

Mounjaro® (Tirzepatide) Injection for Weight Loss

How does it work?

Mounjaro injection activates **GIP (glucose-dependent insulinotropic polypeptide) and GLP-1 (glucagon-like peptide-1) receptors**, enhancing insulin secretion, slowing gastric emptying, and reducing appetite. This dual mechanism helps decrease calorie intake and support long-term weight management.

Effectiveness of Mounjaro

Clinical studies show:

Up to 22.5% weight loss in individuals using the highest dose (15mg) over 72 weeks.

91% of users lose at least 5% of their initial body weight.

Initial effects are noticeable within weeks, with significant weight loss seen over months.

How Much Time Does It Take to Work?

First few weeks: Users often notice reduced appetite and improved portion control.

3 to 6 months: Visible weight loss is typically observed, with some users losing up to 15% of their body weight.

1 year and beyond: Continued use can lead to a total weight reduction of up to 22.5%.

Discontinuation may result in weight regain, so long-term use may be necessary for sustained results.

Treatment Progression

After 6 Months: Significant weight loss (up to 15% of initial body weight).

After 1 Year: Enhanced metabolic benefits and up to 22.5% weight loss.

After 5 Years: Long-term weight maintenance likely requires continued treatment.

Mechanism of Action

Mounjaro **mimics natural gut hormones** that regulate food intake and energy balance.

GIP and GLP-1 receptor activation: Increases insulin release, helping to regulate blood sugar and metabolism.

Slows digestion: Prolongs the feeling of fullness, reducing calorie consumption.

Reduces food cravings: Alters hunger signals to promote mindful eating and long-term weight loss.

Dosage & Administration

Mounjaro is available in multiple doses: **2.5mg, 5mg, 7.5mg, 10mg, 12.5mg, and 15mg.**

Starting Dose: 2.5mg injected once weekly.

Dose Increase: After four weeks, the dose may be increased based on response, up to 15mg per week.

Administration: Inject subcutaneously (under the skin) in the thigh, abdomen, or upper arm.

Missed Dose: If missed, take it within four days; otherwise, skip and continue as scheduled.

Side Effects of Mounjaro

While Mounjaro is generally well-tolerated, some users may experience side effects.

Common Side Effects:

- Nausea
- Diarrhoea
- Decreased appetite
- Vomiting
- Constipation

Uncommon Side Effects:

- Pancreatitis
- Hypoglycaemia (mainly when used with other glucose-lowering medications)
- Allergic reactions
- Altered taste

Most side effects are mild and diminish over time. If severe or persistent adverse effects occur, consult a healthcare professional.

Reporting Mounjaro Side Effects

Report any adverse effects to your doctor or pharmacist. In the UK, side effects can also be reported through the Yellow Card Scheme, contributing to medication safety monitoring.

Mounjaro 2.5mg Solution Composition

Active ingredient

- Tirzepatide

Inactive Ingredients

- Sodium chloride
- Sodium phosphate dibasic heptahydrate
- Sodium phosphate monobasic monohydrate
- Water for injection

Important Warnings & Precautions

Pancreatitis: Discontinue use and seek medical attention if severe abdominal pain occurs.

Hypoglycaemia: Monitor blood glucose levels, especially if taking other antidiabetic medications.

Gastrointestinal Issues: Use weight loss injections cautiously if you have a history of severe gastrointestinal diseases.

Pregnancy and Breastfeeding: The safety of Mounjaro during pregnancy or breastfeeding has not been established; consult your doctor before use.

Why Take Weight Treatment with Us?

At Swift Pharmacy, we care about your health and wellbeing. When you choose us, you benefit from professional advice, tailored treatment plans, and fast, convenient booking. Begin your journey to a healthier new you today with the best weight loss treatment in the UK.

It's time to get started. Order your consultation today, and we'll be right here for you in

your weight loss journey!

Why Diet Matters While on Mounjaro?

While taking Mounjaro, a balanced, nutrient-rich diet is crucial, but there isn't a specific "Mounjaro diet". Focus on lean protein, whole grains, healthy fats, and non-starchy vegetables to support weight loss and blood sugar management. Avoid sugary, fried, and heavily processed foods, which can negatively impact blood sugar levels and overall health.

Here's a more detailed look at what to eat and avoid while on Mounjaro:

Foods to Include:

- **Lean Protein:** Fish, chicken, turkey, lean beef, eggs, tofu, tempeh, yogurt, and cheese. Protein is your best friend when it comes to managing appetite and preserving muscle mass.
- **Whole Grains:** Quinoa, brown rice, oats, and whole wheat bread. Unlike refined carbs, these options release energy slowly, helping to avoid blood sugar spikes.
- **Healthy Fats:** Avocados, nuts, seeds, olive oil, and other whole food sources of fat. These fats not only promote heart health but also help you feel satisfied after meals.
- **Non-Starchy Vegetables:** Leafy greens, broccoli, carrots, and bell peppers. They not only stabilise blood sugar but also add bulk to meals, making you feel fuller for longer.
- **Low-Glycemic Fruits:** Berries, apples, and oranges.
- **Fibre-Rich Foods:** Beans, lentils, and other legumes.

Foods to Limit or Avoid:

- **Sugary Foods and Drinks:** Sweets, chocolate, sodas, and processed baked goods. These may cause blood sugar spikes and interfere with weight loss. Replace them with naturally sweet options like fruits.

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Fried and Processed Foods: These can be high in saturated fat and sodium. Ready-to-eat meals and snacks often contain unhealthy fats, excess sodium, and added sugars, making them a poor choice for your Mounjaro journey.

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Excessive Fat: While healthy fats are important, limiting saturated and trans fats is also key. Steer clear of margarine, fried foods, and baked goods made with hydrogenated oils. These not only harm your heart but also add empty calories.

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Refined Carbohydrates: White bread, pasta, and white rice can cause blood sugar spikes.

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Tips for Success:

- **Eat Smaller, More Frequent Meals:** This can help with digestion and manage side effects like nausea.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Prioritize Fiber:** Fiber-rich foods help with digestion and can prevent constipation, a common side effect of Mounjaro.
- **Be Mindful of Portion Sizes:** Even healthy foods can contribute to weight gain if eaten in excess.
- **Listen to Your Body:** Pay attention to how different foods affect you and adjust your diet accordingly.

FAQs

1. **What is Mounjaro, and how does it help with weight loss?**

[Mounjaro \(Tirzepatide\)](#) is a prescription medication originally developed for managing Type 2 diabetes. It works by regulating gut hormones to control blood sugar levels and suppress appetite, making it easier to reduce calorie intake and lose weight.

2. **Can I eat carbs while using Mounjaro?**

Yes, but focus on complex carbohydrates such as whole grains, quinoa, and oats. Avoid refined carbs like white bread and sugary snacks, as they can lead to blood sugar spikes and cravings.

3. **Do I need to follow a specific diet plan while on Mounjaro?**

Although there's no strict diet required, it's recommended to follow a balanced, nutrient-dense diet with lean proteins, healthy fats, non-starchy vegetables, and whole grains. Avoid sugary, fried, and overly processed foods.

4. **Is exercise necessary when using Mounjaro?**

Exercise isn't mandatory but is highly recommended. Physical activity helps improve overall health, boosts metabolism, and complements the weight-loss benefits of Mounjaro.

5. Can I drink alcohol while taking Mounjaro?

It's best to limit alcohol consumption as it can disrupt blood sugar levels and add empty calories, which may hinder your progress.

6. Are there any side effects of Mounjaro I should be aware of?

Common side effects include nausea, diarrhoea, and decreased appetite. These often improve over time, but consult your doctor if they persist or worsen.

7. How much water should I drink while on Mounjaro?

Staying hydrated is crucial. Aim for at least 8-10 glasses of water per day, and consider hydrating foods like cucumbers and watermelon to support overall health.

8. Can vegetarians or vegans use Mounjaro effectively?

Absolutely! Vegetarians and vegans can focus on plant-based proteins like tofu, lentils, chickpeas, and quinoa, alongside plenty of vegetables, fruits, and healthy fats.

9. How quickly can I expect results with Mounjaro?

Results vary, but many users notice a gradual weight loss within the first few weeks. The pace depends on factors like your diet, activity level, and adherence to the medication.

10. Should I consult a healthcare professional before starting Mounjaro?

Yes, always consult your GP or pharmacist before starting Mounjaro. Our healthcare experts at Swift Pharmacy can also assess your medical history, ensure it suits you, and provide tailored advice to maximise its benefits.