



Tirzepatide

Much More than a Weight-Loss Peptide

Summary:

Tirzepatide is a peptide that sends cellular signals to your brain to decrease hunger cravings and helps you stay full longer. This peptide helps you metabolize glucose (sugar) into energy, causing weight loss and improved metabolism. Studies with tirzepatide have shown a 15% reduction in body weight when accompanied by calorie restriction and moderate exercise. Studies have also shown tirzepatide to improve biomarkers and be cardioprotective.

Reasons why your provider may be recommending tirzepatide:

- Weight Loss and body composition
- Improve insulin and glucose levels (Insulin Resistance)
- Enhanced metabolism and cardioprotection
- Decrease inflammatory markers
- Improve cognition
- Appetite control
- Decrease gastrointestinal inflammation



How to take it and what to expect:

- Tirzepatide is a once-weekly subcutaneous injection that can be taken at home. • Your practitioner will increase your dose every month until they find the optimal dose for you. Everyone is different.
- The best results are seen when combined with nutrition and exercise. • Your provider may recommend a calorie restriction and exercise mimetic supplement like LeuSynergy to go along with your injections.
- Patients have reported better control of their appetite and fewer cravings for food.

Are there any side effects?

Some of the most common side effects are nausea, indigestion, and constipation. To avoid these side effects, your provider will start you on a low dose and slowly increase it each month as you tolerate the medication.

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