

GLP-1 Medications

TIRZEPATIDE

SEMAGLUTIDE

.FOOD TIPS

GLP-1 meds works best when you commit to making small but meaningful changes to your day-to-day lifestyle. This includes being intentional about what you eat, specifically swapping out fast-digesting carbohydrates for foods that provide a more sustainable energy source (such as whole organic foods rich in protein, fiber, and healthy fats).

Making changes to what you eat doesn't have to happen overnight. You can start with smaller swaps, like replacing diet soda or juice with seltzer, white bread with sprouted grain bread, or sugary cereals for a homemade frittata.

As much as we might be craving some of our usual comfort foods, eating them while taking GLP-1 medications can lead to some unpleasantness: It's not uncommon to experience a difference in taste, a lack of sense of satisfaction, bloating, nausea, flatulence, reflux, stomach cramps, and other less-than-enjoyable digestive side effects.

Here's where some food guidelines can be helpful. Some simple swaps can make taking Tirzepatide or Semaglutide easier for your digestive system and body, and can prevent most side effects from becoming bothersome.

- Avoid processed, fried, greasy, or fatty foods and foods high in sugar. These tend to be the toughest for your body to digest and the most likely to cause nausea while taking a GLP-1 medication.
- Eat slowly and eat smaller meals.
- Have meals that are light, full of fiber, nutrients and whole foods.
- Drink clear or ice-cold drinks (like mineral water, sparkling water or unsweetened tea)

Talk to your RegenMD Wellness Provider about any side effects that become bothersome or that don't go away. The RegenMD Medical Team can offer recommendations and supportive care for any issues that arise. Again, if you experience any severe side effects (such as anaphylaxis or shortness of breath), seek immediate medical advice from a healthcare professional. Please see our **Diet & Lifestyle Guide** for additional tips on overall good eating habits.

In addition, consider cutting back on how often you drink alcohol or remove it altogether. In doing so this will allow your body and the medication, to function at its best, and you'll notice positive effects like better sleep and less fatigue during the day. Alcohol has a negative effect on blood sugar levels, which can impact the efficacy of GLP-1 medications.

.SIDE EFFECTS

Most people taking GLP-1 medications experience few side effects. However, the most common side effects are mild and tend to improve with time. Side effects of GLP-1 drugs may include nausea, diarrhea, decreased appetite, vomiting, constipation, indigestion, and stomach (abdominal) pain.

If you're worried about hypoglycemia (low blood sugar levels), rest assured that tirzepatide poses a relatively small risk when combined with other diabetes medications such as sulfonylureas or insulin.

Rarely, GLP-1 Medications may cause more severe side effects such as kidney problems, gallbladder problems, or changes in vision.

If you have severe abdominal pain or other serious side effects while taking a GLP-1 Medication, seek emergency medical services and contact your RegenMD Medical Provider right away.

GLP-1 Medications may decrease the effectiveness of oral contraceptive medications. It is recommended that you change to an alternative form of birth control for contraceptive purposes while on GLP-1 Medications.

storage

Store unopened vials in a refrigerator between 36°F and 46°F. Keep it in the original carton until you are ready to take it. Do not freeze or use if the medication has been frozen. Protect from light. Get rid of any unused medication after the expiration date on the label.



wellness for everyone