



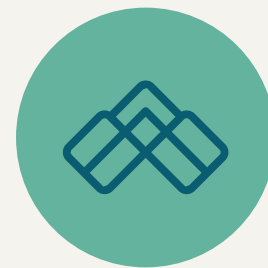
Everest Health

Weight Loss *Program*

Live Long. Live Well.

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Weight Loss *Program*

Everest Health's Weight Loss Program combines personalized medical care, cutting-edge diagnostics, and evidence-based strategies to optimize metabolism and achieve sustainable results.

6 MONTH PROGRAM

WHAT IS INCLUDED

RATE \$1500

- Initial Consultation with Longevity Specialist (\$450 value)
- 30-minute Lab Review
- Weight loss labwork (\$200 value)
- Gold standard body compositions at the beginning, middle and end (\$1350 value)
- Integrative Medicine Dietary Guide and Exercise Life Plan (\$1000 value)
- Everest Health Recipes (\$150 value)
- Certified Life Coach visits (5) specializing in weight loss (\$1000 value)
- Medically supervised (possible insurance coverage for meds!)

VALUE \$3250 SAVE \$1750

12 MONTH PROGRAM

WHAT IS INCLUDED

RATE \$2500

- Initial Consultation with Longevity Specialist (\$450 value)
- 30-minute Lab Review (2 per year)
- Weight loss labwork (2 per year) (\$200 value)
- Gold standard body compositions (5 per year) (\$2250 value)
- Integrative Medicine Dietary Guide and Exercise Life Plan (\$1000 value)
- Everest Health Recipes (\$150 value)
- Certified Life Coach visits (10) specializing in weight loss (\$2000 value)
- Medically supervised (possible insurance coverage for meds!)

VALUE \$6050 SAVE \$3550

*Medications are not included but can be purchased at an exclusive discounted rate—up to 10 times below standard pricing—through Everest Health's pharmacy partnerships. In addition to best-in-class weight loss techniques, patients also have access to advanced cutting edge medications such as GHK-cu peptides for loose skin post weight loss, NAD+ to aid with energy and muscle mass during weight loss, and a personalized supplement stack to enhance benefits and limit potential side effects from weight reduction.

BOOK NOW CALL 866.EVER.888

Live Long. Live Well.



Weight Loss *Program*

SCHEDULE OF ASSESSMENTS

For optimal outcomes and to ensure appointment availability, we strongly encourage scheduling these visits in advance—ideally at the time of enrollment. Proactive planning supports continuity of care, enhances accountability, and helps patients stay on track throughout their journey.

6 MONTH PROGRAM

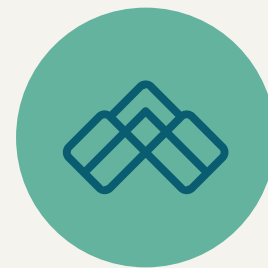
WHAT TO EXPECT

- Initial 60-minute consultation, labs are ordered
- Physical Exam
 - Initial weight loss labwork
 - Functional measures
 - Initial body composition analysis
- Initial 30-minute Lab Review appointment
- 2-month coaching appointment
- 3-month body composition analysis
- 3-month coaching appointment
- 4-month coaching appointment
- 5-month coaching appointment
- 6-month body composition analysis
- 6-month coaching appointment

12 MONTH PROGRAM

WHAT TO EXPECT

- Initial 60-minute consultation, labs are ordered
- Physical Exam
 - Initial weight loss labwork
 - Initial functional measures
 - Initial body composition analysis
- Initial 30-minute Lab Review appointment
- 2-month coaching appointment
- 3-month body composition analysis
- 3-month coaching appointment
- 4-month coaching appointment
- 5-month coaching appointment
- 6-month weight loss labwork
- 6-month functional measures
- 6-month body composition analysis
- 6-month lab review appointment
- 7-month coaching appointment
- 8-month coaching appointment
- 9-month body composition analysis
- 9-month coaching appointment
- 10-month coaching appointment
- 11-month coaching appointment
- 12-month body composition analysis
- 12-month coaching appointment



Medication *Fees*

Everest Health's Pharmacy Partnership Program leverages exclusive relationships with top-tier pharmacies to provide members with access to essential medications at significantly reduced costs. By negotiating directly with our trusted partners, we secure competitive pricing—offering discounts up to 10x lower than standard retail rates. This ensures our patients receive the highest quality treatments at a fraction of the usual cost, savings that would not be available to them otherwise.

Medication costs are as low as just \$209 for the first 12 weeks!

SEMAGLUTIDE/GLYCINE/B12 (5MG/1MG/1MG/ML) -

- 0.5mL/50units (2.5mg) **\$159**
- 1 mL/100units (5mg) **\$209**
- 2 mL/200units (10mg) **\$239**

TIRZEPATIDE/GLYCINE/B12 (10MG/5MG/500MCG/ML) -

- 1mL (10mg) **\$215**
- 2mL (20mg) **\$335**
- 3mL (30mg) **\$459**
- 4mL (40mg) **\$549**
- 6mL (60mg) **\$620**
- 8mL (80mg) **\$769**
- 12mL (120mg) **\$1,100**
- 16mL (160mg) **\$1,400**

LOW DOSE NALTREXONE

- 1.5mg OR 3mg OR 4.5mg/30 **\$65**
- 1.5mg OR 3mg OR 4.5mg/60 **\$90**
- 1.5mg OR 3mg OR 4.5mg/90 **\$110**

NAD+

- NAD+ 200mg/mL (10mL) **\$235**
- NAD+ 100mg/mL (10ml) **\$165**

*sterile saline included

GLUTATHIONE 250MG

- 30 troches **\$100**
- 60 troches **\$145**
- 90 troches **\$175**

GHK-CU/TRETINOIN 3%/0.025%

- 30 grams **\$205**
- 60 grams **\$230**
- 90 grams **\$310**

*4 clicks per gram

Ready to Get Started?

We're here to support you every step of the way! Schedule your consultation today and take the first step toward lasting weight loss and better health.

BOOK NOW CALL 866.EVER.888

Live Long. Live Well.

Frequently Asked *Questions*

HOW MUCH WEIGHT CAN I EXPECT TO LOSE?

The average weight loss in our program is 15% of your body weight. For example, if you weigh 200 lbs, you can expect to lose approximately 30 lbs in 6 months. Patients typically lose around 2 lbs per week, depending on individual factors.

HOW MUCH CAN I EXPECT TO PAY FOR MEDICATIONS?

Dosing is dependent on individual response and typically, the greater the weight loss goal, the higher the dose is required to reach it. Doses are increased only as needed. Treatment typically starts at 1mg of Tirzepatide and 0.125mg of Semaglutide.

WHAT IS SEMAGLUTIDE?

Semaglutide is a GLP-1 receptor agonist that enhances metabolic health by improving insulin sensitivity, regulating appetite, and promoting weight loss. In a longevity-focused approach, it helps optimize body composition, lower inflammation, and reduce the risk of age-related diseases like cardiovascular disease and cognitive decline. It is particularly beneficial for individuals with insulin resistance, metabolic dysfunction, or difficulty managing weight. While side effects such as nausea, reflux, and constipation may occur, they typically improve over time and with lifestyle management.

WHAT IS TIRZEPATIDE?

Tirzepatide is a dual GLP-1 and GIP receptor agonist that enhances metabolic health by improving insulin sensitivity, reducing appetite, and promoting weight loss. In a longevity-focused approach, it supports better body composition, lowers inflammation, autoimmune disease management and risk reduction, and may reduce the risk of age-related diseases like cardiovascular disease and cognitive decline. It is particularly beneficial for individuals with insulin resistance, metabolic dysfunction, or difficulty managing weight. While side effects such as nausea, reflux, and constipation may occur, they typically improve over time and with lifestyle management.

*COMPOUNDED WITH GLYCINE AND B12

Our weight loss options include advanced compounding for enhanced results and better tolerance. We include B12 which can help with potential reduce risk of nausea and weight-loss fatigue, and glycine, which helps lower insulin resistance, easier fat burning, improved appetite regulation, decreased visceral fat, reduced Inflammation, improved sleep, and enhanced muscle preservation.

WHAT IS LOW DOSE NALTREXONE (LDN)?

Low-Dose Naltrexone (LDN) is an off-label therapy that may support weight loss by modulating inflammation, improving metabolic function, and reducing appetite. It works by temporarily blocking opioid receptors, which can lead to increased endorphin production and improved regulation of hunger and cravings, addressing addictive eating patterns. LDN may also help reduce insulin resistance and support a healthier balance of gut microbiota, both of which play a role in weight management. While not a standalone weight loss solution, it can be an effective complement to other longevity-focused strategies, such as GLP-1 agonists, dietary changes, and exercise.

Frequently Asked *Questions*

CONTINUED

WHAT IS NAD+?

NAD+ helps with weight loss by improving metabolism, boosting energy production, and enhancing insulin sensitivity, which can reduce fat storage. It also activates sirtuins, proteins that support fat burning and muscle preservation. While not a direct weight loss solution, NAD+ can complement other strategies by optimizing metabolic health and energy levels.

WHAT IS GLUTATHIONE?

Glutathione is a tripeptide (made of glycine, cysteine, and glutamic acid) that plays a crucial role in cellular protection and detoxification. It's a potent antioxidant, meaning it helps neutralize harmful free radicals and prevents oxidative damage to cells and tissues. Glutathione also assists in detoxification by helping the body eliminate harmful substances like drugs and pollutants. It's involved in various metabolic processes, including energy production and plays an essential role in enhancing nutrition in the context of calorie restriction. In a weight loss setting, higher levels of glutathione are associated with increased weight loss and fat loss in humans.

WHAT IS GHK-CU?

GHK-Cu (Copper Tripeptide-1) is a naturally occurring peptide composed of three amino acids (glycine-histidine-lysine) bound to copper. Found in human plasma and tissues, GHK-Cu plays a vital role in skin remodeling, wound healing, and anti-inflammatory processes. Its levels decline with age, reducing the skin's ability to regenerate and protect itself from environmental stress. It supports skin health in aging, wound healing, reduces inflammation, and repairs the skin laxity and stretch marks that often accompanies weight loss by enhancing collagen, elastin, and glycosaminoglycan synthesis (the things that make skin tight, plump, strong, and flexible).

ADDITIONAL QUESTIONS

Please call **866.EVER.888** or email info@goeverest.com



Thank
You.



Live *Long.* Live *Well.*