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Welcome to Salt

Thank you for choosing Salt Aesthetics and Wellness. We appreciate you trusting us with your care and allowing us to be part of your weight loss journey. We pride ourselves on being available to you. Please do not hesitate to reach out with any questions or concerns. The best ways to reach us include:

We are open Monday - Friday 9 - 5

Office number is 910-769-1780

You can text us anytime by responding to your appt confirmation.

Sara can be reached at Sara@saltaestheticsbar.com


Andrea can be reached at saltaestheticsbar@gmail.com

For emergency contact you may text or call Andrea at 910-431-3991

Again, thank you for choosing Salt. We look forward to seeing you again soon.

Sincerely,

Andrea, Sara and the whole Salt crew.

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Semaglutide

Overview

Semaglutide is a medication that belongs to a class of drugs known as GLP-1 receptor agonists. Semaglutide is an FDA-approved medication for weight loss.

Other Uses

Semaglutide has been shown to promote weight loss in people with type 2 diabetes, and / or with BMI > 27 and one health complication. This is because it reduces appetite, slows down the emptying of the stomach, and increases feelings of fullness by acting as a GLP 1 hormone in the brain. In studies Wegovy branded Semaglutide helped people lose on average 15% of their body weight. Semaglutide has been found to reduce the risk of cardiovascular disease, including reducing the risk of heart attacks, strokes, and other cardiovascular events. Semaglutide is administered once a week by injection.

Semaglutide is available as branded Wegovy at retail pharmacies.

Semaglutide has also been made available through compound pharmacies .

Dosage, Concentration, Route of Administration

Dosage: Semaglutide is given in escalating doses on a monthly basis. We will instruct you how to give yourself injections at home or you can come to our spa weekly.

Route of Administration: For SQ injection only

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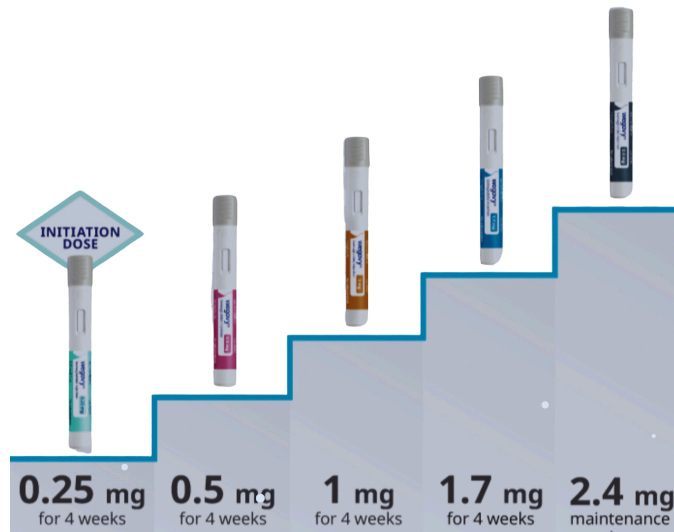
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Dosing of Semaglutide



Semaglutide is dosed in an escalating pattern with one injection weekly. If you are prone to nausea and / or constipation you may want to start even lower - and move slower. We can discuss this with you!

Common side effects of Semaglutide include nausea, dyspepsia, constipation. You should not take semaglutide if you have a hx of gallbladder disease, pancreatitis, or plan to become pregnant.



Compounded Medications:

10 units. 20 units. 40 units 65 units. 100 units

We will review dosing with you at your appointment.
Shots are weekly.

Example of max dosing with compound mediation

Week 1: Week 2: Week 3: Week 4: Week 5: Week 6: Week 7: Week 8:

10u. 15u. 20 u. 25u. 30u. 35u. 40 u. 45u

*You DO NOT NEED TO INCREASE THIS MUCH NOR WEEKLY!

Never move up by more than 5 units / week.

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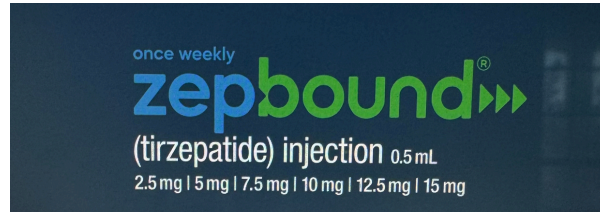
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Tirzepatide



Overview

Tirzepatide is a GLP - 1 / GIP receptor agonists. Tirzepatide is an FDA-approved medication for weight loss.

Tirzepatide has a greater affinity to GIP receptors than to GLP-1 receptors making it different than semaglutide (Wegovy). This dual agonist behavior makes it unique and sometimes a better fit for our weight loss clients. The medication mimics a GLP 1 which tells the brain we are full. It also slows down digestion of food. This combination reduces appetite. Tirzepatide was FDA approved for weight loss in November 2023. It is indicated in people with a BMI > 30, or a BMI > 27 with comorbid conditions.

Tirzepatide is available in pharmacies as Zephbound and Monjauro

Tirzepatide has also been made available through compound pharmacies .

Dosage, Concentration, Route of Administration

Dosage: Tirzepatide is given in escalating doses on a monthly basis. We will instruct you how to give yourself injections at home or you can come to our spa weekly.

Route of Administration: For SQ injection only

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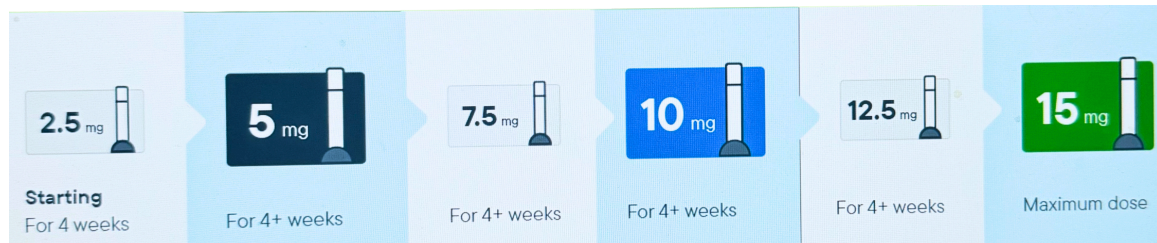
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Dosing of Tirzepatide



Tirzepatide is dosed in an escalating pattern with one injection weekly. If you are prone to nausea and / or constipation you may want to start even lower - and move slower. We can discuss this with you!

Common side effects of Tirzepatide include nausea, dyspepsia, constipation. You should not take tirzepatide if you have a hx of gallbladder disease, pancreatitis, or plan to become pregnant.



Compounded Medications will be calculated for you!

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Your Plan in Action:

<i>Dose:</i>	<i>Weight</i>	<i>% fat</i>	<i>% muscle</i>	<i>Measurements</i>
<i>Week 1:</i>				
<i>Week 2:</i>				
<i>Week 3:</i>				
<i>Week 4:</i>				
<i>Week 5:</i>				



FAQ:

Go up slowly . Side effects are dose related. Weigh weekly and do not go up if you have lost weight! We recommend Miralax and Colace for mild constipation.

CALL OR TEXT WITH QUESTIONS

Weight Management Available Options:



When following a low-calorie diet, there are also other variables to consider. For example, immune system and energy may both be in short supply when restricting calories. Both immune response and energy enhancers may be options to fulfill deficiencies in these areas. Below are options to consider. Please discuss which option may be most suitable for you with your medical provider.

Supplemental Medications:

Common medications prescribed by our office include the following:

- Semaglutide (Wegovy and compounded formulations)
- Tirzepatide (Zepbound and compound formulation)
- Phentermine
- Contrave
- Peptide Formulations including MIC -B, and Sermorelin

Lipoprotein B / MIC B (1ml IM injection, weekly):

Lipo-Mino Mix starts with a special lipotropics fat burning combination of methionine, inositol, choline, carnitine, B1, B2, B6 and B12. Each of these ingredients can help the body turn fat into energy.

Accountability:

Accountability is as much as an important part of a diet, as the diet itself! Each office should have someone who can meet with patients each week for administering the IM injections and weigh ins. Keeping the patients accountable and motivated in their weight loss journey is paramount to the success of the program.

What is a Compound Pharmacy?



Drug compounding is often regarded as the process of combining, mixing, or altering ingredients to create a medication tailored to the needs of an individual patient. Compounding includes the combining of two or more drugs. Pharmacies are overseen by licensed pharmacists and / or physicians. Compounded drugs are not FDA-approved.

Are Compounded Drugs approved by the FDA:

Compounded drugs are not FDA-approved. This means that FDA does not verify the safety or effectiveness of compounded drugs. Consumers and health professionals rely on the drug approval process for verification of safety, effectiveness, and quality. Compounded drugs also lack an FDA finding of manufacturing quality before such drugs are marketed.

Who inspects Compounding Facilities:

Various entities may inspect facilities that compound drugs, including state boards of pharmacy and FDA.

Generally, state boards of pharmacy have primary responsibility for the day-to-day oversight of state-licensed pharmacies that are not registered with FDA as outsourcing facilities. FDA does conduct surveillance and for-cause inspections of state-licensed pharmacies that are not registered as outsourcing facilities.

Facilities that register with FDA as outsourcing facilities under section 503B are primarily overseen by FDA and inspected by FDA according to a risk-based schedule.

Are there risks associated with Compounded Medications?

Compounded drugs can serve an important medical need for patients, but they do not have the same safety, quality, and effectiveness assurances as approved drugs.

Because compounded drugs are not FDA-approved, FDA does not verify their safety, effectiveness, or quality before they are marketed. We acknowledge that poor compounding practices could result in serious drug quality problems, such as contamination or a drug that contains too much active ingredient. This can lead to serious patient injury and death.

What Compound pharmacies are used at Salt Aesthetics Bar?


- Empower Pharmacy
- Hallandale Pharmacy
- Olympia Pharmacy

Tips from our Clients:

- Be sure to drink plenty of water. Not only is it healthy it helps prevent constipation
- Small, protein rich meals help prevent nausea
- If you overeat, you will regret it
- Do remember to eat. It helps with energy and helps prevent nausea
- If you are not hungry you are likely taking too much medication.

Tips from our Providers:

- We like Miralax and Colace over the counter for mild constipation. Magnesium containing products (MagCitrade) can cause pain and cramping and is not recommended without speaking to us first)
- If you need a prescription for nausea please contact us
- Do not take your scheduled injection if you are ill or potentially having an adverse side effect from the medication.
- Tell your primary you are taking a new medication! We will always check for interactions but they should be aware and follow your progress as well!

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