



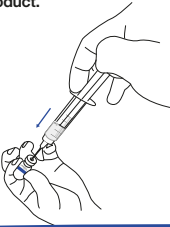
Retatrutide 20mg

Instruction Leaflet



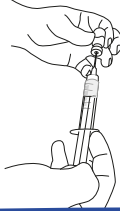
Step 1: Preparation.

Wash your hands thoroughly.
Remove the cap from the 2mL vial of bacteriostatic water.
Ensure the water vial has been stored in the refrigerator.
Using water that is too warm before mixing may reduce the potency of the product.



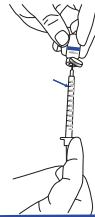
Step 4: Reconstitution / mixing.

Insert the syringe with water into the Retatrutide vial.
Slowly inject the water into the vial.
Allow the Retatrutide to mix naturally for 30 minutes until the solution becomes clear.
Do not shake the vial and keep away from sunlight.



Step 2: Withdrawing Water.

Use a 2mL or larger syringe with a sterile needle.
Insert the needle into the water vial and withdraw the full amount. (2mL)



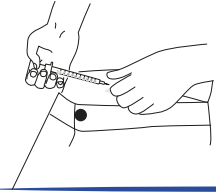
Step 5: Dosing.

Once the solution has been mixed, use an insulin needle/syringe to withdraw your dose.
Insert the needle into the vial and pull back to **20 units**.
20 units/0.2mL equals to 2mg of Retatrutide.
2mg is the recommended starting dose for weeks 1 to 4.
See dosage reference table below



Step 3: Preparation.

Remove the cap from the Retatrutide powder vial.



Step 6: Administration.

Sanitise the injection site with an alcohol wipe.
(recommended area is 2 inches either side of the belly button)
Pinch the skin gently and insert the needle into the skin.
Push the plunger to inject the dose.
Hold for 10 seconds then remove the needle.
Dispose of the used needle into a sharps bin.

Dosage Reference Table

Dosage	Frequency	Duration
2mg/0.2mL	Once weekly	Weeks 1-4
5mg/0.5mL	Once weekly	Weeks 5-8
7.5mg/0.75mL	Once weekly	Weeks 9-12
10mg/1mL	Once weekly	Weeks 13-16
12mg/1.2mL	Once weekly	Weeks 17-20
15mg/1.5mL	Once weekly	Weeks 21+