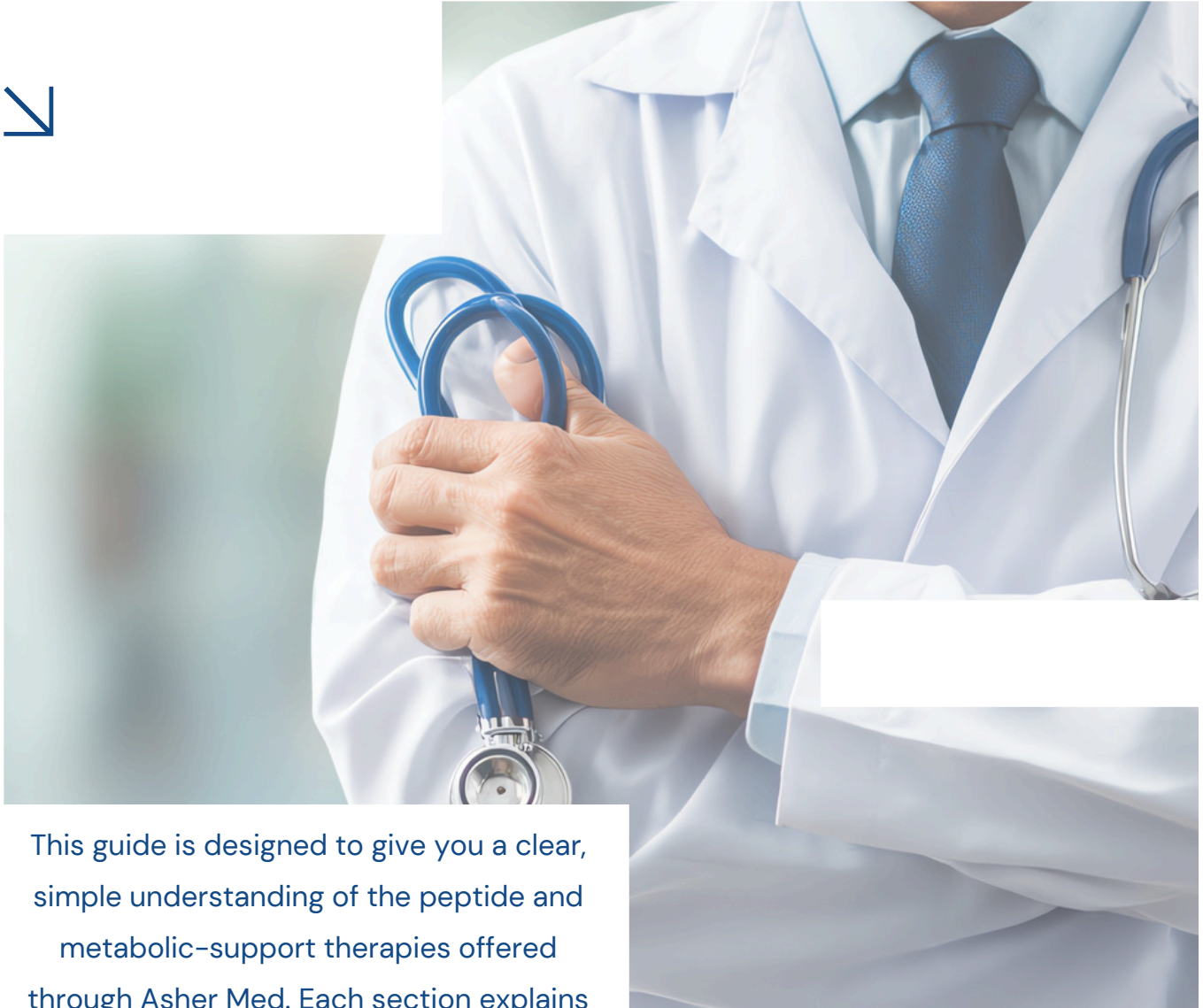


GLP-1 & Peptides Overview



Introduction



This guide is designed to give you a clear, simple understanding of the peptide and metabolic-support therapies offered through Asher Med. Each section explains what the medication is, who it's ideal for, and the key benefits it may provide—all without complex medical language or unrealistic promises.

Our goal is to help partners and clients understand how these therapies fit inside a full wellness approach built on coaching, nutrition, movement, sleep, and consistency. Medications can create momentum, but habits create lasting results. This guide shows how both work together to support safe, sustainable progress.

Disclaimer

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Clinical Responsibility & Use Disclaimer

This guide is for educational purposes only and is not meant to diagnose, treat, cure, or prevent any disease. Therapies described may include compounded medications that are not FDA-approved. All medical decisions—such as eligibility, dosing, adjustments, and safety monitoring—are made solely by licensed clinicians based on medical history and current guidelines. Nothing in this guide should be interpreted as medical advice or replace a consultation with a qualified healthcare professional.

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Clients must follow the guidance of their prescribing provider and use official communication channels for questions, symptoms, or concerns. Results vary by individual and are strongly influenced by lifestyle factors such as nutrition, sleep, hydration, movement, and adherence to coaching recommendations. No outcomes or weight-loss guarantees are made or implied. By participating in any program or therapy offered through Asher Med, individuals acknowledge these limitations and agree to follow all clinical instructions, check-ins, and safety requirements.



How Peptides & GLP-1s Work Together



How GLP-1s & Peptides Work Together

GLP-1 medications and peptides can complement each other because they target different aspects of metabolic health. GLP-1s primarily support appetite regulation and blood-sugar signals, while peptides enhance cellular energy, recovery, sleep, body composition, and metabolic efficiency. Together—*when managed under clinical supervision*—they provide a more complete and strategic approach to wellness.

Structure + Capacity

GLP-1s help clients regulate eating habits and create control, while peptides help the body perform, repair, and adapt. In short: GLP-1s establish structure, and peptides build capacity. This combination supports clients in reducing overeating while improving how they feel, move, and recover.

**GLP-1s create control.
Peptides help build capacity.**

How They Compliment Each Other

& Why This Matters For Clients

How GLP-1s & Peptides Work Together

GLP-1s support appetite control, blood-sugar regulation, and consistent nutrition—while certain peptides contribute to energy, recovery, sleep, body composition, and cellular efficiency. In practical terms:

- GLP-1s reduce cravings + peptides enhance repair
- GLP-1s improve meal consistency + peptides support training
- GLP-1s stabilize blood sugar + peptides boost metabolic function
- GLP-1s create momentum for weight loss + peptides support body composition

Client Benefits & Why It Matters

GLP-1s help control the behaviors that derail progress, while peptides support the body internally—providing energy, recovery, and metabolic stability. Together, they help clients improve appetite control, body composition, movement, recovery, sleep, and long-term results. Both work best within a structured program that includes coaching, nutrition guidance, tracking, and medical oversight. **They are tools—not replacements—for healthy habits.**

What Are Peptides?

Peptides are short chains of amino acids—the building blocks of proteins— that act as messengers in the body. They help cells communicate, repair, and regulate key processes such as metabolism, recovery, and overall balance. Because they act on very specific pathways, peptides offer targeted support without affecting the entire system.

How Peptides Support Transformation

Peptides are not magic fixes, but they can be powerful adjuncts inside structured wellness or metabolic programs. Their core role is to support the habits that drive real transformation—nutrition, sleep, hydration, movement, and consistency. They help the body function more efficiently so clients can make sustainable progress.

Potential Benefits

Benefits depend on the peptide and the person’s lifestyle, habits, and medical profile. Common areas of support include metabolic wellness, body composition, cellular energy, recovery, sleep, cognition, and skin health. At Asher Med, peptides are always paired with coaching and structured behavior support—because medications provide leverage, but habits create lasting results.

Medications Overview by Category

GLP-1 + GIP Medications (Appetite & Fullness Regulation)

Semaglutide

Brief Overview:

Semaglutide helps regulate appetite, fullness cues, and blood-sugar rhythm. It is used in medically supervised weight-management programs for individuals who struggle with cravings or inconsistent eating patterns.

Ideal For:

- Clients wanting structured, medically guided weight support
- Individuals struggling with appetite control or overeating
- People who haven't progressed with lifestyle changes alone

Key Benefits:

- Helps regulate appetite and fullness
- Supports more consistent eating habits
- Enhances adherence to nutrition and movement routines
- Improves long-term consistency when paired with coaching

GLP-1 + GIP Medications (Appetite & Fullness Regulation)

Tirzepatide

Brief Overview:

Tirzepatide impacts both GLP-1 and GIP pathways to support appetite control, cravings, and metabolic balance. It is often used in comprehensive weight-management plans.

Ideal For:

- Individuals needing advanced appetite and fullness support
- Clients with long-term difficulty controlling cravings
- Those in structured weight-management programs

Key Benefits:

- Dual-pathway appetite and fullness regulation
- Supports steadier eating pattern
- Encourages blood-sugar rhythm
- Enhances long-term habit consistency



Metabolic Support Peptides (Energy, Fuel Use, Metabolic Rhythm)

MOTS-C

Brief Overview:

MOTS-C supports cellular energy and helps the body use fuel more efficiently—often chosen by clients working on nutrition and movement habits.

Ideal For:

- Clients wanting metabolic-wellness support
- Individuals with inconsistent energy
- People improving nutrition and movement

Key Benefits:

- Supports cellular energy processes
- Helps improve vitality and daily consistency
- Complements diet and exercise coaching
- Fits inside long-term wellness programs



Metabolic Support Peptides (Energy, Fuel Use, Metabolic Rhythm)

AOD-9604

Brief Overview:

AOD-9604 is a growth-hormone fragment studied for fat-metabolism support. It is used as an adjunct during fat-loss phases to help reinforce consistent habits.

Ideal For:

- Individuals seeking help during fat-loss phases
- Clients with existing strong habits
- People working on morning structure and consistency

Key Benefits:

- Supports fat-loss efforts in structured programs
- Reinforces nutrition and movement routines
- Helps maintain daily and weekly consistency
- Complements accountability programs



Metabolic Support Peptides (Energy, Fuel Use, Metabolic Rhythm)

Lipo-B

Brief Overview:

Lipo-B is a similar lipotropic blend used to support metabolic wellness and energy while clients build consistent nutrition and hydration habits.

Ideal For:

- Individuals wanting general metabolic support
- Clients rebuilding energy and consistency
- People improving weekly routines

Key Benefits:

- Supports natural metabolism and energy
- Complements improved nutrition and hydration
- Reinforces routine building Fits inside long-term wellness plans



Recovery & Repair Support Peptides (Soft Tissue, Training Consistency)

BPC-157/TB-500

Brief Overview:

These peptides are commonly used by active individuals who want supportive options for recovery, soft-tissue balance, and training consistency.

Ideal For:

- Active individuals needing recovery support
- Clients returning to training or rehab
- People staying consistent with movement

Key Benefits:

- Supports natural recovery processes
- Encourages training consistency
- Complements rehab and smart training
- Helps maintain movement patterns

Cellular Repair, Antioxidant & Mitochondrial Support

Glutathione

Brief Overview:

Glutathione is the body's master antioxidant and supports cellular defense and stress resilience. Many clients use it to feel more balanced and recover well during wellness programs.

Ideal For:

- Individuals wanting extra cellular support
- Clients feeling rundown or inflamed
- People wanting improved resilience

Key Benefits:

- Supports natural antioxidant processes
- Helps cells manage oxidative stress
- Complements hydration, sleep, and nutrition
- Fits into metabolic and recovery programs

Cellular Repair, Antioxidant & Mitochondrial Support

NAD

Brief Overview:

NAD supports cellular energy production and is often used by clients wanting clarity, focus, and vitality—especially during high-demand seasons.

Ideal For:

- Individuals seeking energy and focus support
- Clients with low or inconsistent vitality
- Busy professionals

Key Benefits:

- Supports cellular energy production
- May promote clarity and focus
- Complements sleep and nutrition habits
- Useful during high-stress periods



Growth-Hormone Pathway Support (Sleep, Recovery, Body Composition)

Sermorelin

Brief Overview:

Sermorelin encourages the body's natural growth-hormone pulses, supporting recovery, sleep quality, and body-composition efforts

Ideal For:

- Individuals needing recovery or better sleep
- Clients strength training
- People working on body composition

Key Benefits:

- Supports nighttime repair
- May improve sleep quality
- Complements protein intake and training
- Helps with recovery-focused goals



Skin & Cosmetic Support Peptides

GHK-Cu

Brief Overview:

GHK-Cu is a copper-binding peptide used to support skin appearance, vibrancy, hydration, and overall skin quality.

Ideal For:

- Individuals focused on skin vibrancy
- Clients using internal + external skincare routines
- People wanting cosmetic-adjacent wellness support

Key Benefits:

- Supports healthy skin appearance
- May enhance hydration and texture
- Complements skincare and wellness routines
- Aligns well with “beauty from within” approaches

Microdosing Overview



What Microdosing Is

Microdosing involves using GLP-1 or GIP/GLP-1 medications (e.g., semaglutide or tirzepatide) at lower-than-standard doses to support appetite and metabolic control with better tolerability. It follows the same mechanisms—just at a lighter intensity set by the clinician. Partners must not promise approval but can explain the concept and encourage honest intake.

Who May Benefit From Microdosing

It's commonly considered for clients near their goal weight who struggle with cravings, weight creep, late-night eating, or "menopause belly." It may also suit those seeking gentle support, maintenance-level dosing after prior use, or fewer side effects. These are not experimental doses—they are structured, physician-selected options for mild appetite control and maintenance.

Microdosing Overview

How to Communicate Microdosing

Use calm, supportive language—never promises. A simple phrase: *“Microdosing isn’t magic—it just helps people stay consistent with food, movement, and daily habits.”* It may gently support appetite, reduce side effects, help maintain weight, and create accountability during habit-building.

Clinical Use & Off-Label Clarification

Microdosing uses the same medications but at doses different from FDA-labeled protocols. This is considered off-label, which is common in medicine. Only prescribing clinicians determine eligibility and review risks and benefits. For questions about FDA guidance or compounding, direct clients to the FDA & Compounded Medications one-pager.



How Microdosing Works in the Asher Med Ecosystem

Partner Role & Intake Process

Clients can select “microdosing / gentle support / maintenance” on the intake form, which alerts the physician to their goals. All dosing decisions—including follow-ups, titration, and adjustments—are physician-only.

Partners should never comment on dose strength, make suggestions, or imply approval.

Clinical Review & Contraindications

Physicians use the same review process as standard dosing, assessing personal/family history, medications, and past reactions. Common exclusions include thyroid cancers (MTC, MEN2), pancreatitis, significant GI issues, or prior serious reactions. Partners must not pre-clear clients medically—just encourage honest intake responses.

Labs & Medical History Requirements

A full medical history is required, just like standard protocols. Recent labs (within 12 months) are preferred. If clients don't have labs, the physician may still start therapy—but updated labs are required within 60 days or before the next refill. You can say:

“You may be able to start even without recent labs, depending on the physician’s review—but updated labs are needed to continue the program.”

