THE *METABOLIC* & *CELLULAR* SHIFT

A New Era of Health is Here



Redefining Weight Wellness

XMD
WELLNESS

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GUIDED BY PRACTITIONERS | ROOTED IN SCIENCE | DESIGNED FOR REAL LIFE



Because wellness isn't a trend—it's the evolution of how we live, age, and thrive.

Welcome TO XMD WELLNESS

At XMD Wellness, we believe better health shouldn't feel complicated or out of reach.

You deserve care that's clinical and human. Grounded in science yet built for the rhythms of your real life.

Our approach merges modern medicine with bioactive nutrition and lifestyle guidance, creating a path to wellness that's clear, accessible, and deeply personal. This is where clinical precision meets everyday possibility—where you can feel good, look good, and thrive through every season of life.

Because wellness isn't a finish line, it's a continuum.
This guide was created to walk beside you as you begin your peptide journey, helping you understand what to expect, how to nourish your body, and how to build habits that create lasting change from the inside out.

This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. It should not replace personalized medical advice, diagnosis, or treatment from your licensed clinician. Always consult your healthcare provider regarding your specific health needs, medications, or treatment plan. This guide is intended for personal use only and may not be copied, shared, or distributed. Unauthorized distribution is strictly prohibited.

WHAT TO *EXPECT*

When You Join XMD Wellness

An Enganged Community

Find support and motivation from our wellness community where you can share experiences, celebrate wins, and overcome challenges together.

A Customized Platform

The XMD Wellness platform offers seamless visit scheduling and weight tracking so that you have everything you need to support your health journey in one place.

Personalized Medication Support

Receive 1:1 guidance from a licensed healthcare provider who tailors your program and medications to your unique needs and goals.

GLP-1 Weight Loss

Kick-start your weight loss journey with personalized prescriptions for a happier, healthier you.

GLP-1 Microdosing

These are GLP-1 formulations designed to support energy, focus, muscle, sleep, and recovery as part of a healthy lifestyle.

Longevity

Boost your energy, sharpen your mind, and achieve optimal health.

CHAPTER 1



Your *Journey* Starts Here

How Does it Work?

How does Semaglutide work?

- Semaglutide is a medication classified as a glucagon-like peptide-1 (GLP-1) receptor agonist.
- Semaglutide imitates the action of GLP-1 and plays a crucial role in regulating appetite and maintaining blood sugar levels in the body.
- A recent clinical study revealed that individuals using Semaglutide experienced an average weight loss of 15% over 68 weeks.

How does Tirzepatide work?

- Tirzepatide belongs to a class of medications known as glucose-dependent insulinotropic polypeptide (GIP) and GLP-1 receptor agonists.
- Tirzepatide mimics the hormones GLP-1 and GLP, which enhance the release of insulin in response to food intake.
- Recent clinical studies indicated that individuals using Tirzepatide experienced an average weight loss of 21% - 26% over 72 weeks.

Both medications aid in weight loss by:

- Helping regulate appetite and reducing food intake
- Assisting in stabilizing blood sugar levels
- Promoting satiety and slow gastric emptying

What Lies Ahead

Initial Phase

Your XMD Wellness journey begins under the guidance of a licensed provider who determines an appropriate starting dose and pace of adjustment. This approach allows your body to adapt gradually and comfortably as your plan progresses.

As your system adjusts, you may notice you feel satisfied sooner after meals. This is a natural shift that supports appetite regulation and mindful eating. Mild side effects such as nausea, headache, or fatigue can occur as your body finds its new balance.

Every person's body responds differently, and that's exactly how this process is designed; to be personalized, adaptive, and uniquely yours.

Weight Loss

Change begins on the inside. Some will see results quickly as appetite and insulin sensitivity rebalance; others will experience a steady transformation as metabolism and dosage align.

But here's the truth—this isn't only about the number on the scale. Each phase of your journey supports deeper metabolic repair, more stable energy, and an overall sense of wellbeing that lasts.

Progress isn't always linear, and that's okay. Every small shift is forward movement toward a healthier, stronger, more confident you.



Lifestyle: The Daily Rhythm of *Results*

Taking your medication at the same time each week keeps your body in rhythm and helps your hormones, digestion, and energy stay aligned for sustainable progress.

Fuel Your Body

Your meals are more than calories. They're signals. When you pair your treatment with balanced nutrition—enough protein, fiber, and micronutrients—you give your metabolism what it needs to repair, rebuild, and thrive.

Clear Protein+ delivers clean, fast-absorbing protein with leucine to help support lean muscle maintenance and feelings of fullness. It also provides vitamin B12 which supports normal energy metabolism throughout the day.

Move with Intention

Movement magnifies your medicine. Even simple daily activities like walking, resistance training, and stretching help improve insulin sensitivity, preserve muscle, and amplify metabolic flexibility. Your body learns best through rhythm: move daily and let consistency do the heavy lifting.

Listen to Your Cues

These medications don't erase hunger. They help you understand it. As your metabolism and gut recalibrate, you'll begin to notice subtle changes in how your body signals hunger, fullness, and satisfaction. This is your gut–metabolic axis reawakening the pathways of communication between your gut and brain.

Relearning these cues for when you're hungry, nourished, and truly satisfied is part of the transformation. It's how you rebuild trust with your body. Real weight wellness isn't about restriction, but about reconnecting to your body's natural rhythm.

CHAPTER 2



Your *Treatment* Plan





Semaglutide
Compounded GLP-1

Semaglutide is a GLP-1 receptor agonist—a class of medication that works by activating the body's own hunger-regulating signals. It helps steady blood sugar, quiet food noise, and create the metabolic conditions where sustainable weight management becomes possible. Prescribed and dosed based on your individual health profile, it's a clinician-guided approach—not a one-size-fits-all solution.

It Supports:

- Stabilizes Blood Sugar Levels
- Regulates Appetite & Reduces Food Noise
- Supports Advanced Weight Management
- Metabolism

Who it's for:

- Those who have struggled to lose weight despite consistent effort with diet and exercise.
- Individuals dealing with persistent hunger, cravings, or food noise that disrupts their progress.
- Anyone looking to support blood sugar regulation as part of a broader metabolic health plan.
- Those showing signs of metabolic resistance who need a more targeted clinical approach.

Available formats: Full dose & microdosing Injections

Ozempic®
Branded GLP-1

Tirzepatide activates two distinct metabolic pathways—GIP and GLP-1—simultaneously. This dual-receptor approach enhances insulin sensitivity, supports more stable glucose levels, and promotes a stronger satiety response, offering a more comprehensive level of metabolic support than single-pathway therapy alone.

It Supports:

- Stabilizes Blood Sugar Levels
- Regulates Appetite & Reduces Food Noise
- Healthy Weight Management
- Supports Metabolism

Who it's for:

- Those seeking more comprehensive metabolic support, or who haven't seen the results they're looking for on GLP-1 therapy alone.
- Individuals with signs of insulin resistance, glucose instability, or metabolic dysfunction.
- Anyone who wants support with both appetite regulation and sustained energy levels throughout the day.
- Those ready for a dual-pathway approach to long-term metabolic health.

Available formats: Injection



Weight Managment Hormone Balance Metabolism

Wegovy®
Compounded GLP-1/GIP

Tirzepatide activates two distinct metabolic pathways—GIP and GLP-1—simultaneously. This dual-receptor approach enhances insulin sensitivity, supports more stable glucose levels, and promotes a stronger satiety response, offering a more comprehensive level of metabolic support than single-pathway therapy alone.

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- Stabilizes Blood Sugar Levels
- Regulates Appetite & Reduces Food Noise
- Healthy Weight Management
- Supports Metabolism

Who it's for:

- Those seeking more comprehensive metabolic support, or who haven't seen the results they're looking for on GLP-1 therapy alone.
- Individuals with signs of insulin resistance, glucose instability, or metabolic dysfunction.
- Anyone who wants support with both appetite regulation and sustained energy levels throughout the day.
- Those ready for a dual-pathway approach to long-term metabolic health.

Available formats: Injection





Tirzepatide
Compounded GLP-1/GIP

Tirzepatide activates two distinct metabolic pathways—GIP and GLP-1—simultaneously. This dual-receptor approach enhances insulin sensitivity, supports more stable glucose levels, and promotes a stronger satiety response, offering a more comprehensive level of metabolic support than single-pathway therapy alone.

It Supports:

- Stabilizes Blood Sugar Levels
- Regulates Appetite & Reduces Food Noise
- Healthy Weight Management
- Supports Metabolism

Who it's for:

- Those seeking more comprehensive metabolic support, or who haven't seen the results they're looking for on GLP-1 therapy alone.
- Individuals with signs of insulin resistance, glucose instability, or metabolic dysfunction.
- Anyone who wants support with both appetite regulation and sustained energy levels throughout the day.
- Those ready for a dual-pathway approach to long-term metabolic health.

Available formats: Full dose & microdosing Injections



Zepbound®
Compounded GLP-1/GIP

Tirzepatide activates two distinct metabolic pathways—GIP and GLP-1—simultaneously. This dual-receptor approach enhances insulin sensitivity, supports more stable glucose levels, and promotes a stronger satiety response, offering a more comprehensive level of metabolic support than single-pathway therapy alone.

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- Individuals with signs of insulin resistance, glucose instability, or metabolic dysfunction.
- Anyone who wants support with both appetite regulation and sustained energy levels throughout the day.
- Those ready for a dual-pathway approach to long-term metabolic health.

Available formats: Injection

Injection Dosing Guidelines

The XMD Wellness program is designed to work with your body, not against it. Under the care of your licensed provider, treatment typically begins with a lower dose that may be gradually adjusted over time to help your body adapt comfortably and minimize potential side effects.

Your personalized dosing schedule will be outlined in your prescription plan, ensuring every step is guided by professional oversight and tailored to your needs.

And because every person's body is different, your journey will be too. Not everyone will progress to the highest doses of medication and that's exactly how it's meant to be.

General Timeline

A study published in The New England Journal of Medicine in 2021 showed that over 68 weeks, Semaglutide lead to an average weight loss of up to 14.9%.

The SURPASS-2 trial demonstrated that over 72 weeks, Tirzepatide led to an average weight loss of up to 26%.

4 WEEKS

Appetite Change Steady Energy

Your body is responding.
You feel the shift.

8 WEEKS

Visibile Body Composition Changes

Clothes begin to fit differently.
Motivation becomes momentum.

16 WEEKS

Guaranteed 10% Loss

This is where many choose to continue into long-term maintenance.

24 WEEKS

Metabolic adaption, deeper transformation

Not just weight loss—muscle tone, hormonal balance, metabolic renewal

48 WEEKS

Your Complete Metabolic Shift

The new you isn't temporary.
This your baseline now.l

DO NOT exceed the prescribed amount, regardless of how small the initial dose may seem.* If you need to adjust your dose, always consult a licensed doctor. Please call the XMD Wellness patient support network at (218) 325-8390. Different pharmacies might use varying medication concentrations, so the number of units and instructions may differ.*

What Comes In My Package

Medication

Your medication is compounded and formulated to deliver a precise GLP-1 dose aligned with your personalized plan. It typically arrives in a vial or bottle so be sure to handle it with care and store it exactly as instructed to ensure maximum efficacy.

Syringes

Depending on your prescribed delivery method, your package may include syringes designed for safe, simple, and accurate self-administration. Each one ensures you receive the precise dose every time making your treatment process seamless, effective, and easy to follow.



Alcohol Wipes

If your medication is administered through injection, you will also receive alcohol wipes. Use the alcohol wipes to clean the vial and injection site thoroughly. This step is crucial for maintaining hygiene and preventing infections.

*Follow the directions on the vial exactly as written. This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. It should not replace personalized medical advice, diagnosis, or treatment from your licensed clinician. Always consult your healthcare provider regarding your specific health needs, medications, or treatment plan.

CHAPTER 3

Longevity





Redefining Metabolic & Cellular Health

Longevity isn't about doing more—it's about doing what works.

Your metabolism, mitochondria, and repair systems are constantly responding to signals: nutrition, sleep, stress, movement, and now—targeted metabolic and cellular support.

XMD Longevity is designed to support those signals gently, consistently, and intelligently so your body can do what it already knows how to do.

"The single most important determinant of long-term health is metabolic health."
— Peter Attia, MD

This is elite wellness thinking, without elite barriers.



Cellular Health & Mitochondria: The *Foundation* of *Thriving*

Most wellness conversations focus on symptoms: fatigue, brain fog, cravings, stubborn weight, and slow recovery. But those are not the root problem. They're signals. **At XMD Wellness, we start one layer deeper—at the cell.**

Why Cellular Health Matters

Your body is made up of trillions of cells. Each one must produce energy, repair damage, and communicate with other systems.

When cellular health is strong, you feel:

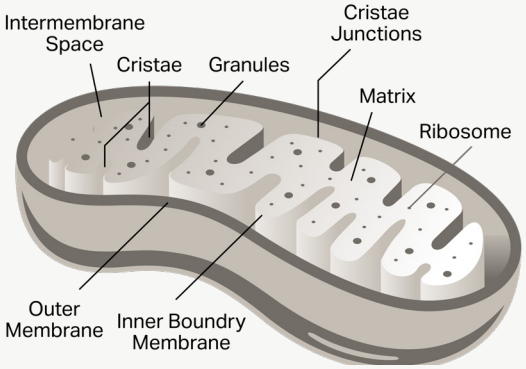
- Energized
- Clear-headed
- Resilient
- Metabolically flexible
- Able to recover and adapt

When cellular health declines, the body compensates by slowing things down. This is why effort alone isn't always enough.

Mitochondria: Your Energy Engine

Inside nearly every cell are mitochondria—the structures responsible for creating ATP, the energy currency your body uses to think, move, burn fat, regulate hormones, and repair tissue. Mitochondria determine how much energy your body actually has access to.

When they function efficiently, energy feels available and stable. When they don't, everything feels harder.



What Disrupts Cellular & Mitochondrial Function

Modern life places constant demands on the body. Over time, these pressures can reduce cellular efficiency and strain the systems responsible for energy production and repair. Rather than causing sudden breakdown, these stressors create a slow, cumulative decline in cellular function.

Common disruptors include:

- Chronic stress
- Poor or inconsistent sleep
- Ongoing inflammation
- Environmental toxin exposure
- Nutrient deficiencies
- Blood sugar instability
- Hormonal shifts, especially during midlife

This process is gradual, which is why it's often overlooked—yet its effects compound over time.



How Mitochondrial Dysfunction Shows Up

When cells cannot produce energy efficiently, the body shifts into conservation mode. Instead of thriving, it prioritizes survival, and symptoms begin to appear across multiple systems.

This often presents as:

- Persistent fatigue
- Brain fog or low motivation
- Strong or frequent cravings
- Slower metabolic response
- Difficulty losing weight
- Poor workout recovery
- Mood changes
- Sleep that doesn't feel truly restorative

These symptoms are not a failure of discipline or effort. They are biological signals indicating that cellular energy systems need support.

The Core Problem We're Solving

Most people are not lacking willpower. They are lacking cellular capacity. They're asking their bodies to perform, adapt, and recover without adequately supporting the systems that make energy production and regulation possible.

At XMD Wellness, we don't force the body into change. We restore the cellular environment so the body can respond naturally and efficiently again.

When cellular energy improves:

- Metabolism becomes more responsive
- Hormonal communication improves
- Cravings soften & mood stabalizes
- Cognitive clarity returns
- Recovery deepens

When the foundation is supported, everything downstream works better.





NAD+
Cellular Restoration

NAD+ is required for nearly every energy-producing reaction in the body. It plays a central role in how mitochondria create ATP, repair cellular damage, and adapt to metabolic and environmental stress.

As NAD+ levels naturally decline with age, many people experience fatigue, brain fog, and reduced metabolic efficiency.

It Supports:

- Mitochondrial energy production
- Cellular repair & metabolic efficiency
- Mental clarity and focus

Who it's for:

- Individuals experiencing low energy or midlife fatigue
- Those noticing brain fog, reduced focus, or mental sluggishness
- People seeking metabolic resilience and cellular longevity support
- Anyone looking to support energy at the cellular level (not through stimulants)

Available formats: Nasal Spray, Injection

Sermorelin
Muscle & Metabolism

Sermorelin encourages your body's natural release of growth hormone during sleep—the window when repair, regeneration, and metabolic renewal are most active.

Rather than replacing hormones, it supports the body's own rhythms and recovery cycles.

It Supports:

- Restorative sleep quality
- Muscle and tissue repair
- Collagen and skin renewal
- Metabolic resilience

Who it's for:

- Individuals struggling with poor sleep quality or non-restorative sleep
- Those noticing slower recovery from exercise or daily stress
- Adults interested in healthy aging and nighttime repair support
- Anyone looking to support recovery without disrupting natural hormone balance

Available formats: Injection



Glutathione
Cellular & Antioxidant Support

Glutathione is the body's primary antioxidant—produced naturally, but steadily depleted by stress, poor sleep, environmental exposure, and aging. It plays a foundational role in protecting cells from oxidative damage, supporting the liver's detox pathways, and maintaining the immune balance.

It Supports:

- Healthy cellular function and oxidative stress defense
- Detoxification and liver support pathways
- Immune resilience and inflammatory balance
- Recovery and cellular repair after stress, illness, or exertion

Who it's for:

- Those with high chronic stress loads, environmental exposure, or a demanding lifestyle.
- Individuals supporting detox, recovery, or anti-inflammatory protocols.
- Anyone on a longevity program who wants foundational cellular protection.
- People experiencing sluggish recovery, persistent fatigue, or frequent illness.

Available format: Injection

Multiple Delivery Options. One Goal.

Protocols may include nasal sprays or injections, all designed to integrate seamlessly into daily life while delivering consistent metabolic and cellular support.

Your provider helps determine the format that best aligns with your goals, comfort level, and natural rhythm. This is wellness that adapts to you—not the other way around.

Longevity Works Best When Life Is Supported

These molecules are not replacements for lifestyle—they amplify it. Longevity is built through rhythm, not intensity. Prioritizing protein, eating fiber daily, hydrating intentionally, moving consistently (especially strength training), and protecting sleep all work together to support the cellular foundation these tools enhance.

When life is supported, longevity follows.





How to Use Your Protocol
Timing, Frequency & *Delivery* at a Glance

Each product in your longevity protocol works through a specific mechanism—and timing matters. Using your protocol at the right time of day helps your body respond optimally and avoids unnecessary interference between products.

Your provider has prescribed your specific doses and schedule. The guidance below explains the 'why' behind each timing recommendation so you can understand how your protocol is working for you.

NAD+
Injection or Nasal Spray

Morning to midday. NAD+ supports cellular energy production and can be mildly energizing—avoid before bed. Nasal spray may be used 1–2x daily as directed.

Sermorelin
Injection

At bedtime (30–60 minutes before sleep). Sermorelin works by stimulating growth hormone release during deep sleep—the body's primary repair window. Timing it with sleep maximizes this effect.

Glutathione
Injection

Morning or midday. Flexible timing—can be administered the same day as B12-MIC or NAD+ injections. Typically prescribed 2x per week or as directed by your provider.

A Note on Injections: Multiple injections can often be administered on the same day, but ideally not at the same site. Rotate injection sites (abdomen, thigh, upper arm) to prevent irritation. Your provider will give specific guidance for your protocol. **Always follow the administration instructions on your vial exactly as written.**

CHAPTER 3



Administration & *Safety*

Injection Preparation

Wash Hands

Begin by washing your hands thoroughly with soap and water.

Clean Vial

Next, clean the top of the vial with an alcohol wipe to ensure a sterile surface.

Clean Injection Site

Using a new alcohol wipe, clean your injection site—the lower abdomen, thigh, or upper arm—and allow the area to dry completely.

Prepare Syringe

Take a new syringe, removing both the needle cap and, if applicable, the plunger cap.

Draw Dose

Turn the vial and syringe upside down, then draw the prescribed dose into the syringe.

Tap Syringe

With the needle pointing upward, gently tap the syringe to release any air bubbles.

How to Administer an Injection

Insert Injection

Hold the syringe like a pencil and insert the needle into your clean injection site at a 45 or 90-degree angle, depending on your comfort and your provider's guidance.

Inject Medication

Inject the medication slowly and steadily, pressing the plunger all the way down to ensure a complete dose.

Apply Pressure

Once finished, withdraw the needle and apply gentle pressure with a cotton ball or gauze if needed.

Dispose Safely

Dispose of your used syringe in a sharps container or any puncture-resistant container with a secure lid, such as a heavy plastic bottle or milk carton. Always follow local regulations for safe needle disposal.

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Scan the QR code for a full video on Injection Administration and Safety.

Side Effects

Every journey with XMD Wellness is unique, and it's normal to experience some mild side effects (especially during the first few weeks or when your dosage increases). These temporary adjustments are part of your body's process of adapting to treatment. See below for simple, science-backed strategies to help you manage them and continue feeling your best along the way.



Nausea

When digestion slows to enhance satiety, mild nausea may occur.

- Keep your meals simple, stay hydrated, and eat with a steady rhythm.
- Choose plain, low-fat foods like toast, rice, or broth to rest your stomach.
- Eat smaller, more frequent meals to maintain steady digestion and avoid feeling overly full.
- Add hydrating fruits and vegetables and sip on an electrolyte drink throughout the day to replenish electrolytes, promote hydration, and provide cellular energy without caffeine.
- Take a digestive aid before meals so the enzymes and organic ginger can help break down food and soothe the stomach.
- Incorporate a daily probiotic to support a balanced gut–metabolic axis and calm digestive discomfort.



Constipation

A slower digestive rhythm is normal at the start of therapy.

- Focus on hydration, fiber, and microbiome support to keep things moving.
- Stay well-hydrated with water and an electrolyte drink to replenish hydration and support optimal mobility.
- Add fiber-rich foods like berries, leafy greens, and chia seeds for enhanced gut mobility with a probiotic which fuels beneficial bacteria that produce digestion-supporting SCFAs.
- Take a probiotic daily to promote microbiome diversity and smooth, regular elimination.
- Incorporate light movement after meals (such as a short walk) to naturally stimulate digestion.



Heartburn & Reflux

As your digestion adjusts, mild reflux can occur. Eat mindfully and support smoother digestion through balance and targeted support.

- Eat slowly and mindfully, stopping when comfortably full.
- Avoid alcohol, caffeine, and high-fat meals that can irritate digestion.
- After eating, stay upright for 30–60 minutes, or take a short walk to aid gastric flow.
- Take a digestive aid to help break down meals efficiently and ease fullness.
- Support the gut lining and microbiome balance with a probiotic for smoother digestion and less discomfort.
- Take a daily Omega supplement for an improved inflammatory response and to promote a healthy gut barrier.
- A provider may prescribe Ondansetron (also known as Zofran) to help with nausea.

These sensations are temporary. They're signs your metabolism and gut are learning to communicate again. With hydration, movement, and your XMD Wellness Support Stack, you'll help your body find its new rhythm and feel stronger, lighter, and more in tune.

*Please remember, these tips are general guidelines; always consult a doctor, your primary care physician, or reach out to our patient care network at (insert number) if you have concerns or persistent side effects. Seek immediate care if you experience severe side effects like abdominal pain, dizziness, chest pain, fever, or neck swelling.


CHAPTER 4
Nutrition
& Supplements
xyngular®
Fuel your metabolism. Nourish your microbiome. Support your results.

Supplement with *Purpose*

Think of supplements as science-backed tools in your wellness toolbox. Each one is designed to strengthen the communication between your gut, your metabolism, and your mind.

Your gut isn't just where food is digested. It's where messages about hunger, energy, and mood are made. This powerful gut–metabolic axis plays a key role in how your body regulates satiety, glucose, and overall metabolic function.

Peptide Support Stack

xyngular®









Clear Protein+

Fuels lean muscle and metabolic renewal while helping stabilize appetite and energy.

Trimstix Naturals

Supports healthy blood sugar levels and helps recalibrate the gut's satiety signaling pathways to reduce cravings and energy crashes.

Complete Probiotic

Works through the gut–metabolic axis to support digestion, balance microbiome diversity, and enhance satiety signals that tell your brain when you're full.

Together, these formulas create a foundation of metabolic balance to help your body listen to itself more clearly, regulate appetite naturally, and sustain results long-term. Because the goal isn't just to eat less. It's to feel more satisfied by what nourishes you.

Nutritional RECOMMENDATIONS

For optimal results, pair your XMD peptide therapy with a balanced, sustainable lifestyle.

Nutrition is not one-size-fits-all, but your body thrives on consistency for healthy blood sugar levels, lean muscle support, and a healthy gut–metabolic axis.

A plan that's rich in protein and fiber, moderate in carbohydrates, and supported by proper hydration helps sustain energy, regulate appetite, and promote lean body composition.

Listen to your body throughout this process—nourish it, respect its cues, and choose foods that align with your goals and your rhythm of life.







Prioritize Protein

Protein is a key part of metabolic wellness, especially during peptide-based care. It helps support lean muscle, aids recovery, and promotes a feeling of fullness.

Include a source of lean or plant-based protein at every meal such as chicken, fish, lentils, or tofu.

Supplement daily with Clear Protein+, a light, bioavailable formula that supports muscle recovery and helps keep appetite balanced without heaviness.

Combine protein with healthy fats and fiber for steady, sustained energy.

The calculation for optimal protein is a range between 0.8g-1.0g per lb of body weight.

Lower Range	0.8	x	your weight
Upper Range	1	x	your weight



Focus on Fiber

Fiber feeds your microbiome to promote healthy digestion. It's an important part of peptide-based care, as it helps support healthy blood sugar levels, promotes satiety, and supports regularity.

Include a mix of soluble and insoluble fibers (Complete Prebiotic, oats, chia seeds, greens, and berries).

Take Complete Probiotic daily to help balance the gut–metabolic axis and support healthy appetite signaling from the gut to the brain.

Women: ~ 25 g/day
Men: ~ 38 g/day



Healthy Blood Sugar

Healthy blood sugar levels support steady energy and mood throughout the day. Maintaining balance helps support consistent energy, manage cravings, and sustain overall progress.

Pair carbohydrates with protein or fiber to avoid blood sugar spikes.

Use Trimstix between meals to support healthy glucose levels and support your body's natural metabolic rhythm.

Choose slow-digesting carbohydrates like quinoa, sweet potatoes, and fruit.



Stay Hydrated

Hydration enhances every aspect of metabolic health from digestion and satiety, to energy and cellular renewal.

Aim for at least half your body weight in ounces of water daily.

Add Spryng electrolytes to help support daily hydration and overall wellness. It provides essential minerals that support normal muscle function and help maintain electrolyte balance.

Limit alcohol and high-sugar beverages that can dehydrate and disrupt metabolism

Remember: Nutrition is communication. Every bite you eat, sip you take, and supplement you choose sends a signal to your metabolism. With consistent fuel, hydration, and XMD Wellness, your body learns to listen, respond, and thrive.

Food: Do's and Dont's

Do

Focus on Foods That Fuel You

Small, intentional choices make a big difference in how your body feels and performs. Prioritize nutrient-dense foods that keep you satisfied, energized, and aligned with your goals.

LEAN PROTEINS

These proteins are essential for maintaining muscle mass and promoting satiety throughout the day.

- Chicken breast
- Turkey breast
- Lean cuts of beef
- Lean cuts of pork
- Protein drink supplements
- Fish
- Tofu
- Lentils

HIGH FIBER

Foods high in fiber are important for supporting digestive health and help regulate blood sugar levels.

- Spinach
- Kale
- Strawberries
- Apples
- Blueberries
- Quinoa
- Bell Peppers
- Carrots

HEALTHY FATS

Including sources of healthy fats can be beneficial in supporting heart health and helping maintain satiety.

- Avocados
- Almonds
- Chia Seeds
- Olive Oil
- Flaxseeds
- Walnuts

Don't

Choose Foods That Disrupt Your Progress

Some foods can interfere with your body's ability to regulate glucose, manage appetite, and maintain steady energy. Keep these to a minimum to support consistent results.

SUGARY FOODS

Foods high in sugar can cause rapid spikes in blood sugar, impacting appetite and medication effectiveness.

- Soda
- Pastries
- Sweetened yogurt
- Ice Cream
- Sugary cereals
- Candy

REFINED CARBOHYDRATES

These types of carbs may lead to sharp increases in blood glucose—opt for whole grains when possible.

- White bread
- White rice
- Pasta (unless whole grain)

FRIED & PROCESSED FOODS

These foods are often high in unhealthy fats and sodium, which can hinder progress.

- Fast Food
- Processed meats
- Potato chips
- Breaded meats

Questions

Learn more or explore our FAQs at: https://on.xyngular.com/xmd-faq

Talk to your care provider in the XMD Wellness portal if you have questions regarding your medication, side effects, prescription, etc.

Please do not hesitate to reach out to our patient care network.

(833) 603-4954

care.xmdwellness.com

help@help.xmdwellness.com

References

Once-Weekly Semaglutide in Adults who are Overweight or Obese
(New England Journal of Medicine)

Tirzepatide Once Weekly for the Treatment of Obesity
(New England Journal of Medicine)

26% Weight Loss Seen With Tirzepatide in Long-Term SURMOIUNT-3, SURMOUNT-4 Trials
(Endocrine Today)

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You've just joined The *Metabolic Shift*, a new era of *personalized health* designed to help you feel, look, and *live better* from the inside out.

At XMD Wellness, we believe wellness should be personal, not prescribed. Your plan is designed around you, your biology, your goals, and your pace.

As you move forward, know that you're supported by a team who believes in science, precision, and your potential. This isn't just a program. It's the beginning of a more informed, more empowered version of you.