

# Introduction to GLP-1/GIP+B12

GLP-1/GIP+B12 is a Type 2 diabetes treatment medication belonging to a class of drugs known as glucose-dependent insulintropic polypeptide (GIP) receptor **and** glucagon-like peptide-1 (GLP-1) receptor agonists. It is sold under the brand name Mounjaro among others, and also used for weight loss. It is injected under the skin once a week, and is available in different strengths to accommodate different treatment needs.

GLP-1/GIP+B12 treats type 2 diabetes by targeting two key hormones involved in blood sugar regulation: GLP-1 (glucagon-like peptide-1) and GIP (glucose-dependent insulintropic polypeptide).

## INSULIN PRODUCTION

GLP-1/GIP+B12 increases insulin production in response to high blood sugar levels, which helps lower blood sugar.



## INSULIN SENSITIVITY

GLP-1/GIP+B12 enhances the body's sensitivity to insulin, allowing for more efficient use of the available insulin.



## GASTRIC EMPTYING

By slowing down gastric emptying, (the movement of food through the stomach) GLP-1/GIP+B12 helps patients feel full longer.

## LIVER SUGAR PRODUCTION



GLP-1/GIP+B12 prevents the liver from producing excess sugar, contributing to overall blood sugar reduction.



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-  Blood Sugar Control
-  Weight Loss





# Losing Weight with GLP-1/GIP+B12

## FDA APPROVED

The FDA approved GLP-1/GIP+B12 for the treatment of type 2 diabetes in adults, under the brand name Mounjaro, in the United States in May 2022. It was approved for weight loss in November 2023 under the brand name Zepbound.

## HOW DOES IT WORK ?

GLP-1/GIP+B12 functions as a dual receptor agonist, targeting both the glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors.

As a result, GLP-1/GIP+B12 not only helps you feel fuller for longer, but it slows down digestion, and aids in glycemic control, which all lead to weight loss and management.

## REMARKABLE RESULTS

GLP-1/GIP+B12 has shown significant success in promoting weight loss among obese patients. Clinical trials have shown average weight losses ranging from 15% to 21% of initial body weight over a 72-week treatment period.



# GLP-1/GIP+B12 WEIGHT MANAGEMENT:

Are you a candidate?



## Age

GLP-1/GIP+B12 is approved for adults 18 years of age and older



## BMI

Adults with a body mass index (BMI) of 30 or greater.



## Weight-Related Conditions

Adults with a body mass index (BMI) of 27, with at least one weight-related medical condition (i.e., type 2 diabetes, high blood pressure)



## Additional Requirements

The treatment is to be used in conjunction with a reduced-calorie diet and increased physical activity



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# GLP-1/GIP+B12 TALK:

## Managing Side Effects



### NAUSEA & VOMITING

Start with a lower dose and gradually increase it. Taking the medication with food may also help.



### DIARRHEA

Stay well-hydrated and avoid greasy or spicy foods. Limit caffeine and alcohol intake.



### CONSTIPATION

Increase dietary fiber, drink plenty of water, and engage in regular physical activity.



### ABDOMINAL PAIN

Monitor symptoms, discuss with your provider. A dose adjustment or different medication may be necessary.



### INDIGESTION (Upset Stomach)

Avoid large meals, spicy foods, and late-night eating. Smaller, frequent meals may help.



### INJECTION SITE REACTIONS (e.g. bruising, itching, skin rash)

Rotate injection sites and follow proper technique. Applying a cold compress before injection can reduce discomfort.



### FATIGUE (Low Energy)

Ensure adequate rest and maintain a balanced lifestyle. Regular exercise can boost energy levels.



### HAIR LOSS

Hair loss is usually temporary. Be patient, and it should improve over time.



### DIZZINESS

Rise slowly from sitting or lying positions. Stay hydrated and avoid sudden movements.



### MILD ALLERGIC REACTIONS

If you experience mild symptoms (e.g. rash, itching), consult your doctor for guidance in managing reactions





# Healthy Eating with GLP-1/GIP+B12

**GLP-1/GIP+B12 is a medication that can assist in controlling blood sugar and promoting weight loss. To maximize its effectiveness, it is crucial to combine this medication with a nutritious diet. Here are some dietary suggestions for you or anyone you know who is on GLP-1/GIP+B12:**

## *Caloric Intake*

- Reduce calories and aim for a caloric deficit to promote weight loss
- Focus on nutrient dense foods while limiting empty calories from sugary snacks and processed foods



## *Portion Control*

- Reduce portion sizes to avoid overeating
- Pay attention to hunger cues and stop when satisfied



## *Meal Timing*

- Avoid skipping meals; eat at consistent intervals
- Avoid late-night eating; finish meals a few hours before bedtime

## *Macronutrients*

- Include lean protein sources (chicken, fish, legumes) to maintain muscle mass during weight loss
- Opt for complex carbs (whole grains, vegetables, fruits) over refined sugars
- Choose unsaturated fats (avocado, nuts, olive oil) in moderation

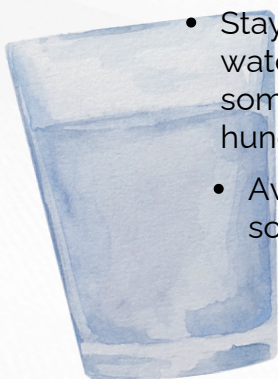


## *Fiber*

- Consume high-fiber foods like grains, fruits, vegetables, and legumes. Fiber helps you feel full and satisfied



## *Hydration*



- Stay hydrated; drink plenty of water, keep in mind that sometimes thirst is mistaken for hunger
- Avoid or limit sugary drinks like sodas and fruit juices

## *Limit Added Sugars & Processed Foods*

- Read Labels and be aware of hidden sugars in packaged foods
- Choose fresh, minimally processed food options





# MOVE TO IMPROVE GLP-1/GIP+B12 & Exercise



Regular physical activity plays a crucial role in obesity treatment especially when combined with GLP-1/GIP+B12 treatment. Here are some guidelines to follow if you or someone you know is being treated with it.

## AEROBIC EXERCISE (CARDIO)

**What:** Activities that increase heart rate and breathing (e.g., walking, jogging, cycling, swimming).

**Importance:** Burns calories, improves cardiovascular health, and supports weight loss.

**Recommendation:** Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.

## STRENGTH TRAINING

**What:** Exercises using weights, resistance bands, or body weight (e.g., weightlifting, squats, push-ups).

**Importance:** Builds lean muscle mass, boosts metabolism, and enhances overall strength.

**Recommendation:** Include strength training 2-3 times per week.

## CONSISTENCY

**What:** GLP-1/GIP+B12 alone is effective, but combining it with regular physical activity maximizes results. Exercise burns additional calories, preserves muscle mass, and supports long-term weight management.

## FLEXIBILITY & STRETCHING

**What:** Gentle stretching exercises to improve flexibility and prevent injuries.

**Importance:** Enhances joint mobility, reduces muscle tension, and promotes relaxation.

**Recommendation:** Incorporate into your routine, especially after aerobic or strength training workouts.

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# GLP-1 /GIP + B12 INJECTION INSTRUCTIONS (Vial & Syringe)



**Important:** Always follow your provider's instructions. This guide is for educational purposes and assumes you've been trained on proper technique

## What You'll Need:

- GLP-1/GIP medication vial
- Syringe with needle (as prescribed)
- Alcohol prep pad
- Sharps container
- Optional: small adhesive bandage

## Injection Site:

- Best areas for subcutaneous injection (just under the skin):
  - Abdomen (avoid 2-inch area around belly button)
  - Thigh (front or outer side)
  - Back of upper arm (if someone helps you)
- Rotate injection sites each time to prevent irritation.

## STEP 1: PREPARE YOUR MATERIALS

- Wash hands thoroughly with soap and water.
- Gather all supplies on a clean surface.
- Check the expiration date on the vial.

## STEP 2: PREPARE THE VIAL

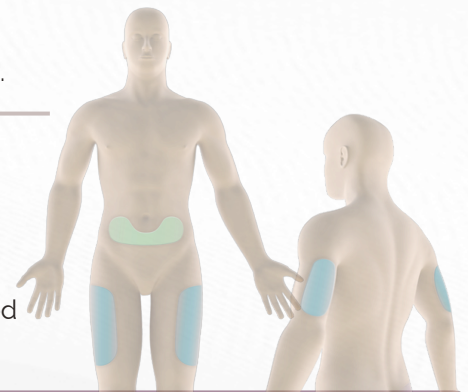
- Wipe the rubber stopper of the vial with an alcohol pad.
- If the vial is refrigerated, let it sit at room temp for a few minutes (do not heat).

## STEP 3: DRAW THE MEDICATION

- Remove syringe cap without touching the needle.
- Pull back the plunger to draw in air equal to your dose.
- Insert the needle into the vial's rubber stopper.
- Push the air into the vial (this makes drawing easier).
- Turn the vial upside down and slowly pull back the plunger to your prescribed dose.
- Check for air bubbles. If present:
  - Tap the syringe gently to bring bubbles to the top.
  - Push the plunger slightly to remove air.
  - Pull medication again if needed.

## STEP 4: INJECT THE MEDICATION

- Clean the injection site with a new alcohol pad.
- Pinch a small fold of skin.
- Insert the needle at a 45° to 90° angle (based on provider's instruction).
- Push the plunger down slowly and steadily.
- Once done, remove the needle and release your skin fold.
- Dispose of the syringe immediately in a sharps container.
- Apply a bandage if needed.



## Important Reminders:

- Never reuse syringes or needles.
- Store medication according to label instructions (usually refrigerated).
- Keep out of reach of children.
- Report any signs of allergic reaction, severe nausea, or injection site infection to your provider.



# UNDERSTANDING OBESITY

Obesity is a complex disease involving an excessive amount of body fat. It's not just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems.



## Health Risks

Obesity can lead to a number of serious health conditions, including:

**Heart Disease and Stroke:** Extra weight makes it more likely that you'll develop high blood pressure, high cholesterol, and type 2 diabetes.

**Type 2 Diabetes:** Obesity can affect the way your body uses insulin to control blood sugar levels, increasing your risk of insulin resistance and diabetes.

**Certain Cancers:** Obesity may increase your risk of certain types of cancer, including breast, colon, endometrial, kidney, esophagus, and pancreatic cancers.

**Digestive Problems:** Obesity increases the likelihood of developing heartburn, gallbladder disease, and liver problems.



## Body Mass Index (BMI)

For adults, the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) define obesity as having a Body Mass Index (BMI) OF 30 or higher. BMI is calculated using a person's weight and height. A BMI chart is a tool that can quickly help you determine your BMI.

Obesity is frequently subdivided into categories:

Class 1: BMI of 30 to 35

Class 2: BMI of 35 to 40

Class 3: BMI of 40 or higher

Class 3 obesity is sometimes categorized as "severe" obesity.



## Managing Obesity

Obesity is a complex, chronic, and multifactorial disease that requires a comprehensive and long-term treatment approach. Lifestyle modifications, including diet and exercise, are the cornerstone of obesity management. However, for some individuals, these interventions may not be enough to achieve or maintain a healthy weight.

Initially used as a diabetes medication, GLP-1/GIP+B12 has been found to be effective for weight loss and is now also used for weight management in certain patients. By reducing appetite and increasing feelings of fullness, GLP-1/GIP+B12 can lead to weight loss.



# GLP-1/GIP+B12

## FAQs:

### What is GLP-1/GIP+B12?

GLP-1/GIP+B12 is an FDA-approved medication used for diabetes treatment that also promotes weight loss. It mimics natural hormones to control blood sugar and curb hunger.

### How much weight can I lose with GLP-1/GIP+B12?

Weight loss varies, but some patients have achieved significant results. Individual responses differ.

### When will I see results?

Initial weight loss is significant and usually occurs within the first few months of treatment.

### Am I a good candidate for GLP-1/GIP+B12?

Consult your healthcare provider to determine if GLP-1/GIP+B12 is suitable for you based on your health, weight loss goals, and medical history.

### Is it hard to inject yourself with GLP-1/GIP+B12?

Most patients find it simple. Here is a video to show you how:  
<https://www.youtube.com/watch?v=wXjQHAxopzk&t=15s>

### How frequently is GLP-1/GIP+B12 taken?

GLP-1/GIP+B12 is usually taken once a week.

### What if I miss a dose?

If you miss a dose, take it as soon as you remember. Consult your doctor if you miss multiple doses.

### Is GLP-1/GIP+B12 safe for long-term use?

While GLP-1/GIP+B12 has shown positive outcomes, long-term safety data is still limited. Regular follow-ups with your healthcare provider are crucial to monitor your progress and health.

