



## **RETATRUTIDE PRODUCT INFORMATION & FAQ's:**

### ***What is Retatrutide and how does it work?***

Retatrutide is a new research triple agonist peptide designed to support **weight management and metabolic health**. It works by mimicking natural hormones in the body that regulate appetite, digestion, and energy use.

Retatrutide activates three key hormone pathways (GLP-1, GIP, and glucagon receptors). This unique triple action allows it to:

- **Reduce appetite and cravings** – especially for junk food, fast food, and alcohol.
- **Increase fat oxidation** – encouraging your body to burn stored fat as energy.
- **Preserve lean muscle mass** – supporting body composition while losing weight.
- **Stabilise blood sugar** – helping maintain steady energy.

**In further detail:**

#### **1. GLP-1 receptor activation**

In studies, GLP-1 activation is associated with:

- slowed gastric emptying
- appetite signalling changes
- improved insulin response
- reduced reward-driven food behaviour

## 2. GIP receptor activation

GIP involvement modulates:

- insulin secretion
- fat-cell signalling
- appetite pathways
- synergistic effects when combined with GLP-1

GIP seems to **buffer GLP-1 side effects** while enhancing metabolic signalling.

## 3. Glucagon receptor activation

This is the unique third mechanism.

Research suggests glucagon receptor activity helps increase:

- **energy expenditure**
- **fat oxidation**
- **resting metabolic rate**

This is why the tri-agonists often show stronger metabolic effects in studies than GLP-1/GIP duals.

*How does it differ from other weight loss peptides, such as Mounjaro and Ozempic?*

### **Ozempic (Semaglutide)**

- GLP-1 agonist only
- Primarily affects appetite and gastric emptying

### **Mounjaro (Tirzepatide)**

- GLP-1 + GIP dual agonist
- Broader appetite and metabolic signalling than Ozempic

### **Retatrutide**

- **GLP-1 + GIP + Glucagon triple agonist**
- Activates the widest metabolic pathway profile of all three
- Stimulates both appetite suppression mechanisms *and* increased energy expenditure in studies

In short:

**Ozempic → 1 receptor**

**Mounjaro → 2 receptors**

**Retatrutide → 3 receptors (strongest metabolic signalling)**

Clients are drawn to retatrutide because it can make it easier to:

- Stick to a diet and reduce unhealthy food or drink cravings
- Lose weight while maintaining muscle tone
- Improve energy, metabolism, and overall health

### *How is it administered?*

Retatrutide is administered via **subcutaneous injection**, typically once weekly, due to its long half-life. This means “under the skin” – NOT in to the muscle.

To administer:

- Pinch the skin, an inch or so to the left or right of your belly button.
- Inject the needle parallel to your body, directly in to the fat.

### *What is the recommended starting dose, and how to increase? How long does that mean one vial will last?*

- Typical starting dose is 1mg per week. Some people prefer to start slightly higher, with 2mg.
- If you start on 1mg, after 2-3 weeks it is recommended to increase to 2mg. If you start on mg per week, you can generally stay on that for the full vial for 5 weeks.
- This means your first vial will last 5-7 weeks.
- After the first vial, see how your body is responding, you may want to stay on 2mg per week, or you may wish to increase to 2.5-3mg per week.
- This means subsequent vials will last 3-4 weeks.

## *Why do you need to increase the dosage the longer you are on the peptide?*

Tolerance develops because:

1. **GLP-1 receptor desensitisation:** Receptors down-regulate after repeated exposure.
2. **Brain-stem adaptation:** Appetite suppression signals weaken as the brain adjusts.
3. **Gastric emptying normalises:** The slowing effect diminishes with weeks of exposure.
4. **Hormonal signalling stabilises**

This is why clinical trials escalate dose **slowly and progressively** — to keep signalling active.

## *Weekly Dose vs Microdosing — What's the Difference?*

### ➤ **Weekly Dose (Standard Research Exposure Pattern)**

A **weekly dose** refers to a *single, larger exposure given once per week*.

In research models, weekly dosing is typically used with long-acting peptides (like GLP-1/ GIP/GCG agonists) because they have a **long half-life**, meaning:

- the compound stays active in the system for many days
- one exposure can cover the entire week
- the response is steadier and smoother
- peaks and troughs are less noticeable

### **Conceptually:**

A weekly dose = *one larger amount that releases slowly over the entire week*.

This is the pattern used in most clinical studies of long-acting metabolic peptides.

## ➤ **Microdosing (Small, Frequent Exposure Pattern)**

**Microdosing** means taking **very small exposures more frequently**, instead of a single weekly one.

Even though the *total* amount over the week may be similar or lower, the exposure is:

- more gradual
- more spread out
- delivered in smaller increments

People often describe microdosing as feeling:

- gentler
- smoother
- easier to tolerate at the beginning
- less intense per dose

### **Conceptually:**

*Microdosing = tiny, frequent exposures instead of one large weekly exposure. This can potentially decrease the positive effects, and increase negative side effects.*

### *What are the potential side effects?*

Typically retatrutide has no side effects for 90% of users. This is why it is considered the successor to other weight loss peptides such as mounjaro and ozempic that are renowned for nausea, diarrhoea etc.

A very small percentage of people can still experience:

- Mild nausea and diarrhoea. Particularly if skipping breakfast, having a coffee, then doing a workout. Remember your body still needs fuel.
- Mild constipation. If you eat a high fibre diet and stay hydrated this generally doesn't occur. Psyllium husks are a great remedy! After a week or so your body will adjust and this will go away. However this is a rare side effect.
- Drinking alcohol can be tricky. Retatrutide slows gastric emptying so drinking heavily can make you feel sick so keep that in mind if you have a big weekend ahead - perhaps skip your dose for that week!
- If you are someone who has heart issues, very rare and extreme cases people have reported heart palpitations or similar experiences. This typically does not happen and has only been reported with people who already have underlying heart conditions but good to be aware of.

Other potential side effects that can be associated, particularly when starting on a higher dose:

- Headaches, dizziness and fatigue – these are commonly associated with those who have a dose that suppresses their appetite so much that even the thought of food makes them feel nauseous. It is important to find a balance between suppressed appetite and still being able to eat enough to fuel your body.
- Reflux/heartburn – this is related to the delayed gastric emptying. Food stays in the stomach longer, and can cause an acid build up.

It is important to remember with side effects, your body will adjust over time and these will be temporary.

## *An 8-week overview - What should I expect to see and feel?*

### Week 1 – Adaption Phase:

- Usually the most intense effects felt in this week as it is new to the body
- Strong appetite reduction
- Feeling full very quickly
- Weight starting to come off

### Potential side effects:

- Nausea or queasiness
- Slower digestion, mild reflux
- Lower energy as the body adjusts

### Weeks 2-3 – Stabilisation Phase:

- Your gut and appetite-regulation pathways begin adapting, reducing early side effects.
- Appetite still low, more manageable.
- Consistent meal control.
- Early physical changes start to show more (less bloating, slimmer face, steadier energy)

### Weeks 4-5 – Noticeable Physical Changes:

- Metabolic signalling becomes steady. Cravings and “food noise” drop dramatically in many users.
- Very strong appetite control
- Smaller meals feel normal
- Reduced cravings
- Clothes beginning to feel looser
- Increased confidence and routine stability

### Weeks 6-7 – Tolerance & Momentum:

- Receptor tolerance begins to develop (normal). Appetite suppression becomes consistent rather than extreme.
- Appetite returning slightly but still reduced
- More stable digestion
- Clear body-composition changes

- Stronger energy and gym performance
- Some people notice a mild plateau and feel ready to increase dosage

Week 8 onwards – Consistency Phase:

- Your system has fully adapted to the peptide’s signalling. Outcomes become steady and predictable.
- Digestion mostly normal
- Stable, predictable appetite
- Cravings remain low
- Noticeable physical transformation
- Mood around food is calmer and more controlled

### *What should I do to maximise results?*

Retatrutide is the **catalyst** — but your daily habits determine how fast and how sustainably your results develop. Appetite suppression alone will still work, but progress is usually slower. The tips below help support fat loss, muscle retention, and overall wellbeing.

#### **1. Prioritise Protein**

High protein helps your body target **fat**, not muscle.

##### **Why:**

- Supports muscle while losing weight
- Keeps you fuller
- Balances energy

**On reta, appetite is low**, so solid meals can be hard to finish.

##### **Workaround:**

- Protein waters
- Clear whey
- Ready-to-drink shakes
- Track your protein daily

#### **2. Choose Low-Carb, High-Fibre Foods**

Most people feel best with:

- Lower carbs
- Lean proteins
- Fibrous veggies
- Simple meals that digest easily

This helps minimise reflux, bloating, and heavy stomach feelings.

### **3. Stay Hydrated**

Hydration supports digestion, energy, and appetite regulation. People often forget to drink — keep fluids high throughout the day.

### **4. Move Your Body**

Exercise boosts results and helps maintain muscle.

Recommended:

- **Weights/resistance training**
- **Cardio (walking counts)**
- **Pilates & core training**

Even light movement makes a noticeable difference.

### **5. Use Reta as a Tool — Not the Whole Plan**

Reta reduces appetite, but combining it with:

- higher protein
- hydration
- movement
- balanced food choices

...creates **faster, stronger, more sustainable results.**

### **6. Stay Consistent**

You don't need perfection — just small daily habits that support your goal.

Eat protein. Drink water. Move. Keep meals clean.  
Let reta control hunger while **you control the routine.**

### *How should it be stored?*

#### DRY POWDER (Lyophilised)

- Store in a cool, dry place away from heat and sunlight.
- Ideal storage is refrigerated to maintain maximum stability.
- Keep the vial sealed and upright until you are ready to mix.
- Avoid moisture and temperature fluctuations.

#### LIQUID SOLUTION (Reconstituted)

- Must be kept in the refrigerator at all times.
- Store upright and protected from light.
- Do not freeze once mixed.
- Keep the rubber seal on at all times.