

Dosing table for weeks 1 - 12

Detailed instructions are below. Read the instructions in full before getting started.

Week	Dose you want	Vial to use	Amount of bacteriostatic water you need to add to the vial <u>once</u>	Amount of solution (created after mixing) you need to put in a syringe for injection	Number of units on 100 IU/1 ml syringe
Week 1	0.25 mg/week	2 mg vial #1	2 ml (200 IU)	0.25 ml	25
Week 2	0.25 mg/week			0.25 ml	25
Week 3	0.25 mg/week			0.25 ml	25
Week 4	0.25 mg/week			0.25 ml	25
Week 5	0.5 mg/week			0.5 ml	50
Week 6	0.5 mg/week			0.5 ml	50
Week 7	0.5 mg/week	2 mg vial #2	1 ml (100 IU)	0.25 ml	25
Week 8	0.5 mg/week			0.25 ml	25
Week 9	1 mg/week			0.5 ml	50
Week 10	1 mg/week	2 mg vial #3	1 ml (100 IU)	0.5 ml	50
Week 11	1 mg/week			0.5 ml	50
Week 12	1 mg/week	2 mg vial #4	1 ml (100 IU)	0.5 ml	50
Week 13 (bonus)	1 mg/week			0.5 ml	50

IU = units on a syringe

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How to Mix Semaglutide

Semaglutide comes in a powder form and needs to be mixed or “reconstituted” with bacteriostatic water before use. Below are the instructions on how to mix semaglutide correctly.

2 mg vial #1

1. Clean your hands and then gather the materials for mixing.

You will need:

- 2 mg semaglutide vial;
- bacteriostatic water vial;
- 100 IU/1 ml syringe with a needle;
- alcohol pad;
- sharps disposal container for a needle.

2. Prepare the materials for mixing.

Remove the protective caps from your semaglutide vial and bacteriostatic water vial. Clean the top of each vial with an alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

3. Draw up the bacteriostatic water.

You will need **2 ml (200 IU)** of bacteriostatic water.

To draw up the water, hold the bacteriostatic water vial upside down and insert the needle into the rubber cap. Slowly pull back the plunger to the 1 ml (100 IU) mark.

4. Inject bacteriostatic water into the Semaglutide vial.

After the bacteriostatic water has entered the syringe to the appropriate amount, take the syringe of water and insert it into the semaglutide vial.

Slowly inject all of the water into the semaglutide vial. If you feel pressure, stop and let it level out before moving on. After the bacteriostatic water has entered the vial, pull the needle out of the vial.

Repeat steps 3 and 4 to inject another 1 ml (100 IU) of water into the semaglutide vial.

5. Gently swirl the solution.

Gently swirl the solution in a circular motion until the semaglutide powder and bacteriostatic water completely combine. Do not shake the solution.

2 mg vials #2, #3, and #4

1. Clean your hands and then gather the materials for mixing.

You will need:

- 2 mg semaglutide vial;
- bacteriostatic water vial;
- 100 IU/1 ml syringe with a needle;
- alcohol pad;
- sharps disposal container for a needle.

2. Prepare the materials for mixing.

Remove the protective caps from your semaglutide vial and bacteriostatic water vial. Clean the top of each vial with an alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

3. Draw up the bacteriostatic water.

You will need **1 ml (100 IU)** of bacteriostatic water to add to each of the 2 mg vials #2, #3, and #4.

To draw up the water, hold the bacteriostatic water vial upside down and insert the needle into the rubber cap. Slowly pull back the plunger to the 1 ml (100 IU) mark.

4. Inject bacteriostatic water into the Semaglutide vial.

After the bacteriostatic water has entered the syringe to the appropriate amount, take the syringe of water and insert it into the semaglutide vial.

Slowly inject all of the water into the semaglutide vial. If you feel pressure, stop and let it level out before moving on. After the bacteriostatic water has entered the vial, pull the needle out of the vial.

5. Gently swirl the solution.

Gently swirl the solution in a circular motion until the semaglutide powder and bacteriostatic water completely combine. Do not shake the solution.

How to Inject Semaglutide

1. Prepare the injection materials.

To give a semaglutide shot, you will need:

- semaglutide vial with the solution you created after mixing (hereinafter referred to as the “semaglutide solution”);
- 100 IU/1 ml syringe with a needle (make sure to use a new syringe and a new needle for every injection);
- alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

2. Draw up Semaglutide.

Fill up the syringes for the injections.

2.1. Fill up the syringes for weeks 1-4 with the dosage of 0.25 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 1)
- B. Take the **2 mg vial #1** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.25 ml (or 25 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
- E. Repeat steps A-D with new syringes at weeks 2, 3 and 4 to give the weekly shot.

2.2. Fill up the syringes for weeks 5-6 with the dosage of 0.5 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 5)
- B. Take the **2 mg vial #1** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.5 ml (or 50 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
- E. Repeat steps A-D with a new syringe at week 6, to give the weekly shot.

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2.3. Fill up the syringes for weeks 7-8 with the dosage of 0.5 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 7)
- B. Take the **2 mg vial #2** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.25 ml (or 25 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
- E. Repeat steps A-D with a new syringe at week 8 to give the weekly shot.

2.4. Fill up the syringe for week 9 with the dosage of 1 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 9)
- B. Take the **2 mg vial #2** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.50 ml (or 50 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.

2.5. Fill up the syringes for weeks 10-11 with the dosage of 1 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 10)
- B. Take the **2 mg vial #3** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.5 ml (or 50 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
- E. Repeat steps A-D with a new syringe at week 11 to give the weekly shot.

2.6. Fill up the syringes for weeks 12-13 with the dosage of 1 mg/week (fill up right before you plan to give the weekly shot)

- A. Take a new syringe with a needle (for week 12)
- B. Take the **2 mg vial #4** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.5 ml (or 50 IU)** mark.
- C. After the solution has entered the syringe, pull the needle out of the vial.
- D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
- E. Repeat steps A-D with a new syringe at week 13 right to give the weekly shot.

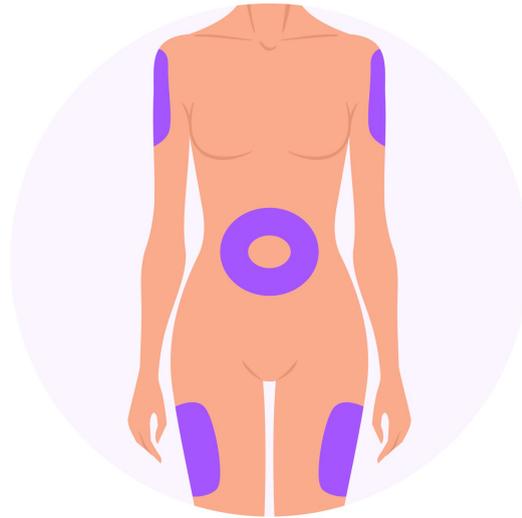
3. Prepare the injection site.

Semaglutide is administered subcutaneously to the abdomen, thigh, or upper arm.

Choose the area where you plan to give the shot. Wipe the area with an alcohol pad and let it dry for a few seconds.

Make sure to use a different injection site each week when injecting in the same body region.

Sites on the body where subcutaneous injections can be given



4. Inject semaglutide.

Subcutaneous injections can be given at a 90-degree angle or a 45-degree angle. The injection can be done at a 90-degree angle if 2 inches of skin can be grasped between your thumb and index finger. If only 1 inch of skin can be grasped, inject at a 45-degree angle.

Grasp the skin with the hand not holding the syringe to create a fat fold. Holding the syringe securely with the other hand, insert the needle under the skin.

When the needle is fully inserted, slowly push down on the plunger to inject the contents of the syringe. Pull out the needle at the same angle it went in.

Safely dispose of the needle.

Important Information

Frequency of Semaglutide Injections

Administer semaglutide once a week, on the same day each week. You can give an injection at any time of the day, with or without meals.

The day of the weekly injection can be changed if necessary as long as the time between two doses is at least 48 hours.

Semaglutide Missed Dose

Don't worry if you missed your semaglutide injection. Give yourself a shot as soon as possible, within 5 days after the missed dose.

If more than 5 days have passed, it is recommended to skip the missed dose and administer the next semaglutide dose on the regularly scheduled day.

How to Store Semaglutide

Semaglutide is a thermolabile product. Once solved, it should be stored in a refrigerator to retain its properties. However, leaving semaglutide at room temperature for a while or exposure to moderate heat will not instantly make it useless.

Semaglutide keeps its purity for up to 4 weeks at room temperature. However, we highly recommend putting a vial in the refrigerator as soon as possible after you find it's left at room temperature.

How to Store Bacteriostatic Water

An opened vial of bacteriostatic water should be stored in a refrigerator to retain its properties.

Do not expose any of the vials to direct sunlight and high temperatures.