

THE NEW & NOTEWORTHY

MICRODOSING OZEMPIC WHEN LESS ISN'T MORE

WHAT IS IT?

"Microdosing" – taking smaller than prescribed doses of Ozempic and similar GLP-1 medications – has emerged from Hollywood wellness circles and gained popularity nationwide. While FDA-approved for diabetes and weight management, these medications are now sought for reported anti-inflammatory benefits despite lacking scientific validation and posing significant health risks, particularly for diabetic patients.

WHY IS IT TRENDING?

- **Cost and Side Effects Drive Experimentation:** With monthly costs reaching \$1,000 and common digestive discomfort, many seek ways to stretch their medication while minimizing physical distress.
- **Celebrity & Influencer Adoption:** Hollywood wellness circles have embraced this practice, driving social media visibility and mainstream curiosity about "insider" health approaches.
- **Expanded Benefit Claims:** Beyond weight loss, personal testimonials cite improved

skin, mental clarity, reduced inflammation, and decreased addiction cravings—broadening appeal beyond the medication's intended audience.

- **Accessibility Shifts:** As FDA guidelines continue to evolve and tighten around compounding practices, online communities have shared alternative methods, creating a perception of insider knowledge and community support.

VERDICT:

This trend may compromise both safety and effectiveness, potentially undermining intended benefits. Healthcare providers **strongly advise against self-adjusting medication doses** and recommend proper consultation while suggesting cost management alternatives like manufacturer assistance programs.

For accurate information about Ozempic and GLP-1 dosages, current indications, and frequently asked questions, visit the [Mayo Clinic website](#) or [Medical News Today](#).