

1) How long does it take to get the meds? About 1 week

2) How many calories and grams of protein should I aim for each day? At least 1200 calories depending on activity level and 100 grams of protein, here's a macro calculator that can be helpful: [Macro Calculator](#)

3) What vitamins should I take with a GLP1? Amy recommends a Pre/Probiotic to regulate the good gut biome. She recommends Mag07 nightly to regulate bowel movements. Collagen is also a great addition to your normal multivitamin to keep your hair, skin, and nails looking great.

4) What is maintenance? When most patients reach their goal weight, they like to microdose for maintenance. This is a bit of an experiment because every person reacts differently to the medications. The goal is to find the lowest effective dose possible for you and stretch that out for 10-14 days.

5) What are typical weight loss results? The first month is slow going on all GLP1s. Your body is slowly adapting to the new medication. It is typical to only lose 2-5 pounds in your first month- do not be disappointed. As you stay consistent and patient, you should be losing about 1-2 pounds a week thereafter. You will hear me say this again and again, do not compare your journey to anyone else. Everyone is different. Remember, patience and consistency equal results!

6) How to read my vial?

Step 1: Identify the concentration of your vial (it will always look like this: 10mg/mL or 15mg/0.5mL)

Step 2: Identify the mL in your vial. The vial will always have this written right on it. Most vials will be anywhere 1mL-6mL

Step 3: Multiply the concentration by the total mL (example: your vial concentration is 10mg/mL and your total mL in the vial is 3mL. $10\text{mg} \times 3\text{mL} = 30\text{mg}$ OR your vial concentration is 15mg/0.5mL). To make this simpler, let's get this concentration in total/mL. That would be 30mg/mL. Your total mL in the vial is 2mL. $30\text{mg} \times 2\text{mL} = 60\text{mg}$

7) Payment methods

Credit Card, Debit Card, CareCredit, PayPal and PayPal Later, FSA and HSA, Sezzle, Affirm, Venmo.