

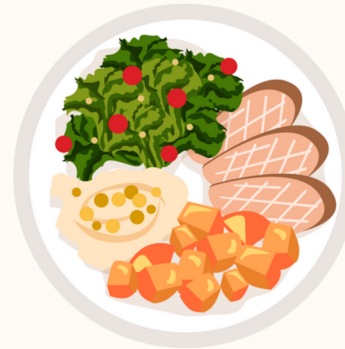
# side effect *tips+tricks* for GLP-1s



## *stay hydrated!*

Drinking water and electrolytes is shown to help digestion.

## *food=fuel*



Focusing on foods and drinks rich in protein and fiber will help digestion and muscle growth.



## *ABCs and GLPs*

Supplements like B12, D3, and multivitamins can help energy levels, among other things.

## *nausea, burps, heartburn*

(oh my!)

These are all common side effects of a GLP-1. Generally, using an over-the-counter (OTC) medicine can help minimize discomfort. Discuss your best options with your HCP.

- ☒ Strength train
- ☒ Cardio
- ☒ Protein intake



## *strong foundations*



TIP: The time of day you inject may help certain side effects like tiredness and nausea. Test to see what works best for you.