CLINICAL WEIGHT LOSS

BriteBody

BY BOTOX BAR

Medically Proven. Research Driven.
Guided by Experienced Registered Nurses and Physician Assistants.

WELCOME,

Our Newest Patient!

We are pleased to welcome you to our medical weight loss program, and are looking forward to helping you embark on your weight loss journey! Our program is a unique + medically supervised approach designed to obtain fast, safe, effective and long lasting results. Many patients desire to get in shape, and the process of losing weight can sometimes feel overwhelming. Majority of people try everything from eating healthy foods and exercising daily, but still cannot get the results they desire. We can't wait to help you lose up to 20% of your current body weight, improve digestion + overall health, and enhance your body's ability to burn fat. To reach these goals, we use an FDA medication called Semaglutide (also known as Ozempic or Wegovy).

Wegovy and Ozempic, both FDA approved, have an "unprecedented demand". In recent research studies, this once-a-week injection has been deemed as or more successful than gastric sleeve or bariatric surgery. Physicians have seen a tremendous amount of interest in the drug in 2022 because it is one of the few that *actually* works. Patients describe its effect as simply "feeling fuller faster".

The program cost per month is $375 (or $94 per week). Your product will be auto-shipped to the clinic directly from our pharmacy each month. During your monthly follow-up & check in, you will receive the next month's supply.

What is Semaglutide?

Our small intestine naturally produces a hormone called glucagon-like peptide (GLP-1). It is responsible for stimulating the secretion of insulin and suppressing glucagon secretion, lowering blood sugar. Semaglutide is made up of GLP-1. Because of this, Semaglutide is effective in controlling your eating habits and reducing your appetite.

Semaglutide is the first once-weekly medication in its class that's FDA-approved to help with chronic weight management when used in combination with diet and exercise. The largest clinical trial showed that people using Semaglutide lost an average of 14.9% of their initial body weight.

Although Semaglutide is not a "lose a pound a day" weight loss miracle, it is a safe and proven method to losing weight and improving our metabolic health.

WHY IS SEMAGLUTIDE YOUR *Best Weight-Loss Option?*

Most people struggle to lose significant weight. Factors such as eating habits, lifestyle, stress, and available food prevent effective weight loss. In addition, some people have genetic and hormone issues that can lead to significant weight gain.

Semaglutide allows you to achieve great weight-loss results regardless of these factors. Combining Semaglutide + B12 with regular exercise and a low-calorie diet will help to achieve the maximum result.

Semaglutide will delay gastric emptying by reducing glucagon secretion in a glucose-dependent manner. The delay in gastric emptying can reduce appetite, improve control of eating, and reduce food cravings.

THE PROGRAM IS DIVIDED INTO *Three Phases*

✓ Step 1

Initial Consultation An initial consultation and a baseline weigh in will take place. Your provider will have a conversation regarding medical history and future health goals. During your consultation, we will look over your medical history and evaluate your overall health to see if you are a good candidate for Semaglutide. If your weight-loss goals are realistic, we will then create a treatment plan to help you achieve the desired weight loss. Our experienced providers will develop a weight-loss program based on your physiology and goals. A prescription for the Semaglutide injection is included, and we will teach you how to administer it on your own.

✓ Step 2

Four Weekly Injections (one month span): For the next four weeks, you will inject one pre-dosed insulin syringe subcutaneously on the same day each week for four weeks. During this time, we encourage you to eat mostly vegetables, and exercise daily in some sort of manner (even a short walk is perfect!)

✓ Step 3

Monthly Follow-Up + Check-In: We will have you into the clinic one time each month to monitor your progress regularly, and adjust the prescription accordingly to ensure your results are following the weight-loss plan. You may repeat the monthly injection plan multiple times until you achieve your goal weight.

WHAT CAN I EXPECT FROM *Semaglutide?*

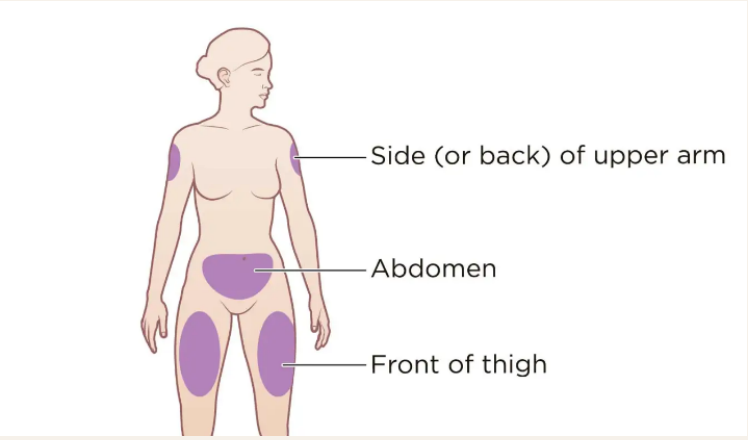
Semaglutide is known to have twice the effect as other weight-loss products. Some doctors even compare its effects to the result of gastric bypass surgery.

A study showed that adults achieved 14.9% mean weight loss after receiving weekly Semaglutide treatment after 68 weeks. In addition, 32% of the people lost 20% of their weight.

01 Semaglutide is typically injected just under the skin (subcutaneously) in your abdomen, upper arm, or thigh.

02 Avoid injecting the medication into the same spot every time — change your injection site with each dose. Injecting in the same body area (e.g., thigh) is OK as long as you're rotating sites within the area each time.

03 Since semaglutide slows down how quickly food leaves your stomach, you may experience side effects like nausea and vomiting. Once you get started on the medication, your provider will slowly raise your dosage every 4 weeks to help make these effects more manageable.



PROGRAM *Timeline*

WEEK 1

Head into the clinic for your first appointment! Our certified registered nurses will take a baseline weight, discuss a personalized long term care plan, and educate the patient thoroughly regarding the next four weeks of the program. You will be sent home with a patient information packet, and your medication for the following four weeks.

WEEK 4

We will have you into the clinic for your second appointment, and record another weight. We will discuss how you are feeling, energy levels, and symptoms. Based on the data, we will titrate your medication dose to help you more effectively reach your goals. Our nurse will then send you home with 4 more weeks of your medication.

WEEK 8

You will continue coming into the clinic every four weeks for a check-in. We will be titrating your dose as necessary until you reach your goal weight!

WHAT WE NEED FROM YOU

Patient Checklist

Help us help you by logging onto our website and completing your pre-program form.
Visit botoxbardfw.com/britebody-weight-loss to get started.

CHECKLIST

- [ ] Medical history + consent form submitted (located on our website)
- [ ] Clearance virtually by our physician (patient will be notified via phone)
- [ ] Schedule an appointment at the clinic
- [ ] Head into the clinic for monthly check-ins

PROGRAM LENGTH?

Best results are expected after completing a 60 week program.
Results are often seen after just two weeks of taking the medication.

PROGRAM COST?

Bodybrite is $375/month. Patients can pause monthly shipments at anytime.

PROGRAM EFFECTIVENESS?

Majority of patients taking Semglutide were shown to loose up to 15% of their bodyweight after a 68 week program. Semaglutide is FDA approved.

FREQUENTLY Asked Questions

Is Semaglutide Safe for Patients with Type I Diabetes or Diabetic Ketoacidosis?

Semaglutide is not a substitute for insulin and should not be taken by people with type I diabetes or diabetic ketoacidosis.

Do Semaglutide Injections Cause Side Effects?

You may experience constipation, diarrhea, nausea, stomach ache, and vomiting. If you have allergies, hypoglycemia, or kidney problems, you are at risk of serious side effects when taking Semaglutide.

How Do I Use Semaglutide?

Semaglutide is administered subcutaneously in your belly with very tiny and painless insulin syringes that you will inject only once a week. The dosage changes within the 1st month, however the injection will always be only once per week. You'll give yourself the injection once a week, on the same day each week. It can be given at any time of day, and you can take it with or without food. Semaglutide is injected just under the skin (subcutaneously) in your abdomen. Since Semaglutide slows down how quickly food leaves your stomach, you may experience side effects like nausea and vomiting. The goal is to have limited unfavorable side effects, while losing 1-2 lbs/week (and feel the benefits of the medication-less appetite, cravings, portion sizes). We will do this at the least effective dosing. We may need to adjust your dose every month in order to achieve that goal.

Do I need to be eating differently?

Yes. Majority of patients realize that they can only eat about half of what they used to. Focus on eating only until you are full. Eat mostly nutrient dense and high quality foods, like fresh fruits and vegetables, whole grains, and lean protein. The plan works best and most effectively when combined with an active lifestyle & healthy diet.

FREQUENTLY Asked Questions

How do I deal with nausea or constipation?

Small, frequent meals / Lower the amount of alcohol you consume / Consume low fat meals / Bland diet / Ginger, unisom, and vitamin B6 also help with nausea

What will be included in my weight loss bundle?

At your initial consultation, you will be given 4 pre-filled syringes. Each syringe will contain your customized dose of Semaglutide + B12. The B12 will help with your overall energy levels and will be already mixed into your syringe. These syringes must be stored in the refrigerator. You will inject one syringe subcutaneously each week, on the same day. You will also be given alcohol swabs to clean the skin before each injection.

How do I dispose of my used needles?

Use an empty household container that stays upright, has a tight fitting lid, and is made of heavy-duty plastic. A laundry detergent container, plastic coffee container, or clorox bottle work best! Please remember to keep both the medication syringes and used needles out of reach of children and pets.

Who can I contact when I have questions throughout my treatment process?

You can text or call our office anytime at 817-533-7676. If it is outside of business hours, feel free to leave us a voicemail and we will get back to you within a few hours typically. As always, in the case of an emergency, please go directly to the ER.

LET'S GET STARTED!

Are you ready to begin? Need more info? Our medical professionals offer complimentary virtual consultations on your schedule to better answer questions or concerns, and deliver additional information about BriteBody Clinical WeightLoss Program.

SCHEDULE YOUR COMPLIMENTARY CONSULTATION

Visit botoxbar.com/britebody-weight-loss

Botox Bar DFW, located in both Plano + Colleyville, Texas is a premiere aesthetic practice within the metroplex. Our team has perfected procedures to contour, enhance, and restore your face and body. We welcome you to trust our registered nurse's and physician assistant's expert hands for all of your medical cosmetic needs.

Talk Soon!

817-533-7676
hello@botoxbar.com
www.botoxbar.com