

Retatrutide

Reconstitution & Administration Reference Guide

WHAT YOU NEED

● **Retatrutide**

10mg vial

Lyophilised powder

● **BAC Water**

1mL

Bacteriostatic water

● **Insulin Syringe**

1mL / 100 units

29-31 gauge needle

● **Alcohol Swabs**

70% isopropyl

For sterilisation

RECONSTITUTION

Mixing the peptide with bacteriostatic water

1

Clean the vial tops

Wipe the rubber stopper of both the retatrutide vial and BAC water vial with an alcohol swab. Let dry for 10 seconds.

2

Draw 1mL BAC water

Using your 1mL insulin syringe, draw up exactly 1mL (100 units) of bacteriostatic water from the BAC water vial.

3

Inject into peptide vial

Insert the needle into the retatrutide vial at an angle. Slowly release the water down the inside wall of the vial. Do NOT squirt directly onto the powder.

4

Gently swirl to dissolve

Roll the vial gently between your palms for 30-60 seconds. Do NOT shake. The powder should dissolve into a clear solution.

YOUR CONCENTRATION

10mg / 1mL = 10 units on syringe = 1mg | Each unit = 0.1mg

This ratio makes dosing simple — see the dosing chart on the next page.

STORAGE

● **Before reconstitution**

Room temp or fridge

Stable as lyophilised powder. Keep away from heat and sunlight.

● **After reconstitution**

Refrigerate 2-8 C

Store in fridge immediately. Use within 28 days. Do not freeze.

● **Never freeze**

Do not freeze solution

Freezing destroys the peptide structure. Discard if frozen.

TITRATION SCHEDULE

Standard protocol — increase dose every 4 weeks

Week 1-4	1mg	0.10 mL	10 units	Once weekly
Week 5-8	2mg	0.20 mL	20 units	Once weekly
Week 9-12	4mg	0.40 mL	40 units	Once weekly
Week 13-16	8mg	0.80 mL	80 units	Once weekly
Week 17+	12mg	Use new vial*	See note*	Once weekly

* 12mg exceeds 1mL — reconstitute a new 10mg vial, draw full 1mL (10mg) from one vial + 0.20mL (2mg) from another, or reconstitute with 1.2mL BAC water for easier dosing.

HOW TO INJECT

Subcutaneous injection — once per week, same day each week

Wash hands thoroughly

- 1 Clean hands with soap and water or hand sanitiser before handling any equipment.

Prepare injection site

- 2 Choose your site (abdomen, thigh, or upper arm). Clean the area with an alcohol swab in a circular motion. Let it air dry completely.

Draw your dose

- 3 Insert needle into the reconstituted vial (inverted). Pull the plunger back slowly to your prescribed unit marking. Tap out any air bubbles and push plunger gently until a tiny drop appears at the needle tip.

Pinch and inject

- 4 Pinch a fold of skin at your chosen site. Insert the needle at a 45-90 degree angle (90 degrees for most). Push the plunger slowly and steadily. Hold for 5-10 seconds after fully depressed.

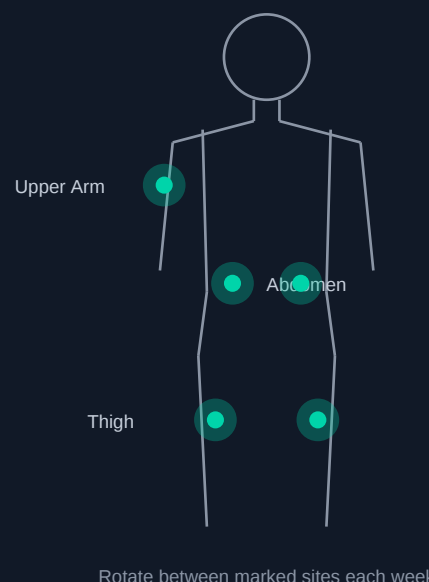
Withdraw and dispose

- 5 Pull the needle out smoothly. Press the site gently with a cotton ball — do not rub. Dispose of the syringe in a sharps container. Never recap or reuse needles.

Rotate injection sites

- 6 Alternate between abdomen (left/right), thighs (left/right), and upper arms. Never inject into the same spot consecutively. This prevents lipodystrophy and irritation.

INJECTION SITE ROTATION



QUICK TIPS

- Inject on the same day each week at roughly the same time for consistent levels.
- If you miss a dose, take it as soon as you remember — then resume your weekly schedule.
- Store reconstituted vials upright in the fridge, away from the back wall (avoid freezing).
- A new syringe for every injection. Never share needles or vials.

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