



GLP-1/BCP157 side effects and how to avoid them

These are **generally mild and temporary** (as your body adjusts to the treatment) and are only expected in 1 in 10 (or 10%) of patients.

Most side effects are caused from higher doses and usually subside after 4-6 weeks of using the medication.

Nausea tends to be worse if individuals continue to eat after they feel full.

Nausea, Gastroenteritis or Abdominal Pain

GLP-1/BCP157 slow the digestive system and stomach emptying

- eat smaller meals
- eat more frequently
- eat slowly
- avoid high fat food
- avoid sugar foods
- stay upright after eating
- get weekly B-12 injections

Constipation

GLP-1/BCP157 slow the digestive system therefore the food takes longer to digest.
Eating less food factors into to less bowl movements

- Take Magnesium (Natural Factors magnesium citrate 150mg) start with 2 tablets in the evening, titrating up as necessary.
- Take MiraLAX See bottle for dosing
- Consume more fibrous food i.e. leafy greens, broccoli
- Drink lots of water

Headache

These usually pass very early on after taking the few doses and are often caused by dehydration.

Stay hydrated by drinking more water

Add caffeine

Fatigue

GLP-1/BCP157 works for weight loss by making you feel less hungry. And eating fewer calories may cause you to feel more tired. Feelings of fatigue should subside as your body adjusts to potential changes in your diet.

B-12 injections

Lipo -C injections

Dizziness

This side effect was very rare in people taking the drug in clinical studies. Dizziness can also be a symptom of hypoglycemia (low blood sugar). If taken with certain other diabetes drugs, such as insulin, it can cause low blood sugar as a side effect.

Vomiting/Diarrhea

Vomiting, and diarrhea are common GLP-1/BCP157 side effects, but they usually subside after a few weeks of using the medication.