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Zepbound (Tirzepatide) Microdosing Schedule for Weight Loss

Week	Dose (mg)	Typical Use	Purpose
Week 1	1.25 mg	Initial microdose	Minimize GI side effects
Week 2		Continue low dose	Adjust to body tolerance
Week 3	1.25–2.5 mg	Standard starting dose	Beginning therapeutic level
Week 4			
Week 5	2.5 mg		Based on response & side effect profile
Week 6	2.5–5 mg	Optional titration	Increased weight loss efficacy
Week 7			Further appetite suppression
Week 8+	5 mg	Moderate dose	Enhanced fat loss
	5–7.5 mg	Titrate as needed	Aggressive weight loss, under supervision
	7.5 mg	Higher dose if well tolerated	
	10–12.5 mg	Optional max dose for some patients	

Maintenance 2.5–5 mg Post-goal weight maintenance Sustain weight without side effects

Microdosing GLP-1 medications, such as semaglutide (Ozempic, Wegovy) or tirzepatide (Zepbound, Mounjaro), has emerged as an innovative strategy offering several advantages, particularly for patients who have already achieved their goal weight or those who are sensitive to side effects. One of the main benefits is ****improved tolerability****. Standard doses of GLP-1 medications are often associated with gastrointestinal side effects such as nausea, bloating, constipation, or diarrhea. By using a smaller dose, patients frequently experience fewer and milder side effects, making the treatment easier to continue long-term. This is particularly important for those who might otherwise discontinue therapy due to discomfort. Another advantage is ****weight-loss maintenance and prevention of rebound weight gain****. After reaching a target weight, many patients struggle to keep pounds off when medications are stopped completely. Microdosing provides a way to continue receiving the appetite-suppressing and craving-reducing effects of GLP-1s without requiring high, expensive doses. This helps patients sustain healthy eating patterns and avoid the cycle of regaining weight.

****Cost savings**** are also significant. Full doses of GLP-1s can be extremely costly, especially without insurance coverage. Microdosing reduces the amount of medication needed, stretching each prescription further and making long-term use more affordable for many patients.