

TIRZEPATIDE

DESCRIPTION

Tirzepatide is a dual agonist that activates both GLP-1 and GIP (glucose-dependent insulinotropic polypeptide) receptors. This dual action increases insulin sensitivity and enhances glucose metabolism while also suppressing appetite.

- **Use for Weight Loss:** Tirzepatide is more potent for weight loss compared to Semaglutide due to its dual-action mechanism. It not only suppresses appetite but also promotes fat burning and improves insulin sensitivity, leading to greater metabolic effects.

- **Why Choose Tirzepatide:** Tirzepatide is an excellent choice for individuals who need more aggressive weight loss, especially if they have metabolic conditions such as diabetes or prediabetes. The combination of GLP-1 and GIP receptors enhances both the suppression of appetite and the body's ability to manage blood sugar, leading to greater weight loss than Semaglutide alone.

RECONSTITUTION INSTRUCTIONS

Tirzepatide comes in a 10mg freeze-dried vial. Follow these steps to reconstitute it:

1. Use Sodium Chloride 0.9% water for injection (available on our website).
2. Using a 1ml insulin syringe, draw 1mL of Sodium Chloride.
3. Slowly inject the 1mL of Sodium Chloride into the vial containing 10mg of Tirzepatide.
4. Gently swirl the vial until the powder fully dissolves. Avoid shaking the vial to preserve the peptide's integrity.

DOSAGE INSTRUCTIONS

1. **Starting Dose:** Begin with a 2.5mg injection once weekly. This low starting dose helps your body acclimate and reduces the likelihood of side effects.
2. **Dose Increase:** After four weeks on 2.5mg, increase the dose to 5mg weekly. This incremental increase will optimize the effectiveness of Tirzepatide while ensuring minimal side effects.
3. **Further Increases:** If well-tolerated, you can continue increasing your dosage every four weeks, moving to 7.5mg and then to 10mg as needed for enhanced weight loss.

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:** Tirzepatide does not require you to fast before or after injection, and it can be taken with or without food.

SYRINGE DOSING GUIDELINES:

After reconstituting the peptide with 1mL of Sodium Chloride, the concentration of your Tirzepatide will be 10mg/mL. Based on the 1mL insulin syringe, dose as follows:

- **2.5mg:** Draw to half way between the 20 and 30 mark.
- **5mg:** Draw to the 50 mark.
- **7.5mg:** Draw to half way between the 70 and 80 mark. (You may need to do this in two dosages)

POTENTIAL SIDE EFFECTS:

- **Nausea:** Common in the initial stages of use. To minimize, start with a lower dose and increase gradually. Eating smaller meals and avoiding rich, spicy, or fatty foods can help manage nausea.
- **Vomiting or Diarrhea:** These side effects may appear as your body adjusts. Ensure proper hydration and avoid heavy meals around the time of injection.
- **Constipation:** Drink plenty of water and increase fiber intake.
- **Low Blood Sugar:** If used alongside diabetes medications, Tirzepatide can cause low blood sugar (hypoglycemia). Monitor your blood sugar levels and adjust your diet or medication as needed.

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

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.