

**COMPOUNDED SUBLINGUAL SEMAGLUTIDE INFORMATION AND TIPS**

**WITH CREAM**

**Compounded Sublingual Semaglutide Information & Tips**

**Use:** Impact Compounding does not make claims on the use of Semaglutide or any brand name affiliates. However, the drug itself has previously been used to treat type 2 diabetes, aid in weight loss, lower the risk of heart attack, stroke, or death in patients with type 2 diabetes and heart or blood vessel disease.

**Tips for success:**

* SHAKE VIGOROUSLY for 3 minutes prior to each use.
* Hold under your tongue for 90 seconds before swallowing. The increased contact in the mouth will drive absorption and efficacy.
* It is recommended to take your dose in the morning.
* Do not eat for 30 minutes after taking sublingual semaglutide.
* Don’t let other healthy habits slide just because you’re on semaglutide: proper diet and exercise, sufficient sleep, stress management.

**Recommended Diet:**

* Do not overeat and when you eat, take smaller meals.
* Stay well-hydrated.
* Wait for at least three to four hours after meals before lying down.
* Prioritize complex carbohydrates, Eat protein at every meal, Consume more vegetables and fruits, Limit highly processed foods.
* Follow "the eating order" at meals: Greens First - Proteins/Fats - Carbs Last.

**Storing your prescription:**

* May be stored at room temperature, in a cool, dry location. Avoid extreme temperatures and direct sunlight.

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