



The Gut Lab™ GLP-1 Reference Companion Clarity Report

Report Generated: March 15, 2026 at 6:14 PM

Date Range: Last 14 days (Mar 1 - Mar 15, 2026)

Profile Snapshot

Height: 5ft 6in

Starting Weight: 250 lbs

Current Weight: 200 lbs

Goal Weight: 160 lbs

Weight Change: -50.0 lbs

Current BMI: 32.3

Starting BMI: 40.3

Pattern Analysis

Detected Pattern

Mixed

Status

Changing

Approx. Confidence

 **45%**

Your logged data suggests variable symptoms. This is common, especially during dose adjustments.

Symptom Breakdown

Distribution of your logged symptoms

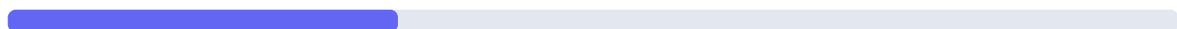
Constipation

2 (67%) • Avg: 5.5/10



Nausea

1 (33%) • Avg: 5.0/10



Injection Day Correlation

When your symptoms typically occur after injection



You tend to log more symptoms on Day 3 after injection. This information may be helpful to discuss with your provider.

Recent Symptom Entries

Mar 15: Constipation (5/10)

- Tried: stool softener (Colace, 200 mg) (Helped a little)

Mar 14: Constipation (6/10)

- Tried: stool softener (Colace, 200 mg) (Helped a little)

Mar 8: Nausea (5/10)

- Tried: ginger peppermint (Helped a little)

Recent Symptom Signals

Top symptoms over 14 days (3 entries)

Constipation 2x, avg 5.5/10 | Trigger: After injection



Nausea 1x, avg 5.0/10 | Trigger: After eating



Baseline Comparison

1 baseline entries compared

Constipation baseline 1x (avg 5.0) -> recent 1x (avg 6.0) [worsened]

Nausea baseline 0x (avg 0.0) -> recent 1x (avg 5.0) [worsened]

Clinical Interpretation

Sentence-based analysis of your symptom patterns

Over the past 14 days, constipation was the most frequently reported symptom (2 entries, average severity 5.5 out of 10), primarily affecting bowel regularity. The most commonly associated trigger was "after injection," which appeared in multiple entries for this symptom. Compared with baseline, constipation severity has increased (baseline avg 5.0 to recent avg 6.0). Secondary symptoms included nausea, which may warrant separate discussion if persistent. Self-management interventions were recorded in 3 of 3 entries during this period.

Topics to Discuss

Items you selected from educational guides

My bowel movement frequency and what's normal for me

Whether my dose timing could be adjusted

Fiber type and amount for my situation

Common Clinical Interventions

Informational references from educational guides

Common clinical considerations discussed in the educational guides for this symptom pattern include hydration review, fiber exposure adjustment, osmotic laxative consideration. These are informational references, not recommendations.

This report is for informational purposes only. It is intended to facilitate discussions with your healthcare provider and does not constitute medical advice. This report is not a substitute for professional medical records.

Generated by The Gut Lab™ GLP-1 Reference Companion