



Dear Customer,

Thank you for your order with ColinFWatson.com. Here's a step-by-step guide to properly mix and reconstitute your Semaglutide 5 mg:

1. **Gather Supplies:** Ensure you have the semaglutide vial, bacteriostatic water, a syringe, and alcohol swabs.
2. **Cleanse the Area:** Wipe down the area where you will be mixing with an alcohol swab to ensure it's clean and germ-free.
3. **Prepare the Vial:** Remove the plastic cap from the semaglutide vial and clean the rubber stopper with an alcohol swab.
4. **Remove vacuum from vial:** Take your large mixing syringe and extract 2ml of air from your semaglutide vial before adding water.
5. **Draw Bacteriostatic Water:** Using your syringe add 2ml of air to your bac water vial first to create a pressure. This will make it easier for you to withdraw the appropriate amount of water. Draw up the recommended amount of bacteriostatic water.
6. **Add the Water to the Vial:** Slowly inject 2ml of the bacteriostatic water into the semaglutide vial, aiming the stream of water down the side of the vial to avoid creating bubbles.
7. **Mix Gently:** Do not shake the vial. Instead, gently swirl until the product is completely dissolved. Make sure the solution is clear and free of particles.
8. **Storage:** Store the reconstituted semaglutide in the refrigerator. Do not freeze. Always ensure the cap is tightly secured.

Dosing Recommendations for Semaglutide

- **Month 1:** 0.15 mg once per week
- **Month 2:** 0.20 mg once per week If well-tolerated and as recommended by your healthcare professional, you can increase to next titrated dose.
- **Month 3-6:** 0.30 mg once per week: If well-tolerated and as recommended by your healthcare professional, you can increase to next titrated dose.

Take A break and go into maintenance for 30 to 60 days.

We'd like to clarify that while we provide general information about medications, it is essential that you consult with a healthcare professional for individualized guidance. It's crucial to follow the dosage and recommendations given by your healthcare provider, as they will be tailored to your specific needs and situation.

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Semaglutide is a glucagon-like peptide-1 (GLP-1) agonist used in the treatment of type 2 diabetes and obesity. It helps to regulate blood sugar by increasing insulin production in response to meals and reduces the amount of sugar produced by the liver.

The dosing regimen you provided for semaglutide is a titration schedule, which means the dose is gradually increased to minimize potential side effects and determine the optimal therapeutic dose for a patient. This is a general guideline, and the dosing might vary based on an individual's clinical response and tolerance.

If you or someone you know is considering starting semaglutide or any other medication, please consult with a healthcare professional. They will provide guidance tailored to your specific needs and situation.

Important: Always use sterile techniques to avoid contamination. Dispose of all needles and syringes properly.

If you have any questions regarding the mixing process or the use of your product, please don't hesitate to reach out to us. We're here to help!

Warm regards,

The ColinFWatson.com Team

For support please email info@colinwatson.com