



You are receiving this semaglutide or tirzepatide (collectively known as peptides) today per your prescriber's order. Please check the order and be sure it contains a small vial and 4 syringes in an insulated shipping pack with an ice container. Check the label carefully and take note of the number of refills. If your prescriber added refills to your prescription please call us 6 days in advance of needing more medication. With 6 days notice we can prepare and ship your refill and there will not be a delay in your treatment. If your prescriber did not provide refills you can still call us but your prescriber would likely need to speak to you before providing refills and the process will work faster if you notify them of your refill request directly.

After receiving your peptide prescription please remove all of the components and place the vial in the refrigerator. You may keep the syringes with the medication in the refrigerator if it is more convenient, but it is not required. The shipping pack and ice container may be discarded.

The dose of your medication will be reflected on the label. If this is your first time using a peptide and you are unaware of how to administer the correct dose please do not hesitate to call Axtell Pharmacy at 940-686-2218 or toll free 800-527-6810 for instructions.

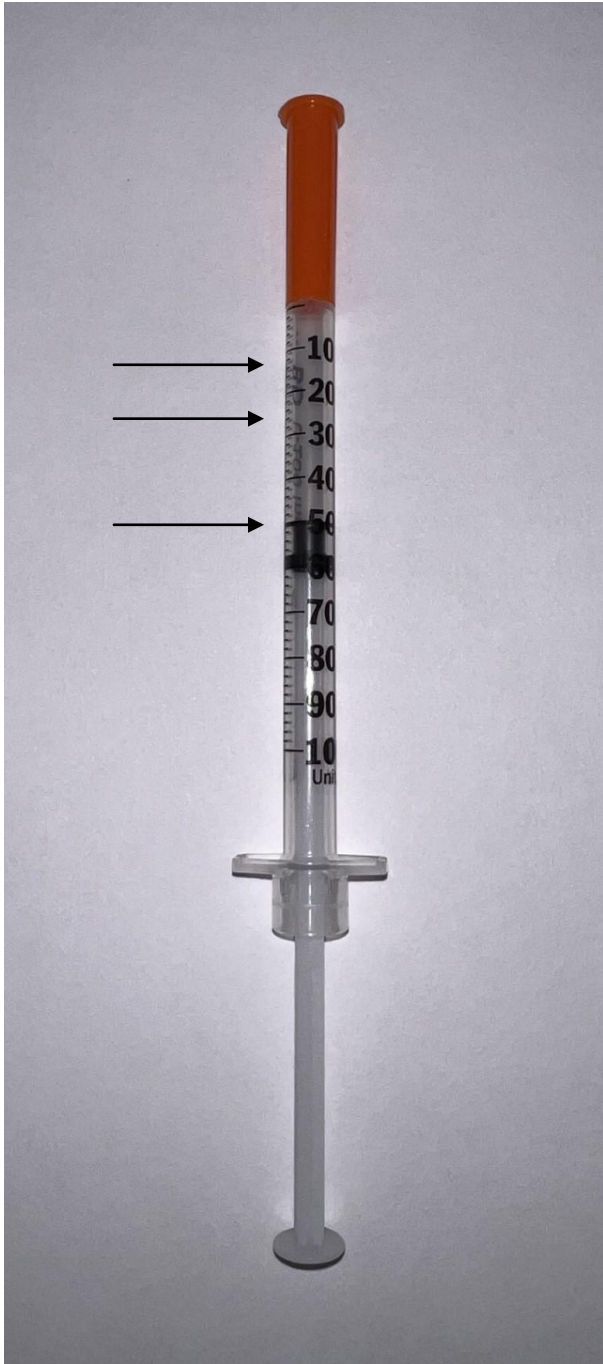
How do I keep weight off after stopping Semaglutide or Tirzepatide?

**A 2022 study found that most individuals gain weight back a year after stopping the medication.**

**5 ways to maintain weight after stopping my peptide:**

1. Moderate your carbohydrates.
2. Make a plan to move more.
3. Make sleep a priority.
4. Find foods that fill you up.
5. Focus on health, not on weight.

Again, if you have any questions regarding the product you received from Axtell Pharmacy please call us directly at 940-686-2218 or toll free at 800-527-6810 and one of our knowledgeable technicians or pharmacist will assist you.



Your practitioner will determine your dose and this will determine the volume you inject. The following are some common quantities that patients may inject and their associated strengths. This is, however, not an exact representation of your specific dosing.

For example 0.25mg you will inject 12.5 units which is the small line just below the '10' on the barrel of the syringe. (top arrow)

And 0.5mg you will inject 25 units (middle arrow)

And 1mg you will inject 50 units (bottom arrow)

Each dose will be injected weekly and the vial will contain 4 doses to total 28 days of medication.