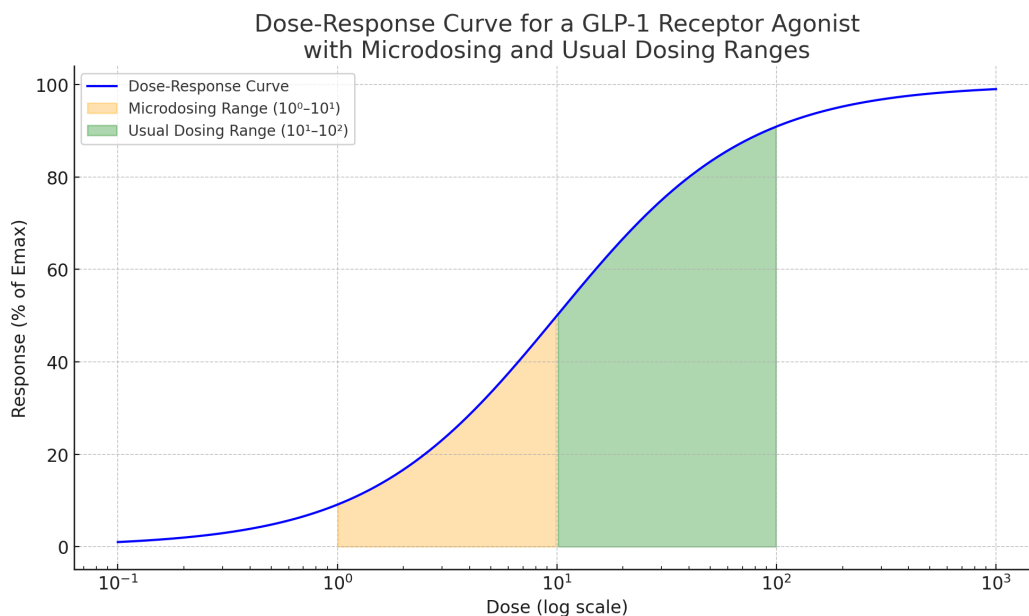


## Microdosing GLP-1s

Microdosing refers to the practice of using smaller doses than usual to achieve therapeutic effects. The principle behind microdosing is that by using smaller doses therapeutic benefits are achieved at lower cost and with fewer side-effects. The microdosing concept is demonstrated below in a hypothetical dose-response curve to GLP-1 showing the first 50% of the response occurring at doses less than one tenth of the maximal dose. The light brown shaded area is the “sweet spot” for microdosing. The green shaded area is the usual dosing range.



GLP-1 drugs such as [semaglutide](#) (“Ozempic” and “Wegovy”) and [tirzepatide](#) (“Mounjaro” and “Zepbound”) are highly effective for weight loss and reduction of sugar levels as well as for treatment of heart and kidney disease but are expensive and in 5-10% of case are associated with nausea and or persistent nausea and vomiting. GLP-1s may also be very useful in [Type 1 diabetes for preservation or rest of surviving beta cells](#): in Type 1 diabetes GLP-1s are typically used in microdoses unless there is overweight or obesity in which case usual doses may be employed.

At BCDiabetes we routinely recommend microdosing by “counting the clicks” for individuals who experience nausea and vomiting at the starting doses of [semaglutide](#) and [tirzepatide](#). For more information on microdosing follow the links to [semaglutide](#) & [tirzepatide](#).

Short URL = <https://bit.ly/microGLP>