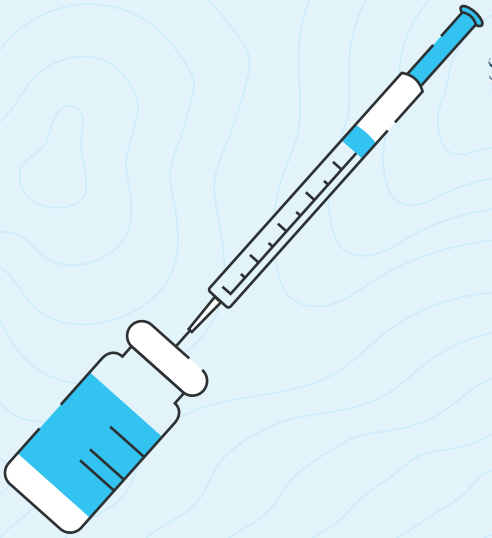
ADMINISTRATION GUIDE

FOR WEEKS 13-16

HOW TO MIX SEMAGLUTIDE

5 MG VIAL

Mix the vial immediately before its first use and not in advance. Mixing the vial too early may cause it to lose its effectiveness



1. CLEAN YOUR HANDS AND THEN GATHER THE MATERIALS FOR MIXING.

You will need:
- 5 mg semaglutide vial;
- bacteriostatic water vial;
- 100 Units/1 ml syringe with a needle;
- alcohol pad;
- sharps disposal container for a needle.

2. PREPARE THE MATERIALS FOR MIXING.

Remove the protective caps from your semaglutide vial and bacteriostatic water vial. Clean the top of each vial with an alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

3. DRAW UP THE BACTERIOSTATIC WATER.

You will need 1 ml (100 Units) of bacteriostatic water. To draw up the water, hold the bacteriostatic water vial upside down and insert the needle into the rubber cap. Slowly pull back the plunger to the 1 ml (100 Units) mark.

4. INJECT BACTERIOSTATIC WATER INTO THE SEMAGLUTIDE VIAL.

After the bacteriostatic water has entered the syringe to the appropriate amount, take the syringe of water and insert it into the semaglutide vial.

Slowly inject all of the water into the semaglutide vial. If you feel pressure, stop and let it level out before moving on. After the bacteriostatic water has entered the vial, pull the needle out of the vial.

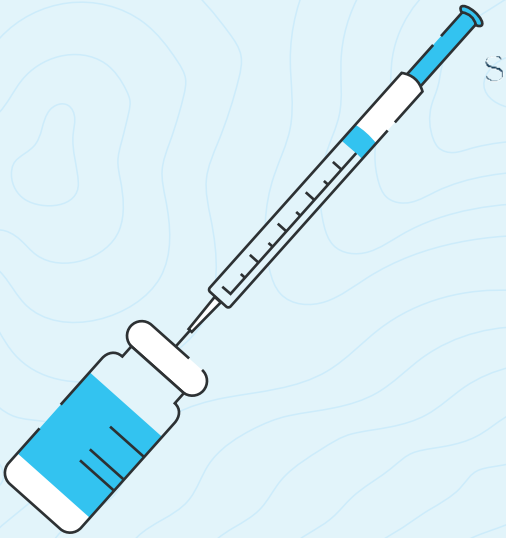
5. GENTLY SWIRL THE SOLUTION.

Gently swirl the solution in a circular motion until the semaglutide powder and bacteriostatic water completely combine. Do not shake the solution.

HOW TO MIX SEMAGLUTIDE

2 MG VIAL

Mix the vial immediately before its first use and not in advance. Mixing the vial too early may cause it to lose its effectiveness



1. CLEAN YOUR HANDS AND THEN GATHER THE MATERIALS FOR MIXING.

You will need:
- 2 mg semaglutide vial;
- bacteriostatic water vial;
- 100 Units/1 ml syringe with a needle;
- alcohol pad;
- sharps disposal container for a needle.

2. PREPARE THE MATERIALS FOR MIXING.

Remove the protective caps from your semaglutide vial and bacteriostatic water vial. Clean the top of each vial with an alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

3. DRAW UP THE BACTERIOSTATIC WATER.

You will need 1 ml (100 Units) of bacteriostatic water. To draw up the water, hold the bacteriostatic water vial upside down and insert the needle into the rubber cap. Slowly pull back the plunger to the 1 ml (100 Units) mark.

4. INJECT BACTERIOSTATIC WATER INTO THE SEMAGLUTIDE VIAL.

After the bacteriostatic water has entered the syringe to the appropriate amount, take the syringe of water and insert it into the semaglutide vial.

Slowly inject all of the water into the semaglutide vial. If you feel pressure, stop and let it level out before moving on. After the bacteriostatic water has entered the vial, pull the needle out of the vial.

5. GENTLY SWIRL THE SOLUTION.

Gently swirl the solution in a circular motion until the semaglutide powder and bacteriostatic water completely combine. Do not shake the solution.

HOW TO INJECT SEMAGLUTIDE

Sites on the body where subcutaneous injections can be given

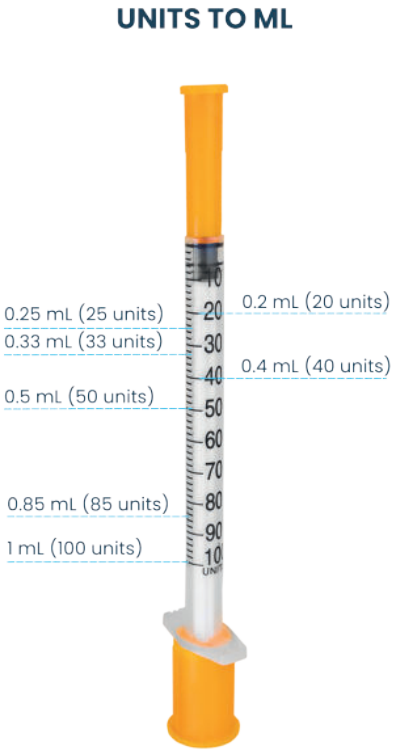
1. PREPARE THE INJECTION MATERIALS.

To give a semaglutide shot, you will need:
- semaglutide vial with the solution you created after mixing (hereinafter referred to as the "semaglutide solution");
- 100 Units/1 ml syringe with a needle (make sure to use a new syringe and a new needle for every injection);
- alcohol pad.

Attach the needle to your syringe. Do not touch the needle with your fingers, and do not let the needle touch any other surface.

2. DRAW UP SEMAGLUTIDE.

Week	Dose	Vial to use	ML on a syringe	Units on a syringe
Week 13	1.7 mg/week	5 mg vial	0.33 ml	33
Week 14	1.7 mg/week		0.33 ml	33
Week 15	1.7 mg/week		0.33 ml	33
Week 16	1.7 mg/week	2 mg vial	0.85 ml	85



As described in the table above, the amount of semaglutide solution you need in the syringe depends on the dose you want to take.

2.1. Fill up the syringes for weeks 13-15 with the dosage of 1.7 mg/week
(fill up right before you plan to give the weekly shot)

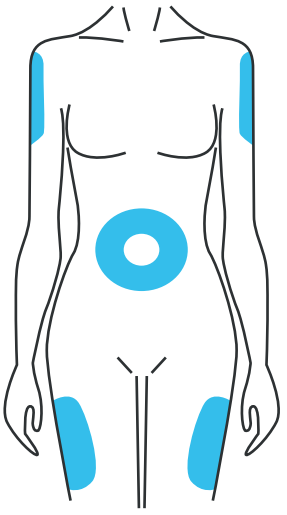
A. Take a new syringe with a needle (for week 13)
B. Take the **5 mg vial** with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.33 ml (or 33 Units)** mark.
C. After the solution has entered the syringe, pull the needle out of the vial.
D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.
E. Repeat steps A-D with new syringes at weeks 14, and 15, right before you plan to give the weekly shot.

2.2. Fill up the syringes for week 16 with the dosage of 1.7 mg/week
(fill up right before you plan to give the weekly shot)

A. Take a new syringe with a needle (for week 16)
B. Take the **2 mg** vial with the solution you created inside (semaglutide solution); Insert the needle into the rubber cap. Slowly pull back the plunger to the **0.85 ml (or 85 Units)** mark.
C. After the solution has entered the syringe, pull the needle out of the vial.
D. Give yourself an injection according to the instructions below, or put the cap back on the needle and store your syringe in the fridge until you're ready to use it.

3. PREPARE THE INJECTION SITE.

Semaglutide is administered subcutaneously to the abdomen, thigh, or upper arm.
Choose the area where you plan to give the shot. Wipe the area with an alcohol pad and let it dry for a few seconds. Make sure to use a different injection site each week when injecting in the same body region.



4. INJECT SEMAGLUTIDE.

Subcutaneous injections can be given at a 90-degree angle or a 45-degree angle. The injection can be done at a 90-degree angle if 2 inches of skin can be grasped between your thumb and index finger. If only 1 inch of skin can be grasped, inject at a 45-degree angle.

Grasp the skin with the hand not holding the syringe to create a fat fold. Holding the syringe securely with the other hand, insert the needle under the skin. When the needle is fully inserted, slowly push down on the plunger to inject the contents of the syringe. Pull out the needle at the same angle it went in.

Safely dispose of the needle.

IMPORTANT INFORMATION

FREQUENCY OF SEMAGLUTIDE INJECTIONS

Administer semaglutide once a week, on the same day each week. You can give an injection at any time of the day, with or without meals.

The day of the weekly injection can be changed if necessary as long as the time between two doses is at least 48 hours.

SEMAGLUTIDE MISSED DOSE

Don't worry if you missed your semaglutide injection. Give yourself a shot as soon as possible within 5 days after the missed dose.

If more than 5 days have passed, it is recommended to skip the missed dose and administer the next semaglutide dose on the regularly scheduled day.

HOW TO STORE SEMAGLUTIDE

Semaglutide is a thermolabile product. Once solved, it should be stored in a refrigerator to retain its properties. However, leaving semaglutide at room temperature for a while or exposure to moderate heat will not instantly make it useless.

Semaglutide keeps its purity for up to 4 weeks at room temperature. However, we highly recommend putting a vial in the refrigerator as soon as possible after you find it's left at room temperature.

HOW TO STORE BACTERIOSTATIC WATER

An opened vial of bacteriostatic water should be stored in a refrigerator to retain its properties.

Do not expose any of the vials to direct sunlight and high temperatures.