Is TikTok's Viral 'Budget Ozempic' Safe? Here's What an Expert Says About the Diabetes Drug Popularly Used for Weight Loss

Caleb White Feb 28, 2024 04:30 AM EST

Ozempic has become popular among Hollywood personalities, who use it for weight loss. Many want to shed the extra pounds and are going on the same route -- taking the medicine produced for type 2 diabetes. Ozempic's attention sparked the "budget Ozempic" trend on social media, but are they legit and safe?

Viral 'Budget Ozempic' Trend on TikTok Legit?

This "Budget Ozempic" diet craze that has been making the rounds on social media is one of these trends. Budget Ozempic has nothing to do with Ozempic and doesn't include semaglutide, the medication that serves as Ozempic's active ingredient. What most people refer to as "budget Ozempic" on the internet is, in fact, a term used to describe stool softeners and laxatives, according to Swrajit Sarkar, a registered public health nutritionist with the Association for Nutrition (UKVRN), a member of the Nutrition Society, a full member of the Royal Society of Biology and a chartered biologist (CBiol), and a fellow of the Royal Society of Public Health (RSPH). Thus, the Olympic funding under discussion is illegitimate.

The fact that "budget Ozempic" only has a minor, transient impact on weight loss is one of the several reasons you should avoid using them when attempting to lose weight. Stool softeners and laxatives are not meant to be used over an extended period or recommended for weight loss. When misused, they might be detrimental for a variety of reasons.

Is Budget Ozempic Safe?

According to Sarkar, misusing stool softeners and laxatives could result in various health issues, including dehydration, electrolyte imbalance, poor nutrient intake, and gastrointestinal problems.

Dehydration and water loss can result from abusing stool softeners and laxatives. Short-term symptoms, including feeling more thirsty or exhausted than normal, as well as lightheadedness and dizziness, may result from this.

Dehydration can also set off the body's renin-angiotensin cycle. The main purpose of this reaction is to maintain blood pressure and fluid balance.

In time, fluid retention will result from excessive water loss in a brief time. Prolonged dehydration can cause hypertension and other heart-related issues.

Additionally, an electrolyte imbalance can result in headaches, nausea, exhaustion, muscular spasms, and even limb numbness. However, a long-term, persistent electrolyte imbalance might be more harmful since it raises the possibility of heart issues.

1. Answer the questions in Portuguese.

a) How has Ozempic gained popularity among Hollywood personalities, and why do they use it?

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b) What does the term "Budget Ozempic" refer to on social media, and what is it not related to, according to Swarajit Sarkar?

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2. What is one of the reasons to avoid using "budget Ozempic" for weight loss?

(a) It's too expensive.

(b) It's not popular among Hollywood personalities.

(c) It only has a minor, transient impact on weight loss.

(d) It's difficult to find.

(e) It is not recommended by health experts.

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3. What health issues can result from misusing stool softeners and laxatives?

(a) Increased energy level.

(b) Better digestion.

(c) Improved nutrient intake.

(d) Dehydration and gastrointestinal problems.

(e) Enhanced weight loss.

4. Select the sentence that conveys a similar meaning to: "Ozempic has gained popularity among celebrities in Hollywood for its effectiveness in weight loss."

(a) Hollywood celebrities use Ozempic for effective weight control.

(b) Celebrities in Hollywood popularize Ozempic due to its efficacy in managing weight.

(c) Ozempic's popularity in Hollywood is due to its effectiveness in weight management.

(d) Hollywood celebrities find Ozempic effective for weight control.

(e) Ozempic is effective for weight management among Hollywood celebrities.

5. What is another way to express: "The 'Budget Ozempic' trend on social media is one of those trends. Budget Ozempic has nothing to do with Ozempic and doesn't include semaglutide, the medication that serves as Ozempic's active ingredient."

(a) "Budget Ozempic" on social media is similar to other trends and doesn't involve semaglutide.

(b) 'Budget Ozempic' on social media is like other trends and includes semaglutide.

(c) Social media trends, including 'Budget Ozempic,' often involve semaglutide.

(d) The trend 'Budget Ozempic' on social media is part of a broader category, unrelated to semaglutide.

(e) The 'Budget Ozempic' trend on social media is unique and doesn't relate to semaglutide.

6. De acordo com as informações apresentadas, qual conclusão pode ser tirada sobre a tendência "Budget Ozempic"?

(a) É uma novidade no mercado de medicamentos.

(b) Está relacionada diretamente ao medicamento Ozempic.

(c) Refere-se a uma categoria ampla, sem ligação com semaglutida.

(d) É única e não se compara a outras tendências.

(e) Apresenta riscos significativos à saúde.

7. O uso inadequado de "Budget Ozempic" pode afetar o processo de renteção de eletrólitos no corpo,

(a) promovendo a perda de eletrólitos de forma segura.

(b) contribuindo para o aumento saudável na retenção de eletrólitos.

(c) estimulando o equilíbrio eletrolítico a longo prazo.

(d) resultando em potenciais desequilíbrios eletrolíticos devido à desidratação.

(e) minimizando os riscos associados à retenção de eletrolíticos.

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