

# Doctor-Supervised GLP-1 Weight Loss Drugs: Semaglutide, Tirzepatide, Ozempic® and Mounjaro®

Clinically proven therapies. Physician-guided protocols. Sustainable, measurable results.



MEDICALLY SUPERVISED PROGRAMME

# A Structured Pathway to Sustainable Weight Loss and Metabolic Health

Our doctor-supervised programme is designed to help you **start, optimise, or safely continue GLP-1 therapy** – whether you are new to these medications or looking to improve your current results. We combine physician oversight with structured nutrition, metabolic monitoring, and lifestyle coaching to deliver outcomes that last.

## Start GLP-1 Therapy

Medically guided initiation with safe dose escalation and personalised nutrition planning.

## Optimise Current Therapy

Break through plateaus, manage side effects, and build a long-term maintenance strategy.

## Achieve Lasting Results

Sustainable fat loss with muscle preservation, metabolic monitoring, and ongoing physician support.

# Already on GLP-1 Therapy? We Help You Get More From It.

GLP-1 medications such as Semaglutide and Tirzepatide have fundamentally transformed medical weight management. Clinical studies demonstrate that patients using these therapies under proper medical supervision can achieve **15–22% average body weight reduction** when combined with structured nutrition and targeted lifestyle changes.

Yet many patients stall after initial weight loss. The reason is almost always the same: dosage, nutrition strategy, protein intake, and lifestyle adjustments are not structured properly. Our medical team is specifically equipped to identify and correct these gaps.

## If You Are Already Taking Ozempic®, Mounjaro®, Semaglutide, or Tirzepatide, We Help You:

- Optimise dosage and refine your treatment strategy
- Manage side effects and overcome weight-loss plateaus
- Improve fat loss while actively preserving lean muscle
- Build a long-term maintenance plan to prevent weight regain
- Monitor metabolic markers including glucose, lipids, and body composition

## Why Patients Plateau on GLP-1 Therapy

Medication alone is not sufficient for optimal outcomes. The dose, nutrition strategy, metabolic monitoring, and long-term plan together determine whether patients achieve safe and sustainable results – and our programme addresses each of these dimensions comprehensively.

### Nutrition Gaps

Inadequate protein and caloric structure limits fat loss outcomes.

### Dose Misalignment

Sub-optimal titration reduces efficacy and increases side effects.

### No Monitoring Plan

Without metabolic tracking, risks and stalls go undetected.

# Starting GLP-1 Therapy? Begin Safely With Physician Guidance.

If you are considering GLP-1 treatment for the first time, the initiation phase is critical. Starting at the correct dose, understanding how to manage early side effects, and building a nutrition strategy from day one significantly improves both tolerability and long-term outcomes. Our doctors guide you through every step of a structured, evidence-based initiation programme.



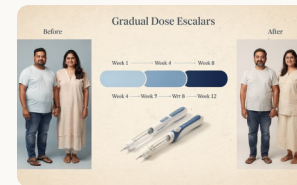
## Comprehensive Medical Evaluation

A thorough clinical assessment of your health history, metabolic markers, and weight-loss goals before any prescription is issued.



## Medication Selection

Your physician selects the most appropriate GLP-1 medication – Semaglutide or Tirzepatide – based on your individual health profile and clinical suitability.



## Gradual Dose Escalation

A carefully managed titration schedule to maximise safety, minimise nausea, and build tolerance effectively over the first weeks of treatment.



## Personalised Nutrition and Protein Planning

Structured dietary guidance with specific protein and caloric targets designed to amplify fat loss and prevent lean muscle loss during therapy.



## Lifestyle and Activity Guidance

Practical, achievable activity recommendations that complement your medication protocol and accelerate metabolic improvements.

# What Makes This Programme Different

Most weight-loss programmes rely on medication alone or lifestyle advice alone. Ours integrates both under direct physician oversight – creating a structured, personalised pathway that is clinically grounded and built for long-term success.



## Doctor-Led Care

All prescriptions and treatment plans are supervised by experienced physicians with specialist knowledge in metabolic health and GLP-1 therapies. You are never treated by an algorithm.



## Structured Weight Loss Protocol

Medication alone is not enough. We combine medical therapy, targeted nutrition planning, and lifestyle coaching into a cohesive, evidence-based protocol for each patient.



## Personalised Treatment

No two patients respond identically to GLP-1 drugs. Your programme is specifically tailored to your metabolism, health history, current status, and weight-loss goals – not a generic template.



## Long-Term Success Strategy

Our clinical goal extends beyond initial weight loss. We focus on sustainable metabolic health, weight maintenance, and the prevention of regain – giving patients the tools to sustain results for life.

# Who This Programme Is For

Our GLP-1 weight loss programme is designed for adults who are ready to take a medically supervised, evidence-based approach to weight management. Whether you are beginning your journey or trying to improve results from an existing programme, you may be an ideal candidate.

## → BMI $\geq$ 27 with Metabolic Risk Factors

Including elevated blood glucose, hypertension, dyslipidaemia, or pre-diabetes that increases cardiovascular risk.

## → BMI $\geq$ 30 with Obesity

Clinically significant obesity requiring a structured, physician-supervised intervention beyond lifestyle modification alone.

## → Currently on GLP-1 Medications

Already using Ozempic®, Mounjaro®, or generic Semaglutide/Tirzepatide but seeking better clinical outcomes, fewer side effects, or a long-term plan.

## → History of Repeated Dieting Without Success

Multiple attempts at caloric restriction or commercial weight-loss programmes that have not produced sustained results.

## → Seeking Evidence-Based Medical Treatment

Patients who want clinically validated, physician-monitored therapy rather than unsupervised or online-only prescriptions.

## Not Sure If You Qualify?

Our initial consultation includes a comprehensive medical assessment to determine your eligibility and the most appropriate GLP-1 therapy for your profile. There is no obligation – only clarity.

Our physicians assess your full health history, current medications, metabolic markers, and weight-loss history before making any clinical recommendation.

# Expected Clinical Outcomes

Patients who follow structured, physician-supervised GLP-1 programmes consistently demonstrate superior outcomes compared to unsupervised medication use. The following results represent what patients typically experience when medication, nutrition, and lifestyle support are properly integrated.

## 22%

### Maximum Weight Reduction

Up to 22% total body weight reduction achieved over 6–12 months in structured clinical programmes combining GLP-1 therapy with nutrition and lifestyle support.

## 6–12

### Months to Peak Results

Most patients achieve clinically significant and sustained weight loss within a 6 to 12-month supervised programme with regular physician reviews.

## ↓HbA1c

### Improved Blood Sugar Control

Significant improvements in insulin sensitivity and blood glucose regulation, reducing risk of progression to type 2 diabetes.

### Reduced Visceral Fat

Targeted reduction in the metabolically dangerous fat stored around abdominal organs – a key driver of cardiovascular and metabolic risk.

### Better Energy and Metabolic Health

Patients consistently report improved energy levels, reduced fatigue, and enhanced day-to-day physical functioning as metabolic health improves.

### Preserved Lean Muscle Mass

With structured protein planning and activity guidance, patients lose fat rather than muscle – a critical distinction for long-term metabolic rate and body composition.

❏ Results vary by individual, level of adherence, baseline health status, and clinical factors. All outcomes are discussed transparently during your initial physician consultation.

# Start Your Doctor-Supervised GLP-1 Weight Loss Programme Today

Book a consultation to determine whether Semaglutide or Tirzepatide therapy is clinically appropriate for you – and begin a structured, physician-monitored plan for safe and sustainable weight loss. Our medical team will conduct a thorough evaluation, answer all your clinical questions, and design a programme built specifically around your health profile and goals.

There is no generic prescription here. Only a medically supervised, evidence-based pathway – designed for you.

01

## Book Your Consultation

Schedule an initial appointment with one of our specialist physicians to discuss your weight-loss goals and health history.

02

## Receive Your Clinical Assessment

Your doctor conducts a full metabolic and health evaluation to determine your eligibility and optimal treatment approach.

03

## Begin Your Personalised Programme

Start your GLP-1 therapy with structured nutrition, lifestyle guidance, and ongoing physician monitoring from day one.