Retatrutide
RESEARCH HANDLING GUIDE

40mg Vial

DOSING INSTRUCTIONS

Mixing Guide

- Commonly mixed with 2ml bacteriostatic water
- Add BAC water slowly down the side of the vial
- Swirl gently — do not shake aggressively

Timing

- Weekly in the evening

Dosing

- Often started low once weekly

Week	Dose (ml)	Units
1	0.10ml	10
2	0.15ml	15
3	0.20ml	20
4	0.25ml	25
5	0.30ml	30
6	0.35ml	35
7	0.35ml	35
8	0.35ml	35

- If you would like to lose more weight please continue on 0.35ml, upping it every week, 0.40ml, 0.45ml, 0.50ml. Keep it at 0.50ml till you have reached goal weight

  Dosing over 0.35ml will need to be slip into 2 dosing a week (eg, 0.40ml - Split 0.20ml each)

Potential Benefits

- Appetite suppression
- Reduced cravings and emotional eating
- Improved satiety
- Fat burning support
- Metabolism support
- Waistline and body composition support
- Energy regulation support

Storage

- Store refrigerated at 2–8°C
- Protect from sunlight and heat
- Use sterile syringes only

DISCLAIMER

All peptides are provided for wellness and aesthetic purpose only. For research use only.
This product is not intended to diagnose, treat, cure, or prevent any disease. Use under the guidance of a healthcare professional.

PEPTIDE *Progress*

Date:

Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:

1 Under Arm	L	R	L	R	L	R	L	R
2 Upper Arm	L	R	L	R	L	R	L	R
3 Lower Arm	L	R	L	R	L	R	L	R
4 Forearm	L	R	L	R	L	R	L	R
5 Waist	L	R	L	R	L	R	L	R
6 Top Middle	L	R	L	R	L	R	L	R
7 Lowe Middle	L	R	L	R	L	R	L	R
8 Bust/Chest	L	R	L	R	L	R	L	R
9 Hips/Butt	L	R	L	R	L	R	L	R
10 Upper Thigh	L	R	L	R	L	R	L	R
11 Middle Thigh	L	R	L	R	L	R	L	R
12 Above Knee	L	R	L	R	L	R	L	R
13 Over Knee	L	R	L	R	L	R	L	R

CURRENT WEIGHT

Week 1	Week 2	Week 3	Week 4
Week 5	Week 6	Week 7	Week 8