


once weekly



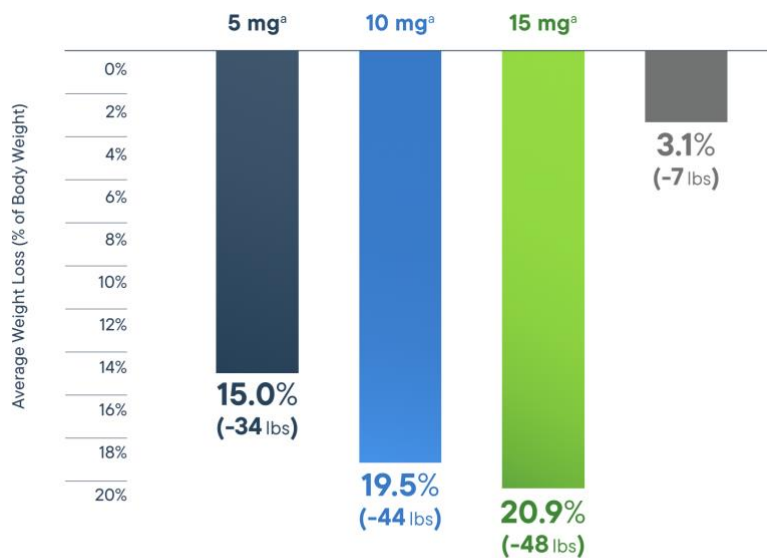
# mounjaro<sup>®</sup>

(tirzepatide) injection 0.5 mL

2.5 mg | 5 mg | 7.5 mg | 10 mg | 12.5 mg | 15 mg

Mounjaro is a weight loss injection containing tirzepatide, designed to reduce appetite and promote a feeling of fullness between meals, aiding weight loss alongside diet and exercise.

Average weight loss with Mounjaro is 22% after 72 weeks of use when combined with healthy lifestyle changes.



Overall average starting weight: 231 lbs

<sup>a</sup>Treatment or placebo included a reduced-calorie diet and increased physical activity.

Indicated as an addition to a reduced calorie diet and increased physical activity for chronic weight management in adults with an initial body mass index (BMI) of  $\geq 30$  kg/m<sup>2</sup> (obesity) or  $\geq 27$  kg/m<sup>2</sup> (overweight) with at least 1 weight-related comorbid condition (e.g., hypertension, dyslipidaemia, type 2 diabetes mellitus, obstructive sleep apnoea, or cardiovascular disease)

In a 17-month clinical trial, people who dieted, exercised, and took Mounjaro observed changes in



Cholesterol



Blood pressure

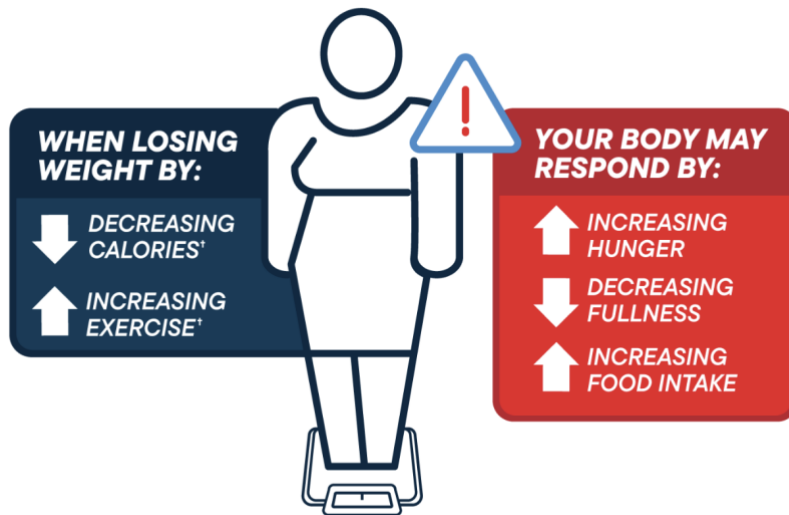


Waist size

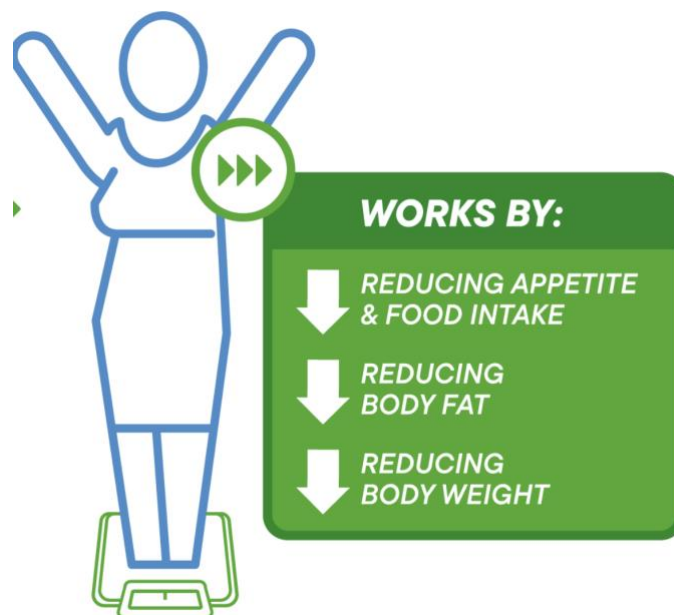
### Body's response to weight loss

For decades, diet and exercise have been a go-to approach to weight management. But in trying to lose weight using diet and exercise alone, many people are left feeling stuck.

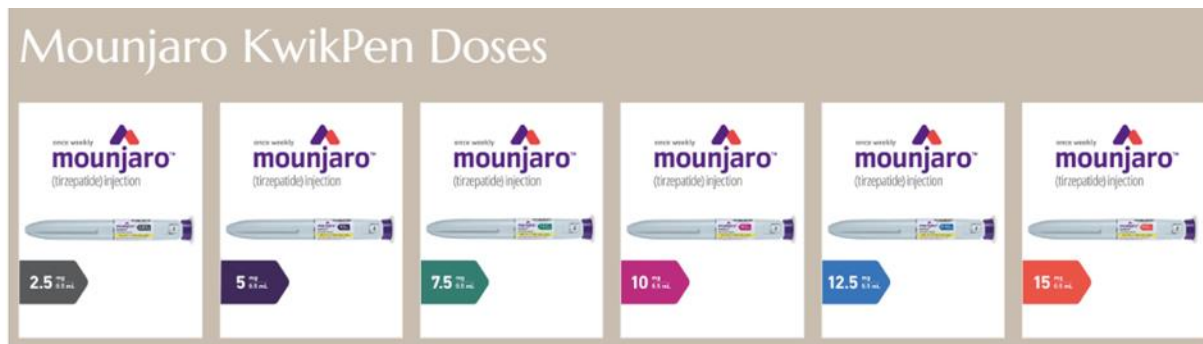
The problem? The human body may defend against weight loss. When you lose weight by cutting calories, your body may respond by increasing hunger, reducing feelings of fullness, and causing you to eat more—making weight loss difficult.



How is it different with Mounjaro



Here's a breakdown of its dosing schedule and effectiveness:



**Starting Dose:** The initial dose of Mounjaro is always 2.5 mg, regardless of prior experience with weight loss injections.

**Dosing Schedule:** You typically stay at each dose for 4 weeks before increasing to the next dose. This gradual increase allows your body to adjust to the medication and minimizes the risk of side effects or serious illness.

**Adjusting Dose:** You have the option to increase your dose at any time, as long as it's been longer than 4 weeks. However, it's essential to follow the prescribed dosing schedule for safety and effectiveness.

**Maximum Maintenance Dose:** The highest recommended dose of Mounjaro is 15 mg once weekly. Exceeding this dosage could lead to severe side effects and serious health issues.

**Individual Considerations:** If you experience severe side effects or are satisfied with your weight loss results at a lower dose (5 mg or 10 mg), you may need to stay on that dose for a longer duration.

**Comparative Analysis:** Mounjaro is similar to Wegovy, but Wegovy only has one maintenance dose of 2.4mg, whilst all of Mounjaro's doses from 5mg upwards can be maintenance doses.

### Switching from other weight loss injections

Different weight loss medications aren't interchangeable. If you're using another weight loss medication, such as Wegovy, you'll need to wait up to 2 months before switching to Mounjaro. Your previous weight loss medication needs to fully leave your system during a 'washout' period. Keep in mind, Mounjaro might not be suitable for you (even if you're using another weight loss medication). We'll assess if it's right for you during your consultation.

More information:

<https://www.medicines.org.uk/emc/files/pil.14206.pdf>

[Kwikpen guide](#)

