

Weight and Metabolism



Retatrutide 16mg

About

Retatrutide (formerly M25) is an investigational peptide being studied for its potential in supporting weight management and metabolic health. It acts on GLP-1, GIP, and glucagon receptors to influence appetite, energy regulation, and fat metabolism.

*These products are for research use only and are not intended for human consumption, medical use, therapeutic use, or diagnostic purposes. They are not to be used in foods, drugs, cosmetics, dietary supplements, or any products intended for humans or animals. Peptides are not sterile, have not been tested for safety or efficacy in humans, and must not be injected, ingested, inhaled, applied to the skin, or administered in any form. No product sold is intended to treat, cure, mitigate, or prevent any disease.

What's Included

- One vial, concentration: 16mg/2mL
- Vial duration varies based on goals

Reconstitution kit

- (20) 27-30G subq needles
- (1) 5mL syringe
- (1) 25G needle with syringe
- (1) 10 mL bacteriostatic water

Clinical Research Potential Benefits:

- May help promote sustained weight loss
- May improve blood sugar regulation
- May support fat metabolism and energy balance
- May contribute to healthier lipid profiles
- May help preserve lean muscle mass during weight loss
- Helps with preservation of lean mass

Clinical Research Suggested Use:

- **Micro:** 500mcg-900mcg once weekly
- **Basic:** 1mg up to 5mg once weekly
- Duration: 6 months based on individual health goals
- Please consult with the RN specialist for a titration schedule
- Reconstitute: add 2mL bacteriostatic water to the to the lyophilized powder vial
- Injection type: Subcutaneous injection
- Administer on the same day each week

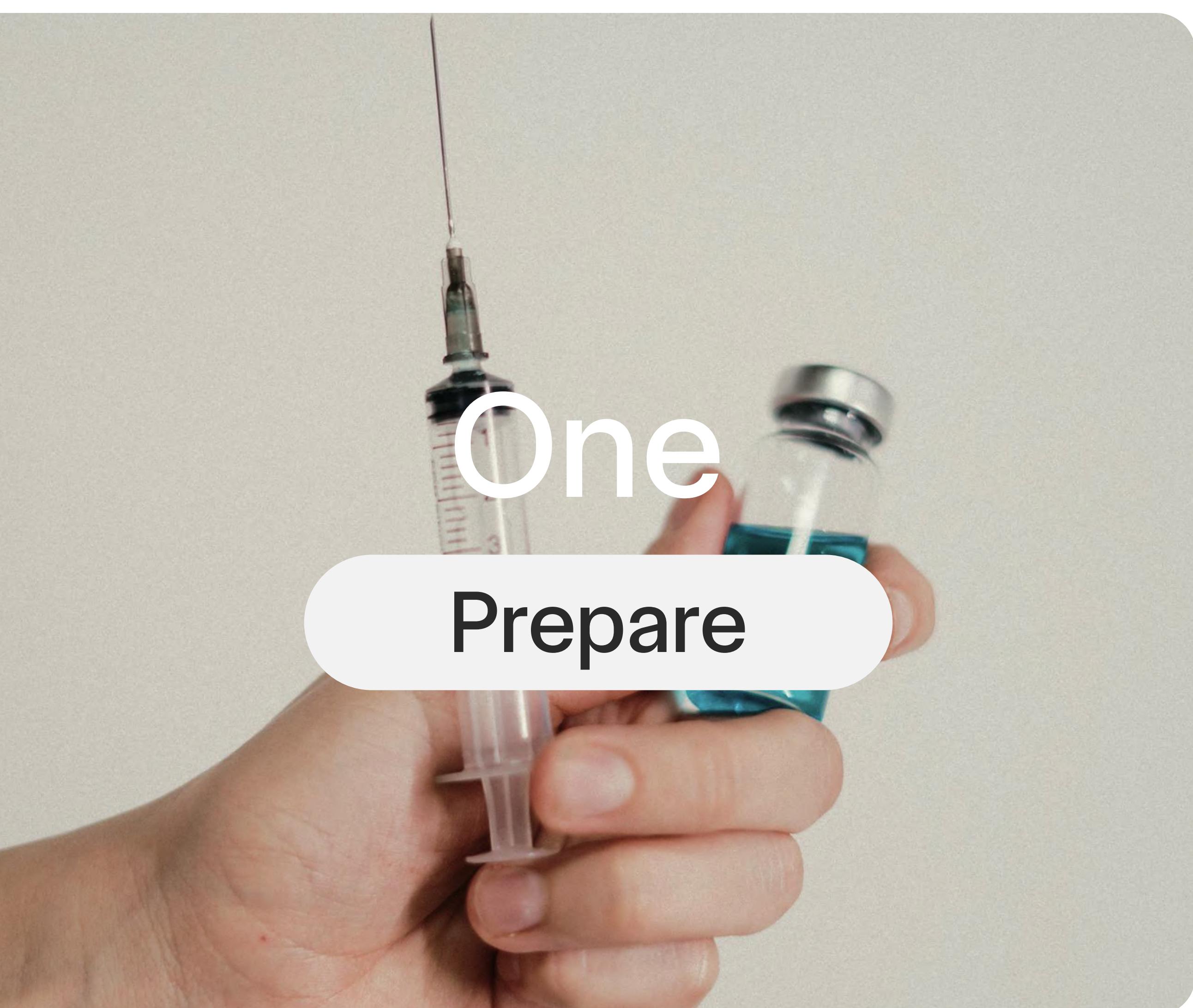
Reconstitution & Administration*

*Instructions start on page 2



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Retatrutide Reconstitution



STEP 1: Remove plastic covers, clean vial and bacteriostatic water top with alcohol pad for 15 seconds

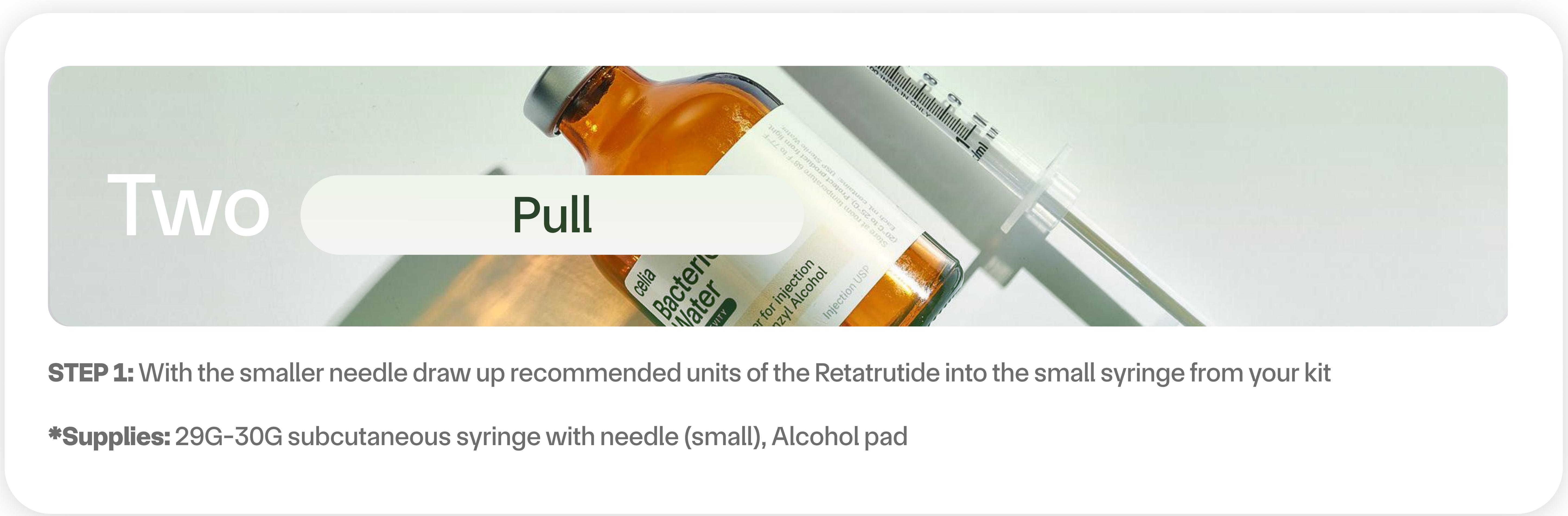
STEP 2: Using the large syringe from your administration kit, pull out 2mL of Bacteriostatic water

- It may take a few repetitions to load your syringe with the 2mL with no air pockets

STEP 3: Once you've loaded your syringe, slowly inject the 2mL of Bacteriostatic water into your Retatrutide vial:

- On its side to not damage the bonds of the product
- Do not shake, gently swirl if needed
- Allow the solution to sit for at least 5 minutes

***Supplies:** 5 mL syringe (large), 25G needle, Bacteriostatic water, Retatrutide vial, Alcohol pad



STEP 1: With the smaller needle draw up recommended units of the Retatrutide into the small syringe from your kit

***Supplies:** 29G-30G subcutaneous syringe with needle (small), Alcohol pad



STEP 1: Clean the injection area with an alcohol pad

STEP 2: Inject subcutaneously (see pg 3)

- Duration: 6 months based on individual health goals
- Please consult with the RN specialist for a titration schedule



Injection Steps

Subcutaneous Injection steps:

1 Choose & Clean the Injection Site

- Use the abdomen (3 inches from the belly button), thigh, or upper arm. Rotate sites to prevent irritation. Clean the area with an alcohol swab and let it dry.

2 Inject

- Pinch 1 to 2 inches of skin, insert the needle at a 90° angle, and slowly push the plunger down.

3 Remove the Needle & Dispose

- Pull the needle out at the same angle, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

4 Monitor for Reactions

- Mild redness or soreness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

Intramuscular Injection steps:

1 Choose & Clean the Injection Site

- Use the thigh (vastus lateralis), upper arm (deltoid), or glute (ventrogluteal or dorsogluteal muscle).
 - Rotate sites to prevent soreness. Clean the area with an alcohol swab and let it dry.

2 Inject

- Stretch the skin taut, hold the syringe like a dart at a 90° angle, and insert the needle quickly and smoothly. Slowly push the plunger down to inject.

3 Remove the Needle & Dispose

- Pull the needle straight out, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

4 Monitor for Reactions

- Mild soreness or redness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.



Retatrutide Mechanism of Action

- **Multireceptor Incretin Agonism:**

- Retatrutide is a novel multireceptor agonist that activates both glucagon-like peptide-1 (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP) receptors. Through this dual incretin engagement, Retatrutide modulates key metabolic pathways that regulate appetite, energy expenditure, and glucose homeostasis.

- **Appetite Suppression and Satiety Signaling:**

- By stimulating GLP-1 and GIP receptors within the hypothalamus, Retatrutide enhances central satiety signaling and reduces hunger. This neural effect leads to decreased caloric intake and supports sustainable weight reduction.

- **Glycemic Control and Insulin Regulation:**

- Retatrutide improves glucose metabolism by stimulating glucose-dependent insulin secretion and suppressing glucagon release. Additionally, it delays gastric emptying, leading to smoother postprandial glucose control and improved glycemic stability.

- **Insulin Sensitivity and Glucose Uptake:**

- Dual activation of GLP-1 and GIP receptors enhances peripheral insulin sensitivity and promotes glucose uptake in skeletal muscle and adipose tissue. These combined actions improve metabolic flexibility and reduce insulin resistance.

- **Hepatic and Lipid Metabolism:**

- Emerging data indicate that Retatrutide reduces hepatic lipid accumulation, potentially improving non-alcoholic fatty liver disease (NAFLD) outcomes. This hepatoprotective action contributes to overall metabolic and cardiovascular health.

- **Energy Expenditure and Metabolic Balance:**

- Beyond appetite and glucose regulation, Retatrutide influences energy expenditure through incretin-mediated pathways that optimize fat utilization and maintain long-term metabolic homeostasis.

