



Tirzepatide Melts Smooth Mint Flavor

Directions:

- Store in Refrigerator
- Nothing to eat or drink 15 minutes before and 30 minutes after dosing.

Suggested Morning Routine -

- Upon awakening take any medication or supplements that need to be taken first thing in the morning, brush teeth.
- Wait 15 minutes
- Bite melt into 4 pieces and place at different points along the gum line (can be top or bottom gum line)
- Make sure the melt is between cheek and gum to dissolve slowly.
- As the melt begins to dissolve, you may notice a powdery feel - this is the base only. At this point, start using your tongue to move the melt around your gums and under your tongue.
- This process takes about 15 minutes.
- Do not chew or swallow melt, let it slowly dissolve in your mouth to allow for maximum absorption of medication.

REMEMBER Wait 30 minutes AFTER medication is completely dissolved before eating or drinking anything (this includes brushing your teeth).



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Suggestions:

- 100 gm Protein per Day
 - Protein Drinks
 - Read the label - check your protein type, sweeteners and sugar content
- Eat slowly and in the right order
 - Protein First
 - Fruits and Vegetables Next
 - Starches Last
- Drink Plenty of Water
 - ½ oz for every pound that you weigh
 - Take your weight divide by 2 = amount of ounces that you should drink every day
 - Don't like plain water?
 - Add electrolytes but check your sweeteners and sugar content
- Watch for constipation
 - Magnesium Citrate or MagO7 work well to keep bowels moving
- Nausea can mean a variety of things
 - Dehydration
 - Electrolyte Imbalance
 - Ultima Refreshers are yummy
 - Hunger
 - When was the last time that you ate?
 - B Vitamin Deficiency
- Hunger outside of mealtime
 - Have you had enough water?
 - Sometimes thirst presents as hunger
 - Are you truly hungry?
 - Drink 8 oz of water
 - Still hungry after 20 minutes?
 - Snack Smart
 - Protein, Nuts, Cheese, Veggies
 - You need to break the snacking habits
 - Are you bored?
 - You need to break the snacking habits
- You are not in this alone
 - Teri & Natalie are here to answer your questions
 - Facebook Users join the following group
 - Mounjaro Zepbound Weight Loss Support