



## What is Semaglutide + B12?

Semaglutide is a glucagon-like peptide-1 (GLP-1) analog that was approved in 2020 as a treatment method for improving glycemic control in patients with Type 2 diabetes. Semaglutide shows great promise for patients who are having difficulty losing weight.

Studies have demonstrated that Semaglutide reduced appetite, improved control of eating, and reduced food cravings in addition to improved glycemic control. The greatest benefits weight loss benefits were observed when Semaglutide is used in combination with lifestyle changes, such as improved diet and consistent exercise.

## How does Semaglutide + B12 work?

GLP-1 is a hormone produced in the small intestine that stimulates insulin secretion and inhibits glucagon secretion, thereby lowering blood sugar.

Semaglutide + B12 has demonstrated beneficial effects on glycemia, in addition to a host of other benefits.

## How much Semaglutide + B12 do I inject?

\*\*Start with 0.25mL once weekly, increase to 0.5mL if needed/tolerated.

## Reported Benefits:

- Weight Loss
- Neuroprotective
- Improved Fertility
- Treatment of PCOS
- Smoking Cessation
- Cardiovascular Benefits

## How should Semaglutide + B12 be used?

Semaglutide + B12 is applied as a subcutaneous injection which is most commonly dosed at 0.25mL(0.5mg) to 0.5mL(1mg) once weekly. This dosing may be increased to 1mL(2mg) once weekly after one month of treatment if needed.

This medication is generally well-tolerated and can be dosed continuously without breaking treatment with no diminishing effects.

## Side effects/contraindications:

The most commonly reported side effects include nausea, vomiting, diarrhea, stomach pain, and constipation. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions.

\*Medical or Family history of medullary thyroid cancer or MEN2 (a rare genetic endocrine tumor disorder)

There is one other nuance:

\*With women starting at 0.15 mL (equivalent to 0.3mg) initial week to assess tolerance, and only increase to 0.25mL if well tolerated. Otherwise, if vomiting or excessive nausea occurs at 0.15mL, just have them stay there until they get adjusted to the therapy.