

# Retatrutide 20 MG ZPHC

## Administration Guide

This guide provides step-by-step instructions for preparing, injecting, and storing your Retatrutide 4 mg vial.

Retatrutide is a new weekly weight loss injection that's still in development. Please read carefully before use.

### What You'll Need:

- 1 vial of retatrutide 4 mg (powder)
- 1 mL (100-unit) insulin syringe
- Sterile solvent (provided in the kit)
- Alcohol prep pad
- Clean surface with good lighting

### Step 1: Mixing

1. **Wash your hands** thoroughly with soap and water.
2. **Prepare your materials:**
  - Place the vial, syringe, and solvent vial on a clean surface.
  - Open an alcohol pad, but don't use it yet.
3. **Remove the plastic cap** (flip-off rubber cap) from the top of the retatrutide vial. You'll see a rubber stopper underneath — do not remove the stopper.
4. **Wipe the top of the vial** (rubber stopper) with the alcohol pad. Let it air dry for a few seconds — this keeps it sterile.
5. Do the same with the **solvent vial** — remove its cap and wipe the rubber top with a new alcohol pad.
6. **Draw 2 mL (2 full 100-unit syringes) of solvent:**
  - Uncap your insulin syringe.
  - Pull back the plunger to draw in 1 mL (100 units/full syringe) of air.
  - Insert the needle into the solvent vial and push the air in (this equalizes pressure).
  - Turn the vial upside down and draw out exactly 1 mL (100 units/full syringe) of solvent.
7. **Inject the solvent** into the retatrutide vial:
  - Insert the needle through the rubber stopper of the retatrutide vial.
  - Slowly inject the solvent down the inner wall of the vial, not directly onto the powder — this helps it dissolve gently.
  - Remove the needle once all solvent is in.
8. Now you've added 1 mL of solvent to the retatrutide vial. Repeat steps above to add another 1 mL of solvent to the retatrutide vial.

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9. **Mix the solution:**

- Do not shake the vial.
- Gently swirl the vial in small circles until the solution becomes clear and fully dissolved (this may take a few minutes).
- If foam forms, let it settle in the fridge before use.

10. **Label the vial** with the date you mixed it.

11. **Store** the mixed vial in the refrigerator (36-46°F).

After mixing 2 mL of bacteriostatic water, the concentration will be:  
**2 mg/mL**

## Step 2: Dosing Information

### Note on Dosing

Retatrutide is currently an investigational compound and has not yet been approved by the FDA or other regulatory authorities. As a result, there are no officially established dosing guidelines at this time.

The dosing recommendations provided in this guide are based on protocols used in published clinical research and publicly available data from Phase 2 clinical trials, where Retatrutide was administered once weekly with gradual dose escalation to improve tolerability.

These suggested doses are intended for educational and research reference purposes and reflect commonly used titration approaches observed in clinical studies. Individual response and tolerance may vary, and dose adjustments should be made cautiously.

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

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# Dosing Table

Weekly Dose (mg)	Syringe Units
0.25 mg	12.5 units
0.5 mg	25 units
1 mg	50 units
2 mg	100 units

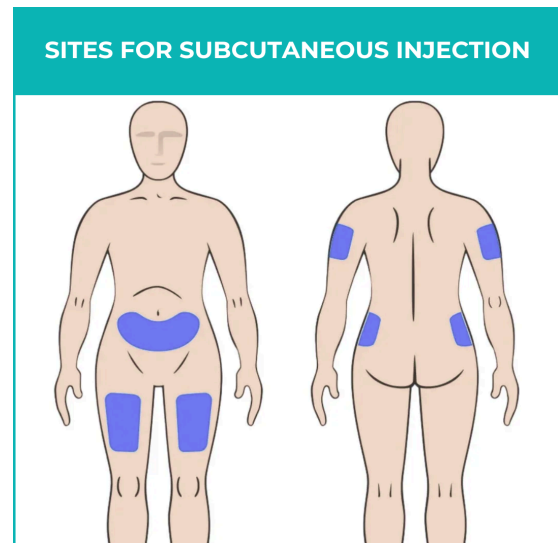
- Always escalate gradually (every 4 weeks) to reduce GI side effects.
- Skip escalation if the current dose is well-tolerated but effective.
- Dose increases should only occur if the current dose is well tolerated.

## Step 3: 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.



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## Step 4: 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.
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### **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**

- **After mixing, store the vial in the refrigerator.**
- **Refrigeration:** Store at 35-40°F (2-8°C).
- **Do not freeze.** If frozen, discard.
- Use the mixed solution **within 30 days**.