



MEDICATION

guide

A QUICK, CLIENT-FRIENDLY OVERVIEW OF THE MEDICATIONS USED IN THIS PROGRAM—WHAT THEY DO, HOW THEY MAY HELP, AND WHAT TO EXPECT.



WELCOME

IF YOU'RE READING THIS, YOU MAY BE CONSIDERING A MEDICAL APPROACH TO WEIGHT LOSS, RECOVERY, ENERGY, OR OVERALL WELLNESS...

In this guide, you'll find:

- A simple overview of how the medical process works
- A plain-language explanation of medication options
- High-level details on what each option may help with

This guide is educational only.

It is **not medical advice**. It does not guarantee that any medication or treatment will be prescribed for you.

All decisions are made by a **licensed medical provider** after reviewing your information.

Important Roles & Disclaimers

ideal Health and Wellness *Is Not Your Medical Provider*

Ideal Health and Wellness :

- Is not a medical practice
- Does not employ your physician
- Does not decide which medication you receive
- Does not dispense or ship medication

Their role is to help you:

- Understand your program choices
- Stay accountable and supported
- Communicate clearly with the care team and pharmacy



WELCOME

Important Roles & Disclaimers Continued

Who Provides Your Medical Care

Your medical care is handled by:

- An **independent medical group** with licensed physicians and their care team
- **State-licensed pharmacies** (often 503A compounding pharmacies) that prepare and ship your medication

How Your Intake Is Reviewed

Your intake form is first reviewed by the care team through a secure medical platform. From there, a **licensed physician** evaluates your information and determines if the requested medication is appropriate for your health needs.

The care team supports this process by helping to:

- Review your intake details
- Share everything with the physician for medical review
- Coordinate pharmacy orders (if medication is approved)
- Provide follow-up and ongoing support

In addition to any program or membership costs, you may see a separate \$20 physician review fee that goes directly to the independent medical group for their professional review of your intake. If you are not approved for treatment or a prescription is not written, this fee is refunded in full.

Any questions about symptoms, dosing, or side effects **MUST** go to the care team — not the front desk or coaching staff.



HOW DOES THIS PROCESS WORK?

Step 1: Choose Your Program

You'll have a conversation with someone on staff about your goals:

- Fat loss & metabolic health
- Recovery & joint support
- Energy, focus, or sleep
- Healthy aging & longevity

You'll then request a program — such as GLP-1 weight loss, recovery peptides, cognitive/energy support, etc.

Important: This is a request.

A licensed physician will determine if you are approved for treatment.

Step 2: Complete Your Medical Intake

You'll fill out a secure online form about:

- Medical history & current diagnoses
- Medications & supplements you take
- Surgeries, allergies, family history
- Weight, sleep, lifestyle, and goals

You may also upload recent labs (ideally within 12 months).

You'll review and sign required consents, such as:

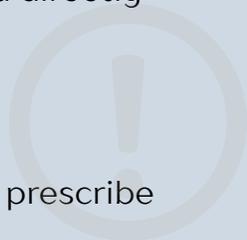
- Telehealth consent
- Acknowledgment that treatment decisions are made by an independent physician
- Acknowledgment that results are not guaranteed

Physician review fee:

As part of your medical intake, there is a small \$20 physician review fee that is paid directly to the independent medical group that reviews your information. This fee:

- Covers the physician's time to review your intake and medical history
- Is processed securely through the medical platform
- Is separate from any membership, program, or coaching fees
- Does not guarantee that any specific medication will be prescribed
- Is refunded, in full, if the medical provider does not approve you for treatment or prescribe medication.

This fee is required for the physician to complete your medical review and make a treatment decision.



HOW DOES THIS PROCESS WORK?

continued

Step 3: Your Intake Is Routed to the Care Team

Your forms are securely sent to:

- The care team for initial screening, then to
- The physician for review

The care team may contact you for more history, labs, or clarification, if necessary.

Step 4: Physician Review & Prescription (If Appropriate)

The physician reviews your intake and decides:

- If you're approved for the requested program
- If testing or labs are needed first

Possible outcomes:

- The requested medication is approved
- A different dose is required
- The medication is not appropriate

No one can guarantee approval before the physician review is complete.

Step 5: Pharmacy Prepares and Ships Your Medication

If the physician writes a prescription:

- The order goes to a state-licensed pharmacy
- The medication is prepared for you
- It is shipped directly to your home

HOW DOES THIS PROCESS WORK?

continued

Step 6: Support & First-Time Use

Once active, you will:

- Receive access to the patient care text line
- Get guidance for injections or use (videos, written guides, or direct help)
- Receive reminders for medication timing
- Be able to ask questions about side effects or proper use

Step 7: Monitoring, Labs & Adjustments

The care team may request follow-up labs — especially for long-term programs.

Based on your results:

- Your dose may be adjusted (*by physician only*)
- You may be asked to pause treatment if concerns arise

Emergency symptoms (chest pain, trouble breathing, severe reactions):

Always call 911 or go to the nearest ER immediately.

Afterward, update the care team so your medical record can be updated properly.



MEDICATIONS YOU MAY SEE IN YOUR PROGRAM

The following pages explain different medication categories & medication details physicians may consider.

These descriptions are for education only and do not guarantee treatment.

Your individual plan will be determined by a licensed physician after reviewing your full medical history, current health, and goals.

Medication Categories You May See

- 1 Metabolic & Weight-Related Peptides**
May support appetite control, blood sugar, insulin response, and overall metabolic balance.
- 2 Recovery & Tissue-Support Peptides**
Often used to support joint comfort, soft-tissue recovery, and repair after strain, injury, or overuse.
- 3 Performance, Energy & Cognitive Peptides**
May help with energy, stamina, focus, mood balance, and stress resilience.
- 4 Healthy Aging & Longevity Peptides**
Used to support sleep quality, skin and tissue health, body composition, and long-term vitality.
- 5 Microdosing GLP-1 Medications**
A gentler approach using lower doses to support appetite control, energy balance, and habit consistency.

Not every program uses every category, and not every option is right for every person. The following pages give a high-level overview – not a promise of treatment.

Your physician will make all medical decisions after reviewing your history, goals, and labs.

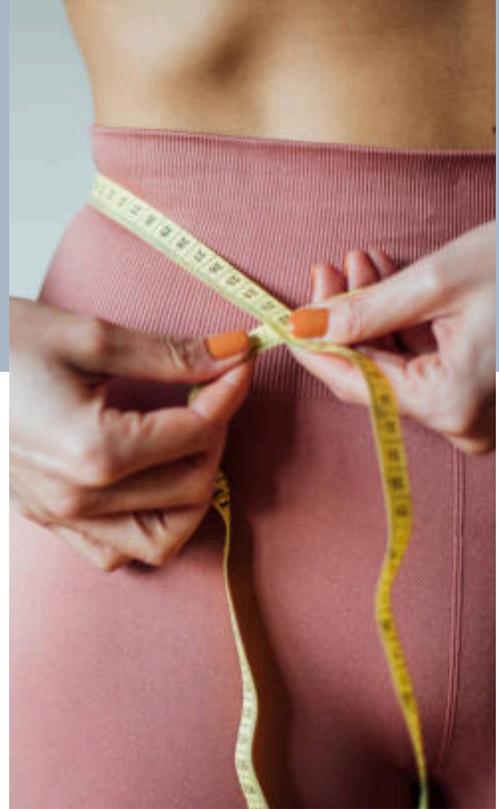


Tirzepatide

Metabolic & Weight-Related Peptides

What It Is:

Tirzepatide activates two metabolic pathways—GIP and GLP-1—which may offer broader support for appetite control, metabolic regulation, and energy balance. Many providers gravitate toward tirzepatide when it is available and appropriate.



Tirzepatide is often discussed in relation to:

- Stronger appetite control and fewer cravings
- More efficient metabolism and energy use
- Improved tolerance to dose changes
- Greater average weight-loss outcomes in research
- Support during plateaus or weight-loss resistance

Effectiveness depends greatly on your habits. Tirzepatide can provide support—but day-to-day nutrition, sleep, movement, and stress management make the biggest impact over time.



Semaglutide

METABOLIC & WEIGHT-RELATED PEPTIDES

Semaglutide is a GLP-1 medication that supports appetite regulation and metabolic signaling. It works by helping the body send clearer messages about fullness and blood-sugar balance, which may make structured eating easier over time.



Semaglutide is commonly discussed in relation to:

- Reduced cravings and “mindless snacking”
- Feeling full on normal portions
- More stable blood-sugar levels
- Structure around meal timing and consistency
- Weight-loss support—when paired with lifestyle habits

Semaglutide does not replace nutrition, movement, or stress management—but it may provide momentum while those habits are being built.

TIRZEPATIDE VS. SEMAGLUTIDE

WHY MANY PROVIDERS PREFER TIRZEPATIDE WHEN POSSIBLE

Both medications can be powerful tools—but they work differently. Many providers choose to start with Tirzepatide when it is appropriate and accessible. Your intake is reviewed to determine if the option you selected appears safe for you, based on your medical history and clearance forms.



WHY TIRZEPATIDE IS OFTEN PREFERRED

Dual Action

Tirzepatide activates both GIP and GLP-1 receptors, while semaglutide targets GLP-1 only. This dual mechanism may offer broader metabolic support and stronger appetite regulation.

Weight-Loss Outcomes

Clinical studies have shown greater average weight loss with tirzepatide when used at therapeutic doses and combined with lifestyle changes such as nutrition, movement, hydration, and consistency.

Tolerability

When started slowly and increased properly, many individuals report milder gastrointestinal side effects with tirzepatide. Experiences vary from person to person, but tolerability is one reason it is often considered first.

WHEN SEMAGLUTIDE MAY BE A BETTER FIT

Semaglutide is still a highly respected option and may be chosen when:

- Budget is a major factor and semaglutide is more accessible
- A provider feels it better fits your risk profile or history
- If Tirzepatide is not tolerated

Semaglutide can still offer strong support—especially for those beginning their wellness journey or seeking a more budget-conscious option.

AOD-9604 ADDITIONAL METABOLIC SUPPORT PEPTIDES



What it may support

- Fat-metabolism signals, especially in stubborn areas
- General body composition support
- Joint comfort during weight-loss efforts

Who it May Be For

This option may be considered for individuals who:

- Are focused on body composition and fat-loss support
- Have already established healthy nutrition and movement habits
- Want additional help staying consistent during a weight-loss program



AOD-9604 **is not a standalone weight-loss medication.** Instead, it is designed to support—*not replace*—healthy habits such as nutrition, movement, sleep, and stress management. Whether this medication is appropriate for you will be decided **only by a licensed medical provider**, based on your personal health history, current goals, and overall safety.



Lipo-C/MIC+B12

Different name, same medication depending on pharmacy

Lipo-C / MIC+B12 is a metabolic support injection that combines lipotropic compounds with B vitamins to **support fat metabolism, energy production, and liver function**. It is commonly used to help improve **energy levels and support detox pathways**.



What this medication may support

- Fat metabolism and liver function
- Natural energy production and mental focus
- The body's detoxification processes
- Mood balance and overall vitality
- Healthy skin, hair, and nail appearance

Who it may be for

Clients who may be experiencing:

- Low energy, fatigue, or mental fog
- Difficulty metabolizing fat or supporting liver health
- Feeling run down, sluggish, or depleted
- Mood changes or low overall vitality
- Dull skin, brittle nails, or hair concerns



ADDITIONAL METABOLIC
SUPPORT PEPTIDES

NAD⁺

PERFORMANCE, ENERGY & COGNITIVE PEPTIDES



NAD⁺ is a molecule your body already uses in every cell to help convert food into usable energy.

Levels of NAD⁺ naturally decline with age and stress, which can affect energy, focus, and recovery.

NAD⁺ is commonly discussed in relation to:

- Daytime energy and overall resilience
- Mental clarity, focus, and productivity
- Recovery from stress, travel, disrupted schedules, or intense training
- Support during periods of burnout or heavy workload
- Cellular repair and long-term metabolic health
- Healthy aging and longevity-focused wellness plans

While NAD⁺ is not a replacement for sleep, nutrition, hydration, or medical treatment, it may serve as a **helpful support tool** inside a structured lifestyle and performance plan.

Semax / Selank Blend

PERFORMANCE, ENERGY & COGNITIVE
PEPTIDES



A peptide combination commonly used to support focus, mood balance, and overall stress resilience.

What It May Support:

- Calm, focused energy (rather than wired or jittery energy)
- Improved ability to manage daily stress
- More restful sleep in some users
- Increased productivity and mental clarity

Who It May Be For Individuals Who:

- Want focus without stimulants
- Experience stress, mental fatigue, or “mind chatter”
- Prefer gentle cognitive support
- Would like help staying productive and clear-minded during busy seasons

Important: This blend does not replace therapy or psychiatric care. Anyone with significant mental health concerns should work with a licensed professional. Final use and dosing are always decided by the prescribing provider.



Glutathione

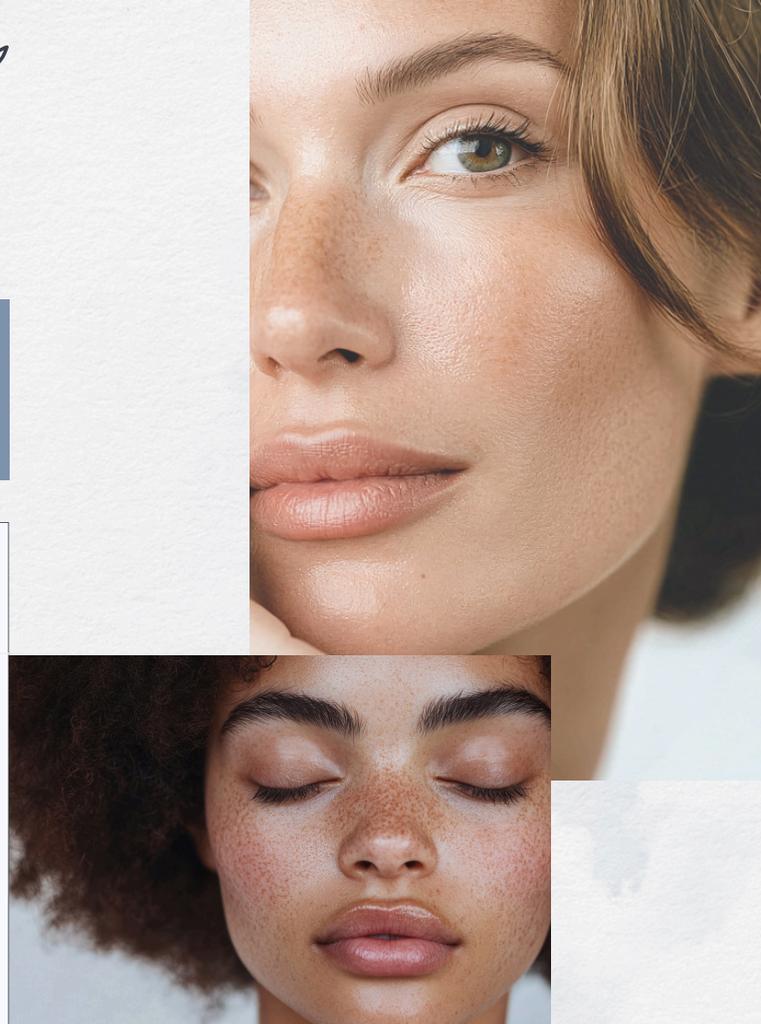
HEALTHY AGING &
LONGEVITY-ORIENTED
PEPTIDES

Who It May Be For:

- Want to support detox and cellular repair
- Experience stress or inflammation
- Are focused on healthy aging and overall wellness
- Want added immune support

What It May Support:

- Cellular repair and recovery
- Detoxification and antioxidant support
- Immune system function
- Skin health and overall vitality
- Reduced oxidative stress



Glutathione is a powerful antioxidant that your body naturally produces to help neutralize oxidative stress. It plays an important role in keeping cells healthy and supporting the body's repair processes.

Important: Formulation and frequency are determined by the prescribing provider based on medical history and goals.



SERMORELIN

HEALTHY AGING & LONGEVITY-ORIENTED PEPTIDES

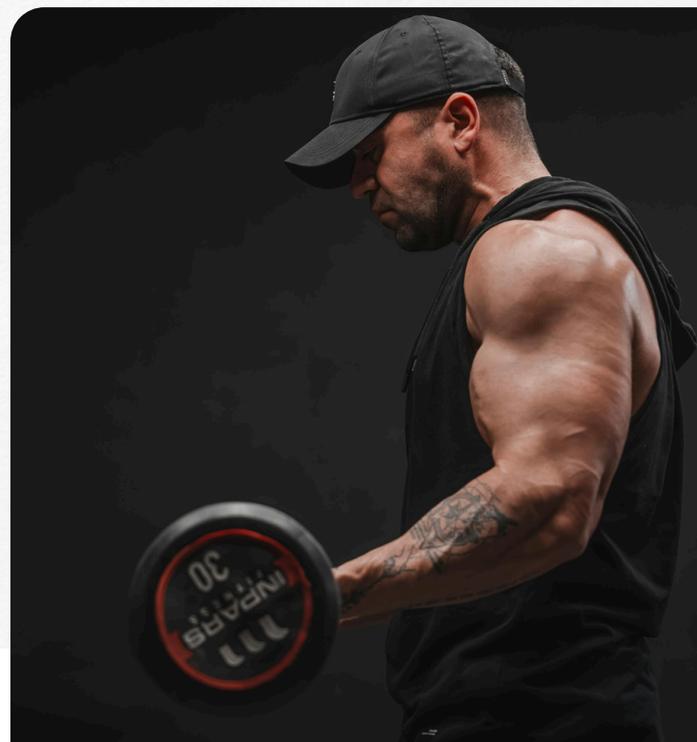
Sermorelin is a peptide that signals the pituitary gland to release more of your own natural growth hormone in a controlled, pulsatile way. It does not replace growth hormone – it simply supports the body's own natural process.



What it may support:

- Deeper, more restorative sleep
- Recovery from workouts and daily stress
- Lean body mass and body composition goals
- Cellular repair and tissue maintenance
- Mood, motivation, and overall vitality
- A stronger sense of “bounce back” during aging

This peptide is typically used as a **long-term health and recovery tool** rather than a quick fix. Results may build gradually over time when paired with healthy habits and consistent follow-through.





MOTS-C & GHK-Cu

HEALTHY AGING & LONGEVITY-ORIENTED PEPTIDES

Both MOTS-C and GHK-Cu are often part of a broader wellness or longevity plan. They support different functions in the body but are commonly grouped when clients want to feel stronger, age well, and maintain cellular resilience over time. **Again, exact use and dosing are determined by the prescribing provider.**

1

May support:

- Healthy aging and physical resilience
- Exercise tolerance and daily stamina
- Metabolic flexibility and “bounce back” energy
- Support during times of stress or aging-related changes

MOTS-C is often explored by individuals looking for long-term support with **energy, performance, or metabolic balance**—especially when they feel their body isn't responding the way it used to.

MOTS-C

2

A peptide complex sometimes referred to as a “copper peptide,” used in injectable forms.

May support:

- Skin quality and elasticity
- Hair support and cosmetic goals
- Tissue repair and overall cellular health
- Appearance-focused wellness routines

GHK-Cu is frequently discussed in cosmetic and longevity contexts because of its potential role in **tissue health, collagen support, and visual signs of aging.**

GHK-Cu





BPC-157 / TB-500 ***“Wolverine Blend”***

What It May Support

- Everyday joint and tendon comfort
- Recovery after training, strain, or overuse
- Support during physical therapy or rehab plans

Who It May Be For:

- Active adults and athletes
- Individuals with ongoing overuse discomfort working with a provider or therapist
- Those increasing training volume and wanting added recovery support

**RECOVERY & TISSUE-
ORIENTED PEPTIDES**

Important: These peptides do not replace proper diagnosis, imaging, or rehabilitation. Serious injuries still require evaluation by an in-person medical provider. **Exact use and dosing are always determined by the prescribing provider.**



MICRODOSING: A DIFFERENT APPROACH

Used only when a physician believes a softer method
may be appropriate.

MICRODOSING

A Gentler Option with GLP-1 Medications (Tirzepatide & Semaglutide)

Some doctors may choose a “microdosing” approach with these medications. This simply means using *smaller amounts to give gentle support* — not aggressive weight loss.



What Microdosing May Help With:

Microdosing is often used to support:

- Keeping weight off after weight loss
- Lower cravings or “food noise”
- Perimenopause or menopause changes
- More steady daytime energy
- Busy or stressful seasons when habits slip

It does **not replace healthy habits** with food, movement, sleep, and stress.

What Microdosing Means:

Microdosing uses lower doses of the same medication.

The goal is milder support, such as:

- Less constant hunger
- Easier food choices
- More steady energy

Microdosing is considered off-label — this means it isn’t in the original FDA instructions but may be used when a doctor believes it could help a specific patient.

MICRODOSING

A Gentler Option with GLP-1 Medications

continued

Safety & Oversight:

Safety is managed the same way as other medical programs. The provider reviews:

- Your health history
- Any current medications
- Lab results
- Possible risks (like thyroid cancer history or pancreatitis)

If microdosing is approved, the **physician chooses:**

- Starting dose and any adjustments
- When labs or follow-ups are needed

Who It May Be For:

Microdosing may be considered for adults who:

- Are near a healthy weight but fight cravings or slow regain
- Finished a full-dose program and want maintenance
- Prefer a gentler option due to side effects
- Are willing to follow habits and attend check-ins

It is not right for everyone — some will need standard dosing or no medication at all. **Only a physician can decide if it's appropriate.**

Key Takeaway

Microdosing may offer gentle support — but it must be supervised by the prescribing physician and supported by the patient care team.

Every person is different, and safety always comes first.

