



Your Medical Weight Loss Program guide

What you get, how to start, and what to expect. Simple and clear.

\$499 a month, three-month minimum. **Answer your check-in text every week. That is how your provider knows when to raise your dose.**

01 WHAT YOU GET FOR \$499 A MONTH

One price. Your medicine, your vitamin shots, your follow-up blood work, and your dose changes are all in it. Nothing extra to pay.

WHAT YOU GET	WHAT IT MEANS	VALUE
Your weekly weight loss shot	One shot a week. Four a month. You can get it at the clinic or take it home. Your provider picks the medicine and the dose. The price stays the same at every dose.	Included
A vitamin shot with every dose	Each week you also get a B12 / MIC vitamin shot. It helps with energy and helps your body burn fat while you eat less.	\$35 value each
Follow-up blood work every 3 months	Every three months we check your blood. Sometimes it is a short test. Sometimes it is a bigger one. Your provider decides what you need. Either way, it is included.	Included
Dose changes from your provider	We start low and go up slowly. When you are ready, your provider raises your dose. No visit fee.	Included
Weekly check-in texts	Once a week we text you. You tell us your weight and how you feel. It takes about 30 seconds.	Included
Text or call us any time	Have a question between visits? Text or call. We answer fast.	Included
Supplies	Needles, alcohol wipes, and a sharps box for take-home shots. Nothing to buy.	Included



02 HOW TO START

It starts with blood work. That is how your provider picks the right medicine for you.

STEP	WHAT HAPPENS
01 Blood work first	Pick the Essential Panel (\$399) or the Elite Panel (\$799). Already have recent blood work? Send it to us. If your provider says it is enough, you skip this step and pay nothing for labs.
02 Your provider looks it over	Your provider reads your labs, your history, and your goals. Then they pick your medicine and your starting dose.
03 Your first shot	Month one is charged the day you start. You get your first weight loss shot and your vitamin shot that day.
04 One shot a week	Same day every week. Answer your check-in text. Your provider raises your dose when you are ready.
05 Blood work every 3 months	We check your blood again every three months. It is included. It tells us the medicine is working and safe.

03 HOW YOU PAY

\$499 a month. You are charged on the same day each month as the day you started.

Three-month minimum. Results take about three months, so we ask you to stay at least that long. After that, it is month to month.

Your first blood work is paid once, on its own. Every follow-up blood test after that is included.

Add a second program, like hormones, and your plan also includes one Range IV a month.

Want to stop? Tell your provider first. If you stop the medicine all at once, your hunger comes back fast. We will make a plan with you.

Most multi-system optimization plans (2 to 3 areas at once) range from \$749 to \$999 a month. Your provider will recommend the right combination based on labs.

04

THREE THINGS THAT MAKE IT WORK

The medicine makes you less hungry. These three things make sure you lose fat, not muscle.

HABIT	WHY
Eat protein at every meal	Aim for about 1 gram of protein for every pound you want to weigh. Skip this and you can lose muscle instead of fat.
Drink 64 to 80 ounces of water a day	You will not feel as thirsty on this medicine. Most headaches and tiredness come from not drinking enough.
Move and lift	Lift weights 2 or 3 times a week. Walk 7,000 steps or more a day. This keeps your muscle while the fat comes off.

05

SIDE EFFECTS

Most side effects are in your stomach. They show up in the first week or two after a new dose, then fade. We raise your dose slowly to keep them mild.

COMMON AND USUALLY MILD

Feeling tired the first few weeks, mostly from eating less	Feeling full for hours after a small meal
Upset stomach, most common the first 1 to 2 weeks at a new dose	Headache, usually from not drinking enough water or skipping meals
Constipation (harder to go to the bathroom)	Feeling dizzy when you stand up
Heartburn or burps that taste like sulfur	Hair thinning 2 to 4 months in, from losing weight fast
Loose stools, worst at a new dose	Redness or itching where you gave the shot
Less hunger. That is the point	Alcohol hits you harder

CALL OR TEXT US IF

You cannot keep food or water down for 24 hours

Bad stomach pain that will not go away

No bowel movement for 4 or 5 days, or painful bloating

More than 6 watery stools in a day, or you feel dizzy and weak

Yellow skin or eyes, or dark pee

Any side effect that lasts more than 2 or 3 weeks

You are losing more than 3 pounds a week

You cannot eat enough food

You take blood pressure or diabetes medicine. Your dose may need to change

CALL 911 FOR

Hives, a swollen lip or throat, or trouble breathing

Bad chest pain or trouble swallowing

You pass out

A sudden, very bad headache unlike any before

NOT FOR YOU IF

You are pregnant, trying to get pregnant, or breastfeeding

You or your family have had medullary thyroid cancer or MEN 2

You have had pancreatitis

You have a serious stomach or bowel disease

You are allergic to any ingredient

06 GOOD TO KNOW

Missed your shot day? If it has been 2 days or less, take it now. If it has been more than 2 days, skip it and take your next one on your normal day.

Keep take-home medicine in the fridge. Let it sit out 15 to 30 minutes before your shot.

Change where you give the shot: belly, thigh, or back of the arm.

Having surgery or anything with anesthesia? Tell the doctor you take a weight loss medicine.

Eat before you drink alcohol, and drink less than you used to. It hits harder now.

Never stop your medicine on your own. Ask your provider for a plan first.

Ready to start, or have a question? Text or call (949) 997-3988. 1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660.