

## **PATIENT DOSING & COUNSELING**

### Compounded Semaglutide / SubMagna Suspension

**Supply :** Provided in an amber glass bottle with graduated 1ml dropper.

**Care:** Store at controlled room temperature of 20- 25 C; Shake well before use.

**BUD:** Beyond Use Date (BUD) = 90 Days

**Compound:** Contains 1mg Semaglutide in 1 ml of Submagna suspension.  
Each compound contains 30ml in amber glass dropper bottle.

#### **Recommended Dosing:**

- ✓ Shake well then place 0.5ml under tongue for at least 90 seconds once daily. May increase to 1.0ml under tongue once daily starting the second week if needed.
- ✓ Take on an empty stomach at the same time each day – do not take any other medications or eat/drink for at least 30 minutes.
- ✓ Many experience desired results after a few days. Some might not need or tolerate daily dosing of the 1ml dose. If so, the initial dosing / lower dosing or less frequency is recommended.
- ✓ The compound is patient specific and therefore not all dosing will be the same.
- ✓ Use daily Vit B12 sublingual in conjunction to improve metabolism and weight loss success.

#### **Counseling:**

- Dosing to be counseled as per above.
  - Refer to dosing, timing and frequency as determined by the prescriber.
- Common Side Effects:
  - Nausea – Common at initiation, can be severe. Recommend Prescription ondansetron to counteract nausea.
  - Constipation – Common with this compound. Recommend OTC stool softener.