

Tirzepatide/Glycine/B12 FAQs

How does Tirzepatide/Glycine/B12 work to help with weight loss?

With a one time weekly subcutaneous injection, this compound can increase insulin levels to an appropriate level, allowing for glucose to be used properly. You may also notice a decrease in appetite, less cravings, and a feeling of fullness quicker than before. The addition of glycine aids in the maintenance of muscle mass during rapid weight loss. The addition of cyanocobalamin (B12) helps to decrease nausea.

How do I store and inject the medication?

Strive Pharmacy compounds Tirzepatide/Glycine/B12 in a vial allowing for you to use the lowest effective dose to achieve results and minimize side effects. The vial is stored in the refrigerator and each week you will “draw out” the prescribed amount of the medication and inject subcutaneously.

1. Drawing medication from the vial is done by first cleaning the top of the rubber stopper of the vial with an alcohol swab. Using a new insulin syringe, pull the plunger back until you have filled the syringe with the amount of air that is equivalent to the amount of solution you will inject. Put the needle through the rubber stopper and inject the air into the vial. Keeping the needle inserted, turn the vial over, and pull the plunger back again filling the syringe with the prescribed amount of product.

****Tirzepatide/Glycine/B12 is a bright pink solution that does not require any additional mixing****

Your vial will not appear full. The vials are intended to hold 5 mL of solution but they only contain 0.5 mL to 2 mL of Tirzepatide/Glycine/B12 solution

2. A subcutaneous injection is an injection into the fatty tissue just below the skin. The areas of the body most often used are the abdomen or thigh. Dispose of the used needle/syringe properly in a sharps container.

How much do I inject?

That is a great question for your prescriber. Each provider decides the most appropriate dose and amount to inject each week. The syringes/needles are considered insulin syringes, so they are marked in units. Be careful when reading your directions, making sure you understand how many units you will be injecting.

Ex: 5 units=0.05 mL OR 25 units=0.25 mL

What do I do if I miss a dose?

Tirzepatide/Glycine/B12 is injected the same day each week. If a dose is missed, inject it as soon as possible, within 5 days of your missed dose. If you miss a dose for more than 5 days, skip the missed dose and go back to your regular dosing schedule. If you miss doses of medication for more than 2 weeks, contact your provider to determine if a dose adjustment should be made.

What if my vial of Tirzepatide/Glycine/B12 gets warm or hot?

No problem! We know during shipping, the medication may become warm and this can be concerning. We voluntarily completed a heat study on our product leaving it at room temperature for 7 days and then heating it to 130°F for an additional 5 days. Off-site testing determined the product remained stable, sterile, and maintained potency at 100%.

Is Strive Pharmacy's Tirzepatide/Glycine/B12 safe?

Absolutely! We source our Tirzepatide Base Powder from a domestic API manufacturer that is cGMP certified, and FDA inspected. We compound with a Tirzepatide Base Powder that does not have a salt form attached to the molecule. Our formulas are tested for safety, sterility, and potency initially and each batch that is compounded is sent to an off-site testing facility to ensure sterility and safety, as well as weekly random potency testing.

What are the most common side effects?

The greatest complaint upon initiation of Tirzepatide/Glycine/B12, and when doses are increased, is nausea. Injecting the product in the evening, near bedtime, may allow you to sleep through some of these symptoms. Your provider can prescribe you a medication to help decrease nausea if necessary.

Constipation or diarrhea may occur. If any of these symptoms are severe contact your provider for assistance.

Why am I not losing weight?

While Tirzepatide/Glycine/B12 can be a great aid in helping with weight loss, you have to choose to make lifestyle changes (diet and exercise) in order to see full benefit.

An individual with a great amount of internal inflammation will not be as successful at losing weight. By following a low-inflammatory diet including fresh fruits and vegetables and foods containing omega-3 fatty acids (think Mediterranean diet) and by avoiding processed foods, high fat foods, and carbohydrates inflammation can be decreased. This is when you will see the greatest amount of weight loss! It is also important to maintain an adequate intake of protein to maintain lean muscle mass.

Regular exercise is important in your weight loss journey. Make time for 30 to 45 minutes of aerobic exercise and 10 to 25 minutes of weight or resistance training at least four to five times per week.

Metabolic Refresh is a supplement created by Strive Pharmacy that will ensure an adequate amount of magnesium, chromium, and alpha lipoic acid are present in your system so that your Tirzepatide/Glycine/B12 will be utilized to its greatest benefit.

How long should I remain on Tirzepatide/Glycine/B12?

We recommend six months. This will help ensure that your internal inflammation has been decreased, that your pancreatic beta cells have been rejuvenated and are working at their best potential, and that your metabolism has been revamped!

Studies suggest that individuals may lose at least 20% of their body weight if lifestyle changes are maintained in addition to Tirzepatide/Glycine/B12 therapy.

Who shouldn't use Tirzepatide/Glycine/B12?

Tirzepatide/Glycine/B12 is contraindicated if you or any family members have been diagnosed with Multiple Endocrine Neoplasia Syndrome Type 2 or if you have a history of Medullary Thyroid Cancer.

Inform your provider if you have a history of pancreatic disease or existing gallbladder disease. Inform your provider if you are a Type 1 Diabetic.

Avoid use during pregnancy and breastfeeding. Discontinue two months prior to becoming pregnant.

FEEL FREE TO CONTACT YOUR LOCAL STRIVE PHARMACY FOR ANY ADDITIONAL QUESTIONS OR CONCERNS!