

# RETATRUTIDE PRODUCT INFORMATION

## 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 which regulate appetite, digestion and energy use.

Retatrutide activates three key hormone pathways (GLP-1, GIP, and glucagon receptors). This 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.

## 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**

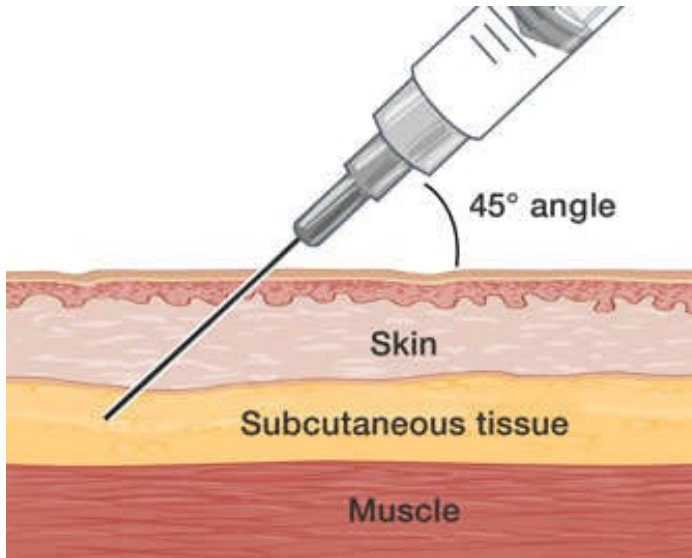
- GLP-1 + GIP + Glucagon triple agonist
- Activates the widest metabolic pathway profile of all three
- Stimulates both appetite suppression mechanisms and increased energy expenditure in studies

In short:

Ozempic → 1 receptor

Mounjaro → 2 receptors

Retatrutide → 3 receptors (strongest metabolic signalling)



### How is it administered?

Retatrutide is administered via subcutaneous injection, once a week. 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, or outer thigh.
- 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.
- If you start on 1mg, after 2-3 weeks it is recommended to increase to 1.5-2mg. If you start on 1mg 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 1.5-2mg per week, or you may wish to increase to 2-3mg per week.
- This means subsequent vials will last 3-4 weeks.
- Some people can stay on a lower dose long term, it just depends how your body reacts.

### 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.
- 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 cases of people have reported heart palpitations or similar experiences.

## **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 might start trending down

### **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

### **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.

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

On reta, appetite is low, so solid meals can be hard to finish so try Protein waters, protein shakes, Ready-to-drink shakes

**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.

- 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**

**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?

- Store in a cool, dry place away from heat and sunlight.
- Ideal storage is refrigerated to maintain maximum stability.
- Keep the vial upright, do not shake.
- Avoid moisture and temperature fluctuations.