

# WEIGHT LOSS PROGRAM COMPARISON

You must have a BMI of at least 30 or 27 with a risk factor to qualify This program does not go through insurance.  
If you are looking for an insurance based program please contact your physician.

## FAQ'S

	<b>HCG</b> (short / long prog)	<b>SEMAGLUTIDE</b> (generic for Wegovy)	<b>CONTRAVE</b> (Wellbutrin / Naltrexone)	<b>PHENTERMINE</b>
<b>HOW LONG IS THE PROGRAM?</b>	9 WKS OR 12 WKS MAY REPEAT	MAY USE LONG TERM	MAY USE LONG TERM	3-6 MONTHS
<b>HOW MUCH WEIGHT WILL I LOSE?</b>	UP TO 10-30 LBS	UP TO 15-20% OF BODY WT	UP TO 10% BODY WT	UP TO 5-7% BODY WT
<b>HOW MANY CALORIES DO I EAT?</b>	500 PER DAY (STRICT NO SUGARS OR CARBS)	1200-2000 BASED ON YOUR HT AND WT	1200-2000 BASED ON YOUR HT AND WT	1200-2000 BASED ON YOUR HT AND WT
<b>ANY RESTRICTED FOODS?</b>	VERY LOW CARB AND HIGH PROTEIN	BALANCED DIET	BALANCED DIET	BALANCED DIET
<b>CAN I EXERCISE?</b>	WALK DAILY. NO HEAVY WTS OR STRENGTH TRAINING	YES, MAXIMIZE YOUR EXERCISE REGIMEN	YES, MAXIMIZE YOUR EXERCISE REGIMEN	YES, MAXIMIZE YOUR EXERCISE REGIMEN
<b>VISITS TO THE MED SPA?</b>	WEEKLY	MONTHLY	MONTHLY	MONTHLY
<b>HOW DO I TAKE THE MEDICATION?</b>	SELF ADMIN SUBQ INJECTION DAILY	SELF ADMIN SUBQ INJECTION WEEKLY	ORAL TABLET	ORAL TABLET
<b>IS A MONTHLY LIPO B SHOT INCLUDED?</b>	YES	YES	YES	YES
<b>MOST COMMON SIDE EFFECTS</b>	Nausea Constipation Heavy Menstruation	Nausea Gerd Constipation	High Blood Pressure or Heart Rate Insomnia Drowsiness	High Blood Pressure or Heart Rate Nausea
<b>SPECIFIC CONTRAINDICATIONS</b>	Gyne Cancers Diabetics Using Insulin Heart Failure Kidney Or Liver Disease	Thyroid Cancer Men (Cancer) Diabetics Using Insulin Heart Disease Kidney or Liver Disease	Seizures Suicidal Ideations Taking Pain Meds Drug/Alcohol Addiction Certain Medication Interactions Glaucoma	High Blood Pressure Heart Disease Stroke / Mi Thyroid Disease Certain Medication Interactions Glaucoma
<b>COST*</b>	\$650 OR \$850	\$350/mo (.25, .5, 1mg) \$550/mo (1.7, 2.4mg)	\$200/month	\$100/month

\*Prices subject to change.