

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

Retatrutide Guide

What Is It?

- Retatrutide is a **multi-receptor agonist peptide** that mimics the effects of **GLP-1, GIP, and glucagon** to promote **weight loss, improved metabolic function, and appetite regulation**.
- It is a next-generation **weight loss and metabolic enhancement peptide** designed to improve insulin sensitivity, increase fat oxidation, and reduce hunger.
- **Unlike semaglutide and tirzepatide**, which primarily target GLP-1 and GIP, retatrutide adds glucagon receptor activation, which may accelerate fat loss while preserving lean muscle mass.
- Initially researched for obesity and diabetes management, it has gained interest among athletes and those seeking **enhanced body composition and metabolic performance**.

Who Should Use It?

- **Individuals aiming for significant weight loss**
- **Athletes and bodybuilders** looking to reduce body fat while maintaining muscle mass



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- **Those with metabolic disorders**, such as insulin resistance or prediabetes
- **Not ideal for individuals with low body fat or those seeking muscle gain**

Specific Benefits for Athletes

- **Rapid weight loss with muscle preservation**
- **Enhanced insulin sensitivity**, improving energy utilization and recovery
- **Appetite suppression**, making calorie restriction easier
- **Increased energy expenditure and fat oxidation**

Standard Dosage Recommendations

- **Starting Dose: 20 Units per week**
- **Gradual Increase: Up to 10 mg per week** (depending on tolerance)
- **Administration: Once-weekly subcutaneous injection**

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

- **Injected once per week** due to its long half-life
- Best taken at the **same time each week** for consistency
- Typically used for **3-6 months for weight loss cycles**

How to Prepare It

1. **Reconstitute** the lyophilized Retatrutide powder with **2mL bacteriostatic water**
2. **Use an insulin syringe** for accurate dosing
3. **Store in the refrigerator** after reconstitution to maintain potency
4. **Discard after 30 days** if not fully used

Best Timing for Administration

- **Once weekly**, preferably in the **morning**
- Many users inject on the **same day each week** to maintain stable levels

If Timing with Meals Matters

- Can be taken **with or without food**



- Some prefer **fasted administration** in the morning for optimal fat loss benefits

Duration of Action in the Body

- **Half-life: ~7 days**, allowing for **once-weekly dosing**
- **Fat loss and metabolic benefits accumulate over weeks**
- **Effects continue even after discontinuation**, but appetite control may fade

Potential Risks and Adverse Effects

- **Gastrointestinal Issues** – nausea, vomiting, diarrhea, or constipation (similar to other GLP-1 receptor agonists)
- **Fatigue or dizziness** – common as the body adapts to lower calorie intake
- **Potential muscle loss** – if used without proper **protein intake and resistance training**
- **Mild blood sugar drops** – uncommon but possible, particularly for those with **low carb intake**
- **Risk of dehydration** – due to appetite suppression and increased fat oxidation

Potential Long-Term Effects

- **Sustained weight loss and metabolic improvements**
- **Possible lean mass retention with proper nutrition and training**
- **Potential thyroid and gallbladder concerns** (similar to other GLP-1 agonists)
- **More research needed on long-term effects in non-obese individuals**

Key Takeaways

- ✓ **Highly effective for weight loss and metabolic optimization**
- ✓ **Once-weekly injection for convenience**
- ✓ **Appetite suppression without muscle breakdown when paired with resistance training**
- ✓ **Monitor for GI side effects and hydration needs**
- ✓ **Best used for short-term fat loss cycles (3-6 months)**