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Food & Alcohol

Foods to Avoid While Taking Compound Semaglutide

The most common side effects are nausea and acid reflux. Fortunately, you can prevent or reduce these side effects by taking note of what you eat. Avoid foods that are high-fat, sugary and calorie -dense, for example:

Fast Food

Processed Food

Alcohol

Junk Food

Sugary Drinks

Refined Grains

What are The Best Foods to Eat While Taking Compound Semaglutide?

The key to weight loss success is a healthy diet. Compound Semaglutide is a tool that helps you change your eating habits to lose weight and learn how to maintain it. Not it's time to retrain! Eat slow and be mindful of what and how much you are eating. Focus on meal plans that include eating health foods, for example:

Non-Starchy Vegetables

Lean Protein

Whole Grains

Legumes

Nuts

Healthy Fats

Fruits

Can I Drink Alcohol While Taking Compound Semaglutide?

Most people that take Compound Semaglutide are still able to drink small amounts of alcohol. However, they may find that one's tolerance has decreased. Stay mindful of the recommended limits for alcohol consumption. Stay aware of how you're feeling and stop when you've had enough. It's important to remember that if you're eating less food, there won't be as much in your stomach. **Eat a meal before you drink!**

Although you are drinking fluids, alcohol can be quite dehydrating. Make sure you drink plenty of water between alcoholic drinks. **Stay hydrated!**

You should also avoid excessive amounts of alcohol while taking Compound Semaglutide. While rare, there is a risk of pancreatitis (inflammation of your pancreas).

DON'T FORGET TO DRINK WATER!