

Medication & peptide summary

Everything this patient is taking, how much, since when, and how consistently — on one page.

4
 active agents
 1 Rx • 1 compounded • 2 not FDA-approved

93%
 doses taken as scheduled
 125 of 135 • last 90 days

1
 dose change
 tirzepatide titration, Aug 4

3
 patient-reported adverse effects • all mild

-16.4 lb
 weight, Apple Health
 214.6 → 198.2 lb

01 Active regimen as recorded by the patient, with regulatory status per agent

AGENT	STATUS	DOSE • ROUTE	FREQUENCY	STARTED	SOURCE • PREPARATION
Tirzepatide Zepbound 5 mg/0.5 mL pen	FDA-APPROVED • Rx	5 mg SC was 2.5 mg until Aug 4	Weekly • Mon	06/30/26	Rx: Dr. R. Patel (telehealth) Retail pharmacy • prefilled pen
NAD+	COMPOUNDED	100 mg SC	2× weekly • Tue, Fri	07/01/26	Compounding pharmacy (Rx) 1,000 mg / 10 mL vial → 100 mg/mL
BPC-157	NOT FDA-APPROVED	250 mcg SC	Daily • AM	07/07/26	Self-sourced 5 mg vial + 2 mL BAC water → 2.5 mg/mL
TB-500	NOT FDA-APPROVED	2 mg SC	2× weekly • Wed, Sat	09/16/26	Self-sourced 10 mg vial + 2 mL BAC water → 5 mg/mL

✓ All 4 agents tracked in the app are included in this report. Nothing was hidden by the patient.

02 Adherence logged vs scheduled, last 90 days

Tirzepatide		100%	13/13
BPC-157		91%	82/90
NAD+		92%	24/26
TB-500		100%	6/6

BPC-157: 8 missed doses, 6 of them during travel Aug 21–27. TB-500 counted from its Sep 16 start.

03 Changes & reported effects

- AUG 4

Tirzepatide 2.5 mg → 5 mg

Per prescriber
- AUG 5–7

Nausea • mild

Resolved without changes; appetite reduced
- SEP 12

Injection-site redness • mild

BPC-157, abdomen L • cleared in 2 days
- SEP 16

TB-500 started

Patient-initiated, no prescriber
- SEP 20

Fatigue • mild

Logged 2 days; sleep 5h40 those nights

04 Patient's questions for this visit

WRITTEN BY THE PATIENT BEFORE THE APPOINTMENT

- Is it time to discuss going to 7.5 mg tirzepatide in November?
- The nausea after the last step-up lasted three days — what should I expect at the next one?
- I have dental surgery on Oct 28. Should I pause BPC-157 or TB-500 beforehand?

Dose-by-dose log

Every entry as the patient logged it, newest first. Showing the most recent 15 of 135.

09 **Dose log** time, amount and site recorded at the moment of logging

DATE	TIME	AGENT	AMOUNT	SITE	NOTE
Oct 5	7:40 PM	Tirzepatide	5 mg	Thigh L	Pen
Oct 5	8:04 AM	BPC-157	250 mcg	Abdomen R	
Oct 4	8:10 AM	BPC-157	250 mcg	Abdomen L	
Oct 3	9:12 AM	TB-500	2 mg	Thigh R	
Oct 3	7:58 AM	BPC-157	250 mcg	Thigh L	
Oct 2	8:01 PM	NAD+	100 mg	Abdomen R	
Oct 2	8:06 AM	BPC-157	250 mcg	Thigh R	
Oct 1	8:02 AM	BPC-157	250 mcg	Abdomen R	
Sep 30	9:05 AM	TB-500	2 mg	Abdomen L	New vial mixed
Sep 30	8:11 AM	BPC-157	250 mcg	Abdomen L	
Sep 29	7:50 PM	NAD+	100 mg	Thigh L	
Sep 29	8:03 AM	BPC-157	250 mcg	Thigh R	
Sep 28	7:45 PM	Tirzepatide	5 mg	Thigh R	Pen · lot not recorded
Sep 28	8:20 AM	BPC-157	250 mcg	Thigh L	
Sep 27	8:09 AM	BPC-157	250 mcg	Abdomen R	

The full 90-day log (135 entries) is attached as a CSV file with this report.

10 **Vials on hand** from the patient's cabinet

AGENT	VIAL	MIXED	CONCENTRATION	REMAINING (EST.)	BEYOND-USE DATE
BPC-157	5 mg	Sep 24	2.5 mg/mL	~ 8 doses	Oct 22
TB-500	10 mg	Sep 30	5 mg/mL	~ 3 doses	Oct 28
NAD+	1,000 mg / 10 mL	Pharmacy	100 mg/mL	~ 4 doses	Nov 20