

GETTING STARTED

TRIZEPATIDE 60mg/vial

STANDARD TITRATION SCHEDULE:

DOSAGE	SCHEDULE	AMOUNT (UNITS)	RESULTS
2.5mg	WEEKS 1-4	8 units	TITRATION
5mg	WEEKS 5-8	17 units	TITRATION
7.5mg	WEEKS 9-12	25 units	TITRATION
10mg	WEEKS 13-16	33 units	WEIGHT LOSS DOSAGE
12.5mg	WEEKS 17-20	42 units	WEIGHT LOSS DOSAGE
15mg	WEEKS 21+	50 units	WEIGHT LOSS DOSAGE

THE AMOUNT YOU TAKE (IN UNITS) TO MEET YOUR DOSAGE WILL BE DEPENDANT ON THE MG/VIAL. The above instructions are for 60mg/vial reconstituted with 2ml of Bac water.

STORAGE:

- Powder vials: Store lyophilized vials (freeze dried powder) in the freezer until ready to reconstitute.
- After reconstitution: Store the mixed vial in the refrigerator.
- Bacteriostatic Water can be stored in the fridge as well.

WHERE TO PURCHASE SUPPLIES:

- Easy Touch Insulin Syringes (U-100 31 Gauge 5/16" needle) <https://a.co/d/01JjUe2P>
- 3ml syringes for reconstituting <https://a.co/d/0hyC8WzF>

DOSING:

- Your starting dose is 8 units (equivalent to 2.5mg of Tirzepatide)

If you are unsure how to read an insulin syringe, please visit:

<https://youtu.be/rmVqQ3vNkzk?si=-PHf5hq4dUanLR11>

RECONSTITUTION:

- Using the 3mL syringe provided, add 2mL of bacteriostatic water to your vial.
- Gently swirl (do not shake) until the powder fully dissolves.

If you need help with reconstitution please watch the video below:

<https://youtu.be/b08QwxZW0lg?feature=shared>

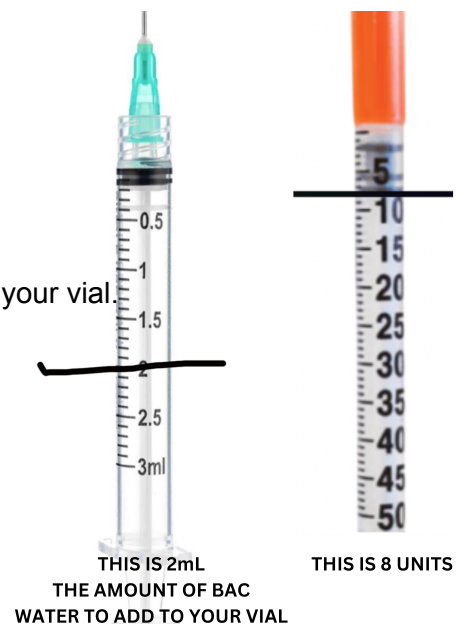
WHEN TO TAKE YOUR INJECTION:

Tirzepatide is taken once weekly.

You may take it:

- morning or evening
- with or without food

Choose a consistent day each week that is easy to remember and fits into your schedule. Many people prefer evening injections so they sleep through any mild nausea.



INJECTION SITES:

Tirzepatide is injected subcutaneously (under the skin).

Common injection sites include:

- Abdomen (at least 2 inches away from the belly button)
- Upper thigh
- Back of the upper arm

Tips:

- Rotate injection sites each week to prevent irritation
- Clean the skin with an alcohol swab before injecting
- Pinch the skin and inject at a 90° angle with the insulin syringe

Some individuals experience injection site reactions (ISR) such as mild redness, itching, or irritation. These reactions are usually temporary and resolve quickly. Using a slightly longer insulin syringe can sometimes help reduce injection site irritation by ensuring the medication is delivered fully into the subcutaneous tissue rather than too superficially under the skin.

A commonly recommended option for people who experience ISR is:

- U-100 insulin syringe, 31 gauge, 1/2 inch needle

This length can help improve comfort and reduce irritation for some individuals compared to shorter needles.

WHAT TO EXPECT WHEN STARTING TIRZEPATIDE:

Tirzepatide works by mimicking hormones that help regulate appetite, blood sugar, and feelings of fullness. As your body begins to respond to the medication, many people notice gradual changes in their eating patterns and hunger signals.

Common early effects include:

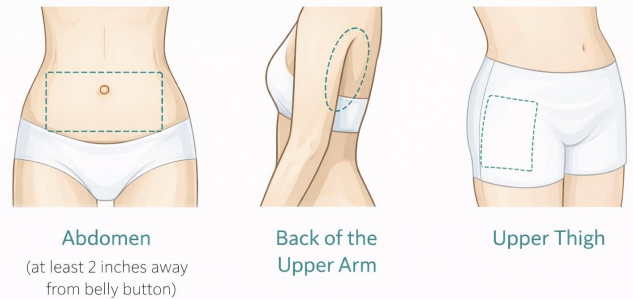
- reduced appetite
- fewer food cravings or “food noise”
- feeling full faster when eating
- improved portion control
- gradual and steady weight loss

These effects may begin within the first few weeks, but everyone responds a little differently.

Some individuals do not feel strong appetite suppression until higher doses such as 5–10 mg. This is normal and part of the titration process as your body adjusts to the medication. Weight loss often becomes more noticeable after several weeks of consistent dosing, especially as appetite regulation improves and healthier eating patterns develop.

It's important to remember that progress may not always be perfectly linear. Some weeks you may notice greater changes than others, and this is a normal part of the weight loss process. Staying consistent with your dosing schedule, nutrition, and hydration will help support steady progress over time.

Injection Sites



MANAGING/PREVENTING SIDE EFFECTS

TITRATION/DOSE ADJUSTMENT:

If you experience no side effects during the first week (such as nausea), but you are not seeing weight loss and your appetite or food noise is not adequately controlled, you may increase to the next dose increment on your dosing chart the following week.

However, it is recommended to stay at the lowest effective dose for as long as it continues to provide appetite suppression and weight loss. Remaining at a lower dose longer can help you save money and reduce the likelihood of reaching the maximum dose too quickly. Gradual increases allow your body to continue responding over time and can support more sustainable long-term weight loss results.

If nausea or side effects occur, reduce to your previous tolerated dose and remain there for 1–2 weeks before attempting an increase again.

CONSTIPATION:

Constipation can be a common side effect with GLP-1 medications because one of their mechanisms is slowing gastric emptying, which helps you feel full longer. Staying well hydrated and including fiber in your daily diet can help prevent constipation.

If constipation does occur, Miralax is a gentle option that can help get things moving without typically causing diarrhea.

HAIR LOSS PREVENTION:

Some individuals notice temporary hair shedding during weight loss. This is usually not caused by the medication itself, but by rapid weight loss, reduced calorie intake, and lower protein or micronutrient intake. When the body senses a stressor such as significant calorie restriction, it can shift hair follicles into a resting phase (called telogen effluvium), which leads to temporary shedding.

To reduce the risk of hair loss:

- Prioritize adequate protein intake (generally 80–120g daily depending on body size)
- Take a daily multivitamin
- Ensure adequate iron, zinc, biotin, and B-vitamin intake

Maintaining proper nutrition and protein intake helps protect hair health, muscle mass, and overall metabolic function during your weight loss journey.

DIET SENSITIVITY:

Because tirzepatide slows gastric emptying and reduces appetite, digestion can become more sensitive to certain foods. Some people may notice nausea, bloating, or discomfort when eating foods that are heavier or harder to digest.

To help prevent digestive discomfort:

- Eat smaller, balanced meals rather than large portions.
- Focus on lean protein, whole foods, vegetables, and healthy fats.
- Limit highly processed foods, greasy foods, and very high-sugar meals, which can trigger nausea.
- Avoid eating large meals late at night since food may remain in the stomach longer.
- Chew food thoroughly and eat slowly to help digestion.
- Pay attention to how your body responds to different foods and adjust accordingly.

Many people find they naturally begin to prefer lighter, cleaner foods while using tirzepatide, which can further support weight loss and overall metabolic health.

OPTIMIZING RESULTS

NUTRITION:

Tirzepatide can significantly reduce appetite and “food noise.” While this is helpful for weight loss, it is important to make sure you are still eating enough calories to maintain proper nutrition.

- Consider adding a high-quality multivitamin and focus on protein-rich foods to help maintain muscle mass and prevent nutrient deficiencies.

1. CREATINE:

Creatine is one of the most well-researched supplements available and can be very beneficial while losing weight on Tirzepatide. Because Tirzepatide significantly reduces appetite, many people unintentionally consume fewer calories and less protein. During periods of rapid weight loss, the body can lose both fat and lean muscle mass. Preserving muscle is important because muscle helps maintain metabolism, strength, and overall body composition.

Creatine helps support:

- maintenance of lean muscle mass during weight loss
- improved strength and exercise performance
- better cellular energy production (ATP)
- improved body composition while losing weight

Two common forms of creatine are:

Creatine Monohydrate

This is the most researched and widely used form of creatine. It is effective, affordable, and well tolerated by most individuals.

Typical dose:

3–5 grams daily

Creatine monohydrate is available in both powder and capsule forms, although capsules typically require several pills to reach the recommended daily dose.

Creatine HCl

Creatine hydrochloride (HCl) is a more concentrated form of creatine that dissolves easily and may be easier on digestion for some people.

Typical dose:

1–2 grams daily

Because smaller doses are required, capsule forms of Creatine HCl often require fewer pills per serving compared to creatine monohydrate.

Creatine can be taken at any time of day and does not need to be cycled. Many people choose to take it with a meal or after exercise. When combined with adequate protein intake and resistance training, creatine can help support muscle preservation and improve overall results during your weight loss journey.

The brand I love is KAGED CREATINE HCl <https://amzn.to/4bGdjkd> a typical dose is 1-2 grams daily in this form.

2. MAGNESIUM GLYCONATE

Magnesium Glyconate can support muscle function, sleep quality, nervous system regulation, and digestion, and may also help reduce constipation that can occur with GLP-1 medications.

PROTEIN GUIDANCE:

Adequate protein intake is one of the most important factors for maintaining muscle mass while losing weight on Tirzepatide. Because appetite is reduced, some individuals unintentionally eat too little protein, which can lead to muscle loss, fatigue, slower metabolism, and hair shedding.

Protein helps:

- preserve lean muscle mass during weight loss
- support metabolism and fat loss
- maintain strength and energy
- reduce the risk of hair loss associated with rapid weight loss

A general guideline is to aim for approximately: 80–120 grams of protein per day, depending on body size and activity level.

Good protein sources include:

- eggs
- chicken and turkey
- fish and seafood
- lean beef
- Greek yogurt
- cottage cheese
- protein shakes or protein powders

Distributing protein across meals throughout the day can help improve satiety and support muscle maintenance during your weight loss journey.

HYDRATION

Staying properly hydrated is essential while using Tirzepatide. Because appetite is reduced, many people also unintentionally drink less water, which can contribute to fatigue, headaches, and constipation.

Adequate hydration helps support:

- digestion and gut health
- metabolism and energy levels
- healthy kidney function
- prevention of constipation

A helpful target for most people is: 80–100 ounces of water per day, although individual needs may vary depending on body size and activity level.

Electrolyte beverages or adding small amounts of electrolytes to water can also help support hydration, particularly for individuals who are exercising regularly or experiencing decreased food intake.

Drinking water consistently throughout the day rather than all at once can help maintain optimal hydration and overall well-being.

WEIGHT LOSS PLATEAUS:

Weight loss rarely occurs in a perfectly straight line. Most people experience periods where weight loss slows or temporarily stops. This is completely normal and part of the body's natural metabolic adaptation during fat loss.

It is common for weight to:

- drop more quickly during the first several weeks
- slow down as the body adjusts to the calorie deficit
- temporarily plateau before continuing to decrease again

Plateaus can happen for several reasons including metabolic adaptation, reduced calorie intake over time, fluid shifts, or changes in activity levels.

To help keep progress moving:

- Maintain consistent weekly dosing
- Prioritize adequate protein intake to preserve lean muscle
- Stay well hydrated
- Incorporate resistance training or strength exercises to support metabolism

Another simple strategy that can sometimes help is rotating injection sites. Changing where you inject (abdomen, thigh, or arm) may help improve medication absorption and effectiveness for some individuals.

Remember that fat loss often occurs internally before it shows on the scale. Measurements, how clothing fits, and body composition changes can continue improving even when the scale temporarily pauses.

Plateaus are a normal part of the process and staying consistent with your routine will help your body continue progressing over time.

USEFUL APPS

MeThreeSixty

MeThreeSixty creates a 3D body scan using your phone camera and tracks changes in body shape over time. This is especially helpful because many people struggle to recognize their own physical changes during weight loss. This phenomenon is sometimes called “body image lag”, where the brain still sees the previous body size even as the body changes.

By comparing 3D scans, the app allows you to see:

- inches lost
- body fat distribution changes
- improvements in body shape

This can be extremely motivating during periods when the scale is not changing but body composition is improving.

How to get the best results:

- Take scans once per week
- Wear similar clothing each scan
- Stand in the same lighting and position
- Use the same time of day if possible

Consistency makes the body comparisons far more accurate.

Shotsy

Good injection tracker.

Happy Scale / Libra

These apps smooth out daily scale fluctuations and show true weight trends over time.

Because body weight fluctuates daily due to:

- water retention
- hormonal cycles
- sodium intake
- glycogen shifts

These apps calculate a trend weight so users can see real progress without becoming discouraged by normal fluctuations.

MyFitnessPal or Cronometer

Cronometer is especially useful because it tracks micronutrients.

This helps prevent:

- hair loss
- vitamin deficiencies
- low protein intake

Which are common issues during rapid weight loss.

Strong (for resistance training)

Even light resistance training:

- preserves muscle
- improves metabolic rate
- improves body composition

Strong is a simple workout logging app that helps people stay consistent.