

Retatrutide Pre-filled Pen (30 mg)

Administration Guide

This guide provides step-by-step instructions for preparing, injecting, and storing your Retatrutide pen. Retatrutide is a new weekly weight loss injection that's still in development.

Please read carefully before use.



Pen Overview

- **Ready to use:** No mixing or reconstitution required.
- **Micro-dial dosing:** Each click = 0.5 mg.
- **Total content:** 30 mg (60 clicks).
- **Storage:** Refrigerated at 35–40°F. Stable 30 days at 25 °C for travel.

What You'll Need

- **Retatrutide pre-filled pen** (ready to use)
- **Sterile pen needle** (compatible; purchased separately)
- **Alcohol pad** (for cleaning the injection site)
- **Sharps container** (for safe needle disposal)

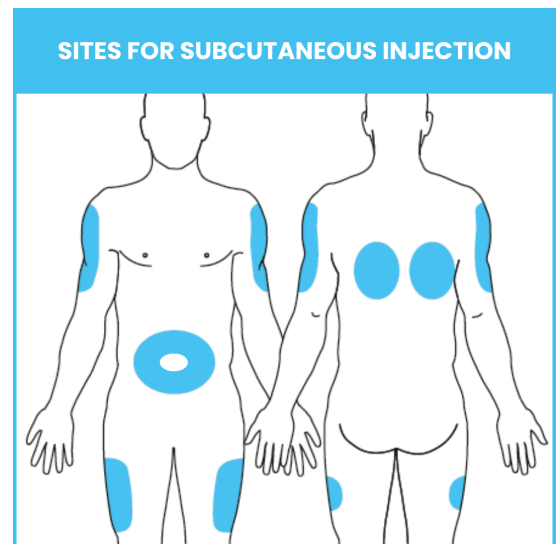
! Note: The manufacturer does not currently include pen needles or alcohol pads in the kit. Please purchase these items separately. We are already working to include them in future shipments.

1. Preparing the Pen & Needle

1. **Wash your hands** thoroughly with soap and water.
2. **Remove the pen cap.**
3. **Attach a new sterile pen needle:**
 - Peel off the protective seal from the needle.
 - Push the needle straight onto the pen tip and twist until secure.
 - Remove and discard the outer needle cap. Keep the inner cap in place until ready to inject.
4. **Check the solution** through the pen window. It should be clear, colorless, and free of particles. Do not use if cloudy or discolored.

2. Choosing & Preparing the Injection Site

- **Recommended areas:** Abdomen, thigh, or upper arm.
- **Rotation:** Always rotate sites to prevent irritation. Avoid injecting into the same exact spot repeatedly.
- **Preparation:** Clean the site with an alcohol pad and let dry before injecting.



3. Injecting the Dose

1. **Dial your dose:** Turn the dial until the correct number of clicks is selected (see titration schedule below).
2. **Remove the inner needle cap.**
3. **Pinch the skin** gently at the injection site.
4. **Insert the needle subcutaneously** at a 90° angle (or 45° if very lean).
5. **Press the injection button** until it clicks and hold for 5–10 seconds to ensure full delivery.
6. **Withdraw the needle** and release the skin.
7. **Dispose of the needle** immediately in a sharps container. Replace the pen cap.

4. Dosing Information

! Retatrutide does not yet have an officially approved dosing schedule, as it is still in development.

However, phase II studies have used the following titration approach:

- **Starting dose:** 1 mg or 2 mg weekly
- **Dose escalation:** Increase every 4 weeks
- **Maximum dose studied:** 12 mg weekly
- **Maintenance dose in studies:** varied between 4 mg and 12 mg weekly, depending on individual tolerance and goals

Example escalation from trials:

1-4 weeks → **1 mg**

5-8 weeks → **2 mg**

9-12 weeks → **4 mg**

13-16 weeks → **8 mg**

17+ weeks → **up to 12 mg** (if tolerated)

Month	Weekly Dose (mg)	Clicks
Month 1 (weeks 1-4)	1 mg	2 clicks
Month 2 (weeks 5-8)	2 mg	4 clicks
Month 3 (weeks 9-12)	4 mg	8 clicks
Month 4 (weeks 13-16)	8 mg	16 clicks
Month 5 (week 17+)	12 mg	24 clicks

- Always escalate gradually (every 4 weeks) to reduce GI side effects.
- Skip escalation if the current dose is well-tolerated but effective.

Tips for a Comfortable Injection:

- Inject at room temperature (cold solution can sting)
- Use a fresh needle every time
- Apply light pressure to the site if there's a small drop of blood
- Use a different injection site each week when injecting in the same body region.



Frequency of Injections

- Retatrutide is injected **once per week**.
- You should take your dose on the **same day each week**, at a time that's convenient for you (morning or evening).
- You do not need to fast before or after the injection.
- Set a weekly reminder or alarm to stay on schedule.



Storage & Safety Tips

- Refrigeration: Store at 35–40°F
- Stable 30 days at 25 °C for travel.
- Do not freeze. If frozen, discard.
- Keep capped when not in use.
- Protect from light.