



Important Weight Loss Information

Welcome to our LIV by WellNow weight loss program!

Use this information for safe, effective and successful compounded semaglutide treatment. We're excited to see your progress!

Your medication contains Glycine which supports healthy muscles & joints, rebuilds collagen to help reduce loose skin after weight loss and promotes deeper, more restful sleep.

What will be included in your shipment?

- One compounded semaglutide (GLP-1) multi-dose vial
- 10 Syringes
- 10 Alcohol Pads
- Injection Instructions insert (pictured to the right)



How to Use Compounded Semaglutide

IMPORTANT: Your LIV by WellNow instructions insert will provide step-by-step, detailed injection instructions. The document you are currently viewing is intended as a brief overview of the process.

Filling Your Syringe:

What you see in your syringe may seem small, but each compounded semaglutide dose is personalized for what's best for your body. If you are unsure or need confirmation of how many units to inject, contact one of our board-certified medical providers via [virtual visit](#).

- Fill the syringe slightly past your dosage unit mark
- Gently push the stopper until aligned with unit mark

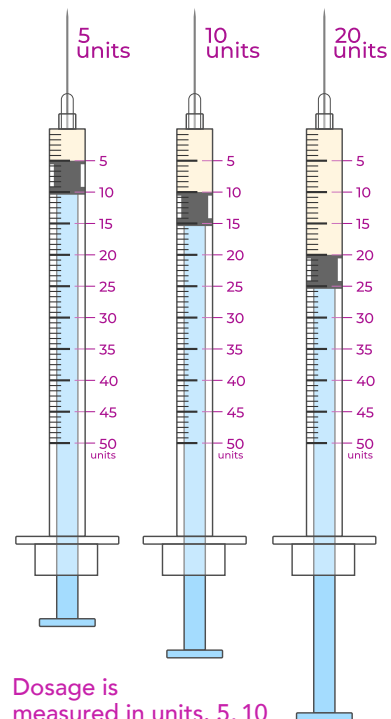
Making an Injection:

Compounded semaglutide is injected under the skin (subcutaneously) once weekly, at the same time each week.

- Choose an area of your abdomen or thigh where you can pinch 1-2 inches of skin
- Use the alcohol pad to clean the area where you plan to give the shot and let it dry
- Hold the syringe at a 45° angle and insert the needle
- Once the needle is all the way in, push the trigger down slowly
- Dispose of the syringe and needle properly

Storage and Handling:

- Medication is good for 28 days after punctured or opened
- Refrigerate between 35°F and 46°F between doses
- Can be left at room temperature up to 3 days, not exceeding 100°F
- If medication becomes cloudy it should be replaced
- Medication can be used until BUD (Beyond Use Date) found on vial



Follow-Up Visit Schedule:

Initial Follow-Up

Patients starting compounded semaglutide will receive a check-in about **three weeks** after starting the medication. At this check-in, our LIV by WellNow healthcare provider will inquire about the medication's effectiveness and tolerance. If treatment is going well we will, again, follow-up around 3 months. Each vial will be good for 28 days, at which time you will receive next month's vial (pending payments being in good standing). Refills of the medication will be determined by your personalized dosing schedule as directed by your LIV by WellNow healthcare provider.

3-Month Follow-Up

Patients are re-evaluated **every three months** to assess the effectiveness of their treatment and tolerance to the medication. You will receive an email requiring you to fill out a form that allows the provider to re-evaluate your treatment plan. LIV by WellNow healthcare providers will personalize your dosing schedule based on your response to the medication and new vials of medication will be prescribed as needed.

As Needed Follow-Up

Patients may [schedule a virtual visit](#) to discuss any concerns with one of our LIV by WellNow healthcare providers at any time during treatment for no cost. Simply go to the [LIV by WellNow](#) website and click Member Portal in the top right corner. You must select a virtual visit time, and then login to your member account.

Nutrition Recommendations:

Step 1: Calculate Your Basal Metabolic Rate (BMR)

Use a BMR calculator to determine your Basal Metabolic Rate, which represents the number of calories that your body needs to maintain basic physiological functions at rest. Click [here](#) for a quick calculation.

Step 2: Adjust for Activity Level

Once you have your BMR, multiply it with an activity factor to estimate your total daily energy expenditure (TDEE). This factor accounts for your daily activity level, including exercise. Here's a general guide to activity factors:

- Sedentary (little to no exercise): BMR x 1.2
- Lightly active (light exercise/sports 1-3 days/week): BMR x 1.375
- Moderately active (moderate exercise/sports 3-5 days/week): BMR x 1.55
- Very active (hard exercise/sports 6-7 days a week): BMR x 1.725
- Extra active (very hard exercise/sports & physical job or training twice a day): BMR x 1.9

Step 3: Set Your Calorie Goal

Based on your TDEE, you can now determine whether you want to maintain, lose or gain weight.

- **To Lose Weight, aim for a calorie deficit of 500-1000 calories per day, which will lead to a safe and sustainable weight loss of 1-2 pounds per week.**
- **To Maintain Weight:** Consume calories equal to your TDEE.
- **To Gain Weight:** Aim for a calorie surplus by consuming more calories than your TDEE, focusing on nutrient-dense foods.

Step 4: Balanced Nutrition

Regardless of your calorie goal, focus on consuming a balanced diet consisting of:

1. Macronutrients:

- **Protein:** Essential for muscle repair and growth. Aim for 0.8-1 gram of protein per pound of body weight.
- **Carbohydrates:** Provide energy for daily activities and exercise. Choose complex carbohydrates like whole grains, fruits, and vegetables.
- **Healthy Fats:** Necessary for hormone production and nutrient absorption. Sources include avocados, nuts, seeds, and olive oil.

2. Micronutrients:

- **Vitamins and Minerals:** Ensure you are getting a variety of vitamins and minerals from fruits, vegetables, whole grains, and lean proteins.
- **Fiber:** Important for digestive health and maintaining a feeling of fullness. Aim for at least 25-30 grams per day.

Step 5: Hydration

Stay hydrated by drinking plenty of water throughout the day. Aim for at least 8 glasses (64 ounces) daily, more if you're physically active or in hot weather.

Step 6: Incorporate Exercise

Combine your balanced diet with regular exercise to optimize health and weight management. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week. We suggest muscle-strengthening exercises two or more days per week to maintain lean muscle mass.

Common Side Effects:

Patients may experience some common side effects with compounded semaglutide. If the medication is causing significant side effects, please [schedule a virtual visit](#) with one of our LIV by WellNow healthcare providers. Below are the common side effects and some solutions to help:

1. **Nausea:** This is one of the most frequently reported side effects of semaglutide. It is most common when first starting the medication but tends to improve over time. Medication is available to assist with nausea if needed. If you need more medication, please [schedule a virtual visit](#) with one of our LIV by WellNow healthcare providers.
2. **Vomiting:** Some individuals may experience vomiting, particularly during the initial stages of treatment with compounded semaglutide. Try to eat smaller meals and space them out further if you experience vomiting. Avoid large meals before your injection time.
3. **Diarrhea:** Compounded semaglutide can occasionally cause diarrhea, which may be mild to moderate in severity.
4. **Constipation:** In contrast to diarrhea, constipation is also reported as a side effect of compounded semaglutide use. Increase daily fiber intake. Some common over the counter (OTC) laxatives and stool softeners that can help:
 - Bisacodyl (Dulcolax)
 - Sennosides (Senna)
 - Polyethylene glycol (Miralax)
 - Docusate Sodium (Colace)
5. **Abdominal Pain:** Some people may experience abdominal discomfort or pain while taking semaglutide. If you develop persistent abdominal pain, please [schedule a virtual visit](#) with one of our LIV by WellNow healthcare providers.
6. **Heartburn:** Some patients may experience some heartburn when starting the medication. For quick relief utilize antacids such as:
 - Tums
 - Roloids
 - Alka-Seltzer
 - MylantaFor longer-lasting relief you may also try:
 - Famotidine (Zantac 360, Pepcid AC)

Contact Information:

If you have any questions or concerns about your compounded semaglutide medication, please don't hesitate to contact your LIV by WellNow healthcare provider by scheduling a free [virtual visit](#) at any time during your treatment. We are here to support you on your journey to better health!

Many answers can be found on our [Frequently Asked Questions](#) page on our website.

For questions that are not medication or health related, please contact our support staff:

Email: livsupport@wellnow.com

Phone: 1-833-944-4434