

# RETATRUTIDE

## DESCRIPTION

Retatrutide is a triple receptor agonist, activating GLP-1, GIP, and Glucagon receptors. The addition of the glucagon receptor agonist enhances fat burning and energy expenditure, while also helping to suppress appetite and regulate glucose levels.

- **Use for Weight Loss:** Retatrutide is considered the most powerful among these peptides for weight loss due to its triple-action mechanism. It not only reduces appetite like GLP-1 and GIP receptor agonists but also promotes fat oxidation and boosts metabolism through glucagon activation.

- **Why Choose Retatrutide:** Retatrutide is ideal for individuals seeking maximal weight loss and fat reduction. Its broad effect on metabolism and fat burning makes it more effective for people who may have tried other therapies with limited success or those with more significant weight loss goals.

## RECONSTITUTION INSTRUCTIONS

Retatrutide is sold as 10mg and is sent in 2x 5mg freeze-dried vials. To reconstitute:

1. Use Sodium Chloride 0.9% water for injection (available on our website).
2. Using a 1ml insulin syringe, draw 0.5ml of Sodium Chloride for each vial.
3. Slowly inject the 0.5ml of Sodium Chloride into each of the 5mg Retatrutide vials.
4. Gently swirl the vial until the powder fully dissolves. Avoid shaking the vial, as it can damage the peptide.

## DOSAGE INSTRUCTIONS

1. **Starting Dose:** Begin with a 1mg injection once weekly. This low dose will help your body acclimate to the peptide and reduce the risk of side effects.
2. **Dose Increase:** After three to four weeks on 1mg increase the dose to 1.5mg or 2mg weekly. Continue to increase by 0.5mg every two-four weeks until you reach a dose of 2.5mg or the dose that provides optimal weight loss.
3. **Further Adjustments:** If side effects are tolerable and weight loss goals are not yet achieved, you can increase up to a maximum dose of 5mg weekly, depending on individual response and tolerance.

## INJECTION SITE & TIMING:

- **Where to Inject:** Use a subcutaneous injection in areas with more fat tissue, such as the abdomen or thigh.
- **Time of Day:** There is no strict recommendation for the time of day, but many people prefer morning injections.
- **Fasting & Food:** Retatrutide does not require you to fast before or after injection, and it can be taken with or without food.

## SYRINGE DOSING GUIDELINES:

After reconstitution with 0.5ml of Sodium Chloride, the concentration of Retatrutide will be 5mg/0.5ml. Using the 1mL insulin syringe, you should dose as follows:

- 1mg: Draw to the mark 10.
- 2mg: Draw to the mark 20.
- 2.5mg: Draw to half way between the mark 20 and 30
- 5mg: Draw to the 50 mark

## POTENTIAL SIDE EFFECTS:

**Nausea:** A common side effect as your body adjusts to the peptide. To manage this, increase the dose gradually and avoid heavy or fatty meals.

- **Vomiting or Diarrhea:** Stay hydrated and eat smaller, bland meals. If severe, consider temporarily reducing your dose.
- **Constipation:** Increase fiber and water intake.
- **Fatigue or Dizziness:** These may occur during the early stages of use. Rest, stay hydrated, and monitor your caloric intake if you're restricting calories.
- **Low Blood Sugar:** If used in combination with diabetes medication, monitor blood glucose levels closely to avoid hypoglycemia.

If side effects are persistent or severe, consult a healthcare professional.

## DISCLAIMER

The information provided is for **research purposes only** and is not intended to substitute professional medical advice. Always consult a licensed healthcare provider before beginning any new peptide protocol.