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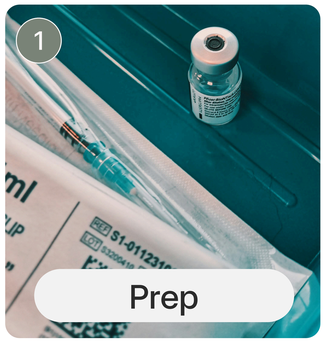
Instructions

Simple, Safe, and Precise:
Your Guide to Reconstitution.

Retrutatide Reconstitution Phase 2



STEP 1: Remove plastic cover, clean product and water top with alcohol pad for 15 seconds.

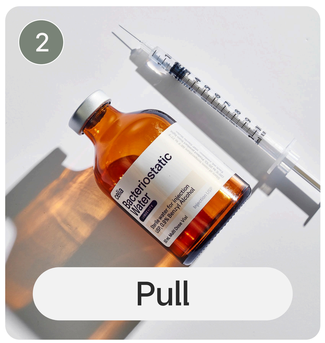
STEP 2: Using the large syringe from your administration kit, pull out 4mL of Bacteriostatic water to fill the syringe.

- It may take a few repetitions to load your syringe with the full 4mL with no air pockets.

STEP 3: Once you've loaded your syringe, inject the 4mL of Bacteriostatic water into your Retatrutide vial:

- On its side to not damage the bonds of the product.
- Do not shake.
- Allow the solution to sit for at least 5 minutes before dosing.

***Supplies:** 10 mL syringe (large), 25G needle, Bacteriostatic water, Retatrutide 20mg vial, Alcohol pad



STEP 1: With the smaller needle pull 0.5mL of the Retatrutide Vial and Bacteriostatic water mixture into the small syringe from your kit.

***Supplies:** 27G subq syringe w/ needle (small), Alcohol pad

PHASE 2 : 2.5mg → 5mg

STEP 1: Clean your injection area with an alcohol pad.

STEP 2: Inject subcutaneously (See next page).

- Repeat injection one time per week for x 1 week
  - Inject on the same day per week
- Increase the dose to 1mL x 3 weeks; continue or → **Titrate to Phase 3: 30mg vial**

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Instructions

Safe, Simple, and Effective:
Your Guide to Proper Injections.

Injection Steps

Subcutaneous Injection steps:

STEP 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.

STEP 2: Inject the Medication

- Pinch 1–2 inches of skin, insert the needle at a 45° or 90° angle, and slowly push the plunger down.

STEP 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.

STEP 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:

STEP 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.

STEP 2: Inject the Medication

- 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 the medication.

STEP 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.

STEP 4: Monitor for Reactions

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