



PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🦾💪

— PROpeptides Team

Tirzepatide Guide

What Is It?

Tirzepatide is a dual **GIP (glucose-dependent insulinotropic polypeptide)** and **GLP-1 (glucagon-like peptide-1) receptor agonist** that helps regulate blood sugar, reduce appetite, and promote weight loss. Originally developed for type 2 diabetes management, it has gained attention for its **potent weight loss effects** and **metabolic benefits**.

By mimicking these two incretin hormones, **Tirzepatide enhances insulin secretion, slows gastric emptying, reduces appetite, and promotes fat loss**, making it an excellent option for individuals looking to **manage obesity or improve metabolic health**.

Who Should Use It?

- Individuals looking for significant weight loss support
- People struggling with insulin resistance or prediabetes
- Patients with type 2 diabetes seeking better blood sugar control
- Athletes and bodybuilders aiming for **fat reduction while preserving muscle mass**
- Not recommended for individuals with **a history of medullary thyroid cancer, multiple endocrine neoplasia syndrome type 2 (MEN2), or severe gastrointestinal disorders**

Specific Benefits for Athletes & General Users

- **Rapid Fat Loss** – Tirzepatide has been shown to reduce body fat **without sacrificing muscle mass**
- **Appetite Suppression** – Helps control cravings and reduces overall calorie intake
- **Improved Insulin Sensitivity** – Optimizes blood sugar regulation, reducing the risk of diabetes
- **Better Energy Levels** – Stabilized blood sugar helps prevent energy crashes
- **Cardiovascular Benefits** – Supports **heart health** by lowering inflammation and improving lipid profiles

Standard Dosage Recommendations

- **Starting Dose:** 2.5 mg once weekly
- **Increase Gradually:** Typically increased to 5 mg after 4 weeks

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Higher Doses: Can be adjusted up to **10 mg or 15 mg weekly**, depending on response and tolerability

- **Cycle Length:** No fixed duration, but **long-term use is common for sustained weight loss**

How It's Typically Used (Frequency, Timing, etc.)

- **Injected subcutaneously** (under the skin) **once per week**
- **Consistent weekly dosing** is key for effectiveness
- Most users inject in the **abdomen, thigh, or upper arm**
- **Titration period required** to minimize GI side effects

How to Prepare It

- Tirzepatide is **pre-mixed in a multi-dose pen or vial**
- Stored **in the refrigerator** to maintain potency

- Remove from fridge **15 minutes before injection** for comfort

Best Timing for Administration

- Can be taken **at any time of day**, with or without food
- Some users prefer **morning injections** to help control appetite throughout the day

If Timing with Meals Matters

- **No strict meal timing required**, but some users report better **appetite control when taken in the morning**

Duration of Action in the Body

- **Half-life: ~5 days**, allowing for **once-weekly dosing**
- Effects on **appetite and blood sugar** last the entire week

Potential Risks and Adverse Effects

- **Nausea & GI Issues** – Common early side effects, including **nausea, diarrhea, or constipation**
- **Low Blood Sugar (Hypoglycemia)** – More common if used with insulin or other diabetes meds
- **Fatigue or Dizziness** – Some users report feeling **tired in the first few weeks**
- **Injection Site Reactions** – Mild redness or irritation may occur
- **Potential Thyroid Tumor Risk** – Not recommended for those with a history of **medullary thyroid carcinoma**

Contraindications with Common Medications

- **Other GLP-1 Agonists (Semaglutide, Liraglutide)** – Avoid stacking similar drugs
- **Insulin or Sulfonylureas** – May increase risk of **low blood sugar**
- **Certain Weight Loss Medications** – Potential for enhanced appetite suppression but **increased risk of side effects**

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Potential Long-Term Effects

- **Sustained Weight Loss** – Many users **continue losing fat** over 12+ months
- **Improved Metabolic Health** – Better **blood sugar, cholesterol, and cardiovascular markers**
- **Unknown Long-Term Risks** – Ongoing studies needed for effects **beyond 2-3 years of use**

Key Takeaways

- **Highly effective for fat loss and appetite control**
- Works via **dual GIP & GLP-1 receptor activation**
- **Once-weekly subcutaneous injection** for convenience
- **Gradual dose increase required** to minimize side effects
- **Long-term use is safe for most people, but caution advised for thyroid conditions**

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