

Compounded Semaglutide/Vitamin B12

Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist and an FDA approved treatment method for chronic weight management in adults who are obese (BMI ≥ 30) **or** who are overweight (BMI ≥ 27 with at least **one** weight-related comorbid condition (ie. hypertension, type 2 diabetes mellitus, or dyslipidemia). It increases insulin secretion and can act on centers of the brain that help suppress appetite. **Used in conjunction with** lifestyle changes (including exercise, dietary habits, reduced calorie diet), semaglutide can help achieve weight loss.

Studies show that semaglutide can reduce appetite, improve control of eating, and reduce food cravings in addition to improve glycemic control. Common side effects may include nausea, diarrhea, and vomiting. These effects are generally mild to moderate and, for most patients, improve over time.

The addition of vitamin B12 aids in the treatment tolerance of GLP-1 agonists like semaglutide. One of the most common adverse side effects of semaglutide use is nausea and some studies have shown nausea to be reduced when used in conjunction with Vitamin B12.

Semaglutide works by:

- Mimicking a hormone called glucagon-like peptide-1 (GLP-1) in the body that targets areas of the brain that regulate appetite. *When a person eats, GLP-1 signals to the brain that they are full*
- Slowing gastric emptying, decreasing appetite
- Improving insulin resistance and reducing food cravings
- Improving A1c and reducing risk of cardiac events

Benefits of semaglutide use may include:

- Promotion of lipolysis (the process by which fats are broken down in our bodies through enzymes and water)
- Lowering A1c (your average blood sugar level over 3 months)
- Decrease risk of cardiovascular events (ie. heart attacks and strokes)
- Lower BMI
- Reduction in plaque hemorrhage
- Lowering glucose levels in the bloodstream by assisting in pancreatic insulin release

More than 70% of Americans are overweight or obese, nearly half of adults in the U.S. have hypertension and more than 1 in 3 have pre-diabetes. Semaglutide as a prescription weight loss aid has already improved the lives of chronically overweight and obese patients.

Healthy weight loss takes time, consistency, and personal effort. It takes about 5 months (20 weeks) to reach the target dosage of semaglutide. During this time, adults taking it in clinical trials lost an average of about 10% their starting body weight. They lost an additional 8% of their body weight through week 68.

A landmark clinical trial published in *The New England Journal of Medicine* in 2021 found that semaglutide led to a 15% reduction in body weight, on average.

Program Recommendations during semaglutide/vitamin B12 compounded treatment:

Diet: For the best results, we encourage you to reduce your caloric intake to 1,200-1,800 calories on a wholesome diet while on semaglutide. The following recommendations will allow you to create a more sustainable diet:

- Eat healthy proteins (ie. chicken, fish, beef, pork turkey, tofu)
- Eat healthy fats (ie. avocados, olive/avocado oil, nuts, chia seeds, and ground flax seed)
- Limit trans/saturated fats (ie. lard, butter, ghee, milk fat, ice cream, pastries, coconut/palm oils)
- Avoid refined sugars and processed foods (made with trans fat from partially hydrogenated oil)
- Avoid fried food/fast food (consider use of air fryer)

The best way to manage obesity is to make the necessary lifestyle changes to maintain a healthy weight

Exercise: 150 minutes per week (ie. 30 minutes, 5 days/week)

- Walking is an excellent form of exercise (ie. trial “Walk Away the Pounds” on You Tube)
- Incorporate strength training into routine (ie. light weights, resistance bands)