

## Tirzepatide Dosage Chart: A Clear Guide to Titration Schedules

This chart outlines the typical titration schedule for Tirzepatide (marketed as Mounjaro or Zepbound), showing how the weekly dose gradually increases. Starting with a low dose helps your body adjust and manages potential side effects.

WEEKLY DOSE (MG) ↑↓	DURATION AT DOSE ↑↓	PURPOSE/NOTES ↑↓
2.5 mg	4 weeks	Initial starting dose. This helps your body get used to the medication and minimizes potential gastrointestinal side effects like nausea or diarrhea.
5 mg	At least 4 weeks	First dose increase. If the 2.5 mg dose was well-tolerated, your doctor will likely move you to this next step to continue working towards an effective therapeutic dose.
7.5 mg	At least 4 weeks	Second dose increase. Continuing the titration process to find the optimal dose for blood sugar control or weight management.
10 mg	At least 4 weeks	Third dose increase. Many people find their maintenance dose here, balancing effectiveness with tolerability.
12.5 mg	At least 4 weeks	Fourth dose increase. If 10 mg isn't quite enough, this dose offers further therapeutic effect. It's another common maintenance level.
15 mg	As directed	Maximum recommended dose. This is the highest dose for Tirzepatide, used when lower doses haven't achieved the desired results and it's tolerated well.

6 rows