

## PATIENT INFORMATION

### WHAT IS TIRZEPATIDE

Tirzepatide is a peptide that selectively binds to and activates both the glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors. At therapeutic doses, it acts on centers in the brain and suppresses appetite. Used in conjunction with diet and exercise, Tirzepatide helps patients adhere to a reduced-calorie diet, enhancing the weight loss process (>30% weight loss). This would also help improve glycemic control in those with type 2 diabetes.

### WHAT IS BPC-157?

BPC-157 is partial sequence of the body protection compound (BPC) and a protective compound present in the human stomach which serves as an anti-inflammatory agent. Obesity is classified as a systemic inflammatory condition which can impede weight loss attempts in the long term. Inflammation results in reduced levels of adiponectin, which is important in improving insulin sensitivity and regulating metabolism as well as energy expenditure. BPC-157 can help address underlying inflammation to allow for sustained weight loss when used in conjunction to Tirzepatide.

### BENEFITS

- Weight loss through appetite suppression
- Reduced gut inflammation to allow for better nutritional absorption
- Improved insulin resistance

Possible side effects: injection site reaction (pain; redness; swelling), nausea, diarrhea, vomiting (stop use) and (less commonly) constipation, stomach pain, headache, fatigue, dizziness, bloating, gas and heartburn. Serious side effects include (but not common) include pancreatitis, gallbladder & renal problems, anaphylaxis, tachycardia and depression. Avoid use if pregnant or breastfeeding. Notify our clinic of all supplements and medications (including corticosteroid and thyroid medication) you are taking.

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