watch this video <https://www.youtube.com/watch?v=Sjrlit0fYgo> on how to inject and draw up.

Filling the Syringe With Medicine

1. Hold the syringe in your hand like a pencil, with the needle pointed up.
2. With the cap still on, pull back the plunger to the line on your syringe for your dose.
3. Insert the needle into the rubber top.
4. Push the air into the vial.
5. Turn the vial upside down and hold it up in the air.
6. Fill Insulin needle to 0.33mL, 0.66mL or 1 ml as directed.
7. Dispose of needle safely, keep out of reach of children.

