



Compounded Weight Loss Formulations

Standard starting point for the patient with no contraindications:

- **Phenocarbithin Plus 15/50/10mg SR Capsule**

- Phentermine 15mg, Topiramate 50mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

If patient tolerates “Plus” with no issues or side effects (medical, psychological, or otherwise), and their weight loss plateaus after consistent usage with “Plus” formula, the dosage can be increased to:

- **Phenocarbithin XL 37.5/100/10mg SR Capsule**

- Phentermine 37.5mg, Topiramate 100mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

For patients already taking specific medications or with chronic conditions that would contradict therapy with one or more of the 3 base ingredients, or specific requests for formula adjustments/alterations, the following formulas have been utilized to date (common use list, not all-inclusive):

- **Phenocarbithin NT 15/10mg SR Capsule**

- Phentermine 15mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

- **Phenocarbithin XLNT 37.5/10mg SR Capsule**

- Phentermine 37.5mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

General recommended usage is 5-6 months or as directed by your physician, then take at least 30 days off, and repeat course if necessary based on weight loss goals. Portion control, healthy food choices (lean proteins, healthy fats, and low carbs/sugar), high water intake, and moderate (regular/consistent) exercise are recommended for the best results, positive habit formation, and sustainability with any diet plan.

*Always stress to patients to notify you if any side effects or abnormalities occur when taking a new medication, particularly a multi-part oral therapy. *

**** All formulations represented here are Trade Secrets of Lake Country Compounding & Wellness ****



Compounded Weight Loss Formulations

(Formulations for phentermine intolerant patients – usage has shown reduced potential for elevated heart rate and cardiac side effects. Phentermine is replaced with appropriate dosages of Diethylpropion.)

Standard starting point for the patient with no other contraindications:

- **Diethylcarbithin Plus 37.5/50/10mg SR Capsule**

- Diethylpropion 37.5mg, Topiramate 50mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

If patient tolerates “Plus” with no issues or side effects (medical, psychological, or otherwise), and their weight loss plateaus after consistent usage with “Plus” formula, the dosage can be increased to:

- **Diethylcarbithin XL 75/100/10mg SR Capsule**

- Diethylpropion 75mg, Topiramate 100mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

For patients already taking specific medications or with chronic conditions that would contradict therapy with one or more of the 3 base ingredients, or specific requests for formula adjustments/alterations, the following formulas have been utilized to date (common use list, not all-inclusive):

- **Diethylcarbithin NT 37.5/10mg SR Capsule**

- Diethylpropion 37.5mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

- **Diethylcarbithin XLNT 75/10mg SR Capsule**

- Diethylpropion 75mg, Carbidopa 10mg, Sustained-Release Capsule – Take 1 capsule by mouth once every morning before breakfast with full glass of water

General recommended usage is 5-6 months or as directed by your physician, then take at least 30 days off, and repeat course if necessary based on weight loss goals. Portion control, healthy food choices (lean proteins, healthy fats, and low carbs/sugar), high water intake, and moderate (regular/consistent) exercise are recommended for the best results, positive habit formation, and sustainability with any diet plan.

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