

# Peaches<sup>®</sup> RX

## PATIENT GUIDE

Your journey with oral dissolvable semaglutide starts here.



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### ABOUT THIS MEDICATION

PeachesRx prescribes a compound oral dissolvable tablet (ODT) that is prepared by a licensed pharmacy and contains semaglutide and vitamin B6. This ODT is a once-daily medication that may support weight loss, appetite regulation, and overall metabolic wellness. Compound semaglutide is designed to mimic a hormone your body naturally produces to help you feel full, digest food more slowly, and regulate blood sugar.

When paired with a healthy lifestyle, it may help:

- Lower blood sugar and A1C levels
- Support long-term weight loss
- Improve portion control
- Decrease cravings



### WHAT TO EXPECT

#### Weeks 1–4

Mild appetite reduction, possible side effects as your body adjusts to the starter dose.

#### Weeks 5–8

More noticeable appetite changes and early signs of weight loss as your dose increases.

#### Month 2+

The majority of women see real, lasting benefits once they reach their maintenance dose. Everyone's body is different. Any concerns regarding the effects of this medication should be discussed with your medical professional.

Please note that results, side effects, and the degree of effectiveness may vary on an individual basis. Any concerns regarding these variations should be discussed with your medical professional.

 This is your journey—at your pace. We're here with you every step of the way.

### COMMON SIDE EFFECTS

Common side effects of semaglutide include:

- Nausea
- Heartburn or indigestion
- Bloating or gas
- Headache
- Constipation or diarrhea
- Fatigue

Side effects vary by individual but are often mild and improve with time. Slim compounds semaglutide with vitamin B6 to assist in alleviating some of these symptoms.

### TIPS FOR FEELING BETTER

- Eat slowly and stop when comfortably full
- Focus on protein and fiber-rich foods
- Avoid fried, spicy, or heavy meals
- Stay hydrated

If symptoms persist, reach out to your PeachesRx provider for guidance.

### HOW TO USE YOUR ORAL DISSOLVABLE TABLET (ODT)

Taking your medication properly helps your body absorb it—and ultimately helps you see better results

- 1 Take it first thing in the morning**  
Pick a consistent time each day.
- 2 Make sure your stomach is empty**  
Don't eat or drink (besides a small sip of water) for at least 30 minutes before and after.
- 3 Let the tablet fully dissolve in your mouth**  
Place it under or on top of your tongue. Don't chew or swallow it whole.
- 4 Wait 30 minutes before eating, drinking, or taking other meds**  
This helps your body absorb the medication properly.
- 5 Be consistent**  
Daily use, same time each day = better results.

 **Pro tip:** Store your medication somewhere that fits naturally into your daily routine.



## WHEN TO CONTACT A MEDICAL PROFESSIONAL

Talk to a healthcare provider immediately if you experience:

- Difficulty breathing, rash, or swelling (possible allergic reaction)
- Dizziness, shakiness, or fast heartbeat (possible low blood sugar)
- Vomiting that prevents hydration

## MEDICATION STORAGE

- Store at room temperature (no refrigeration needed)
- Avoid heat, moisture, or direct sunlight
- Keep out of reach of children and pets
- Keep in original packaging



## FREQUENTLY ASKED QUESTIONS

### Will I feel less hungry right away?

Some do, but some women begin noticing real changes after 6-8 weeks or after their maintenance dose kicks in. Your individual experience may vary.

### How do I take the oral dissolvable tablet?

Let it dissolve in your mouth without chewing or swallowing. Take it on an empty stomach and wait 30 minutes before eating or drinking.

### How can I get enough protein while eating less?

Try:

- Lean meats or plant-based proteins at meals
- Greek yogurt, eggs, cottage cheese
- Protein shakes in the morning
- Protein bars, nuts, jerky

If you remain concerned about protein intake, it is recommended to speak to a dietitian or third party who can provide you with professional guidance on your nutritional needs.

### I'm experiencing heartburn or bloating. What helps?

Eat smaller, more frequent meals, avoid greasy or spicy foods, and ask your provider about probiotics or digestive support.

### Should I take supplements while on semaglutide?

Some helpful additions (ask a medical professional first):

- Multivitamin with B-complex and iron (While Slim does contain B6, the appropriate levels of vitamin B consumption may vary by individual.)
- Electrolyte mix if you're eating less
- Prebiotic or probiotic
- Magnesium

Any changes to supplements may induce physiological changes in individuals. As such, it is advisable to seek advice from a medical professional when taking supplements with semaglutide.

### When will I see weight loss?

Appetite usually decreases by weeks 4-8. Many women start to see weight changes during this period and continue progressing from there. However, your individual experience may vary.

### What if I feel tired or low energy?

Try hydrating first thing in the morning, get light movement, and ensure you're getting enough nutrients, especially B vitamins and iron. While Slim does contain B6, the appropriate levels of vitamin B consumption may vary by individual. It is advisable to check with a medical professional.

### Can I drink alcohol while on this medication?

Yes, but in moderation. Avoid drinking on an empty stomach, and don't overdo it—alcohol can affect blood sugar and digestion.

### What happens if I miss a dose?

Take it as soon as you remember unless you're close to your next dose. Don't double up. Just get back on track the next day.

### Do I need to stay on this forever?

Not necessarily. Some women stay on for long-term support, while others transition off gradually. Your provider will help you decide what's best for your goals.

### How is this different from the injectable version?

The medications are similar but have different delivery methods. This ODT version is taken daily and absorbed through your mouth and stomach—no needles required.



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