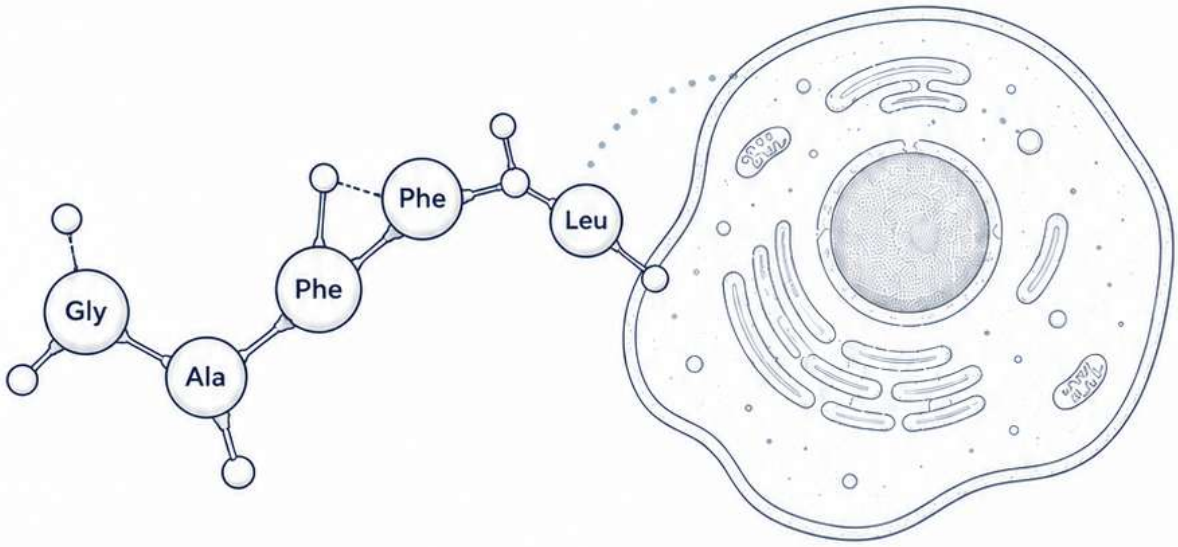
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WHAT ARE PEPTIDES?

Small messengers.
Big roles.

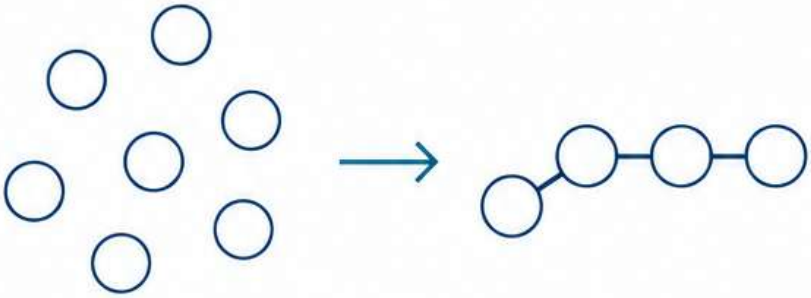


SWIPE →

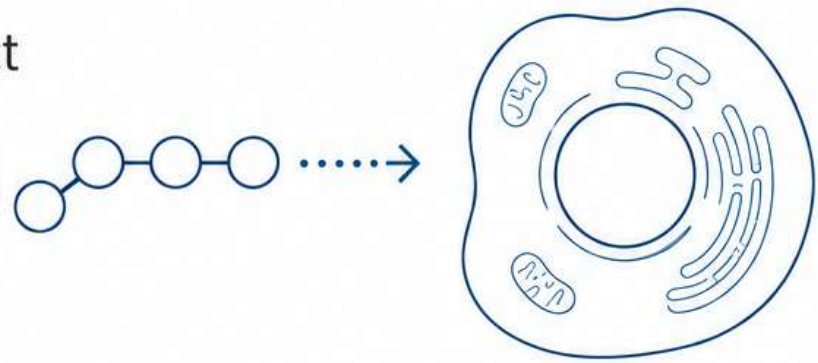
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01 | THE BASIC IDEA

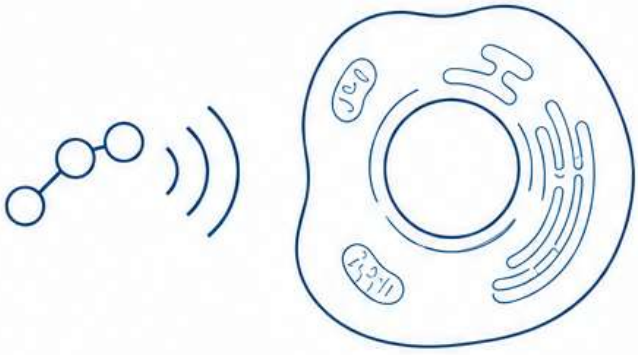
A peptide is a short chain of amino acids.



In the body, it can act as a signal: carrying instructions from one cell to another.



Peptides are a natural part of our biology.



02 | WHAT DO THEY DO?



METABOLISM

Regulate glucose, appetite, and energy.



HORMONES

Coordinate functions between organs.



DEFENSE

Participate in immune responses.



REPAIR

Help signal tissue growth and repair.



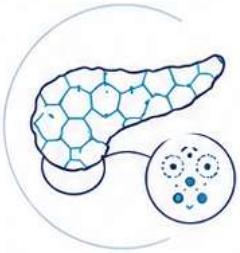
NERVOUS SYSTEM

Influence pain, stress, and behavior.

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03 MAIN TYPES METABOLIC



METABOLIC

Insulin, glucagon, and GLP-1



HORMONAL REGULATORS

Oxytocin and vasopressin



IMMUNE & ANTIMICROBIAL

Defense and cellular communication



NEUROPEPTIDES

Signals in the brain and nerves



REPAIR & GROWTH

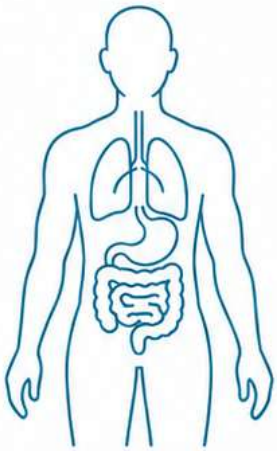
Many are still under investigation

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04 | NOT ALL ARE THE SAME

NATURAL

The body produces them.



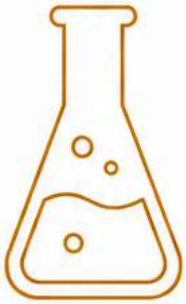
APPROVED MEDICINES

Studied and authorized for specific uses.



EXPERIMENTAL OR RUO

Not approved for human use.



Calling something a “peptide” does not prove it is safe or effective.

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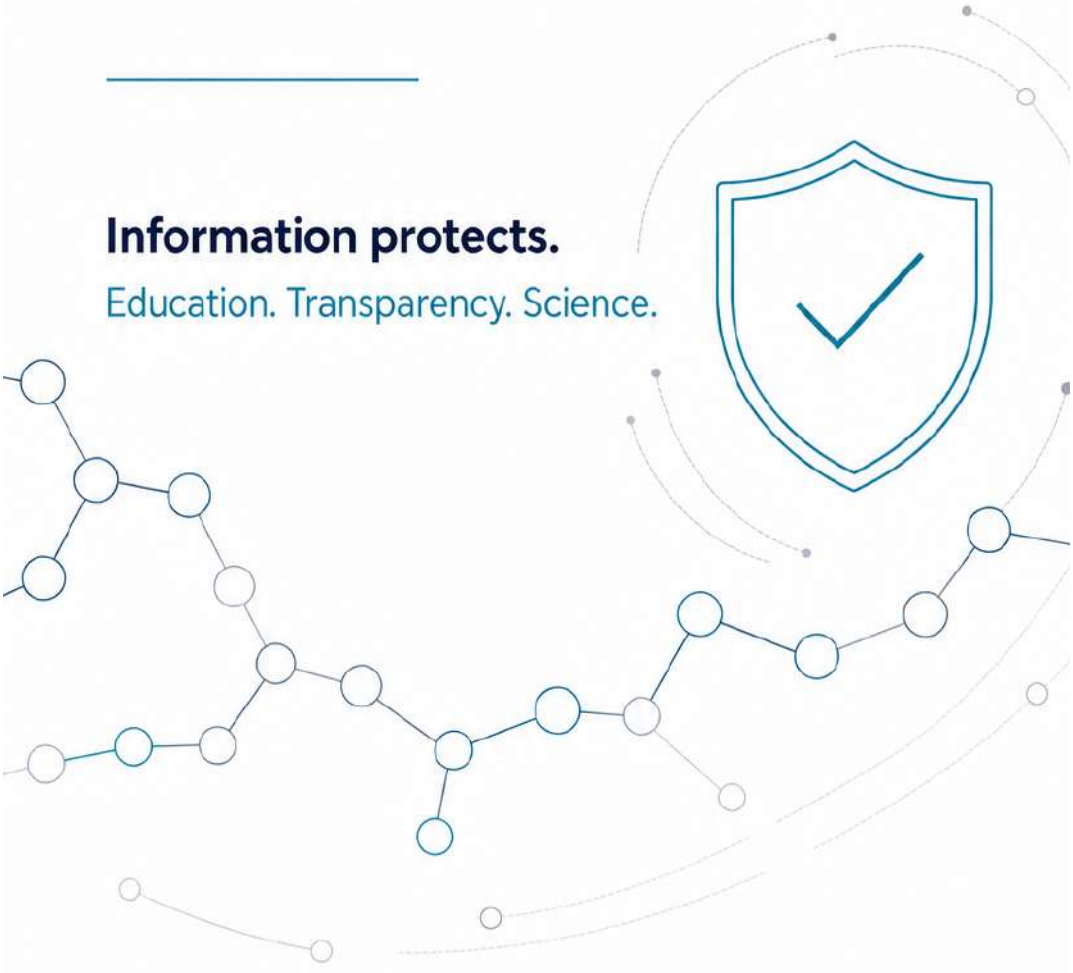
05 SCIENCE BEFORE HYPE

Before using any peptide:

- Check whether it is approved.
- Consult a healthcare professional.
- Be skeptical of quick-fix promises.

Information protects.

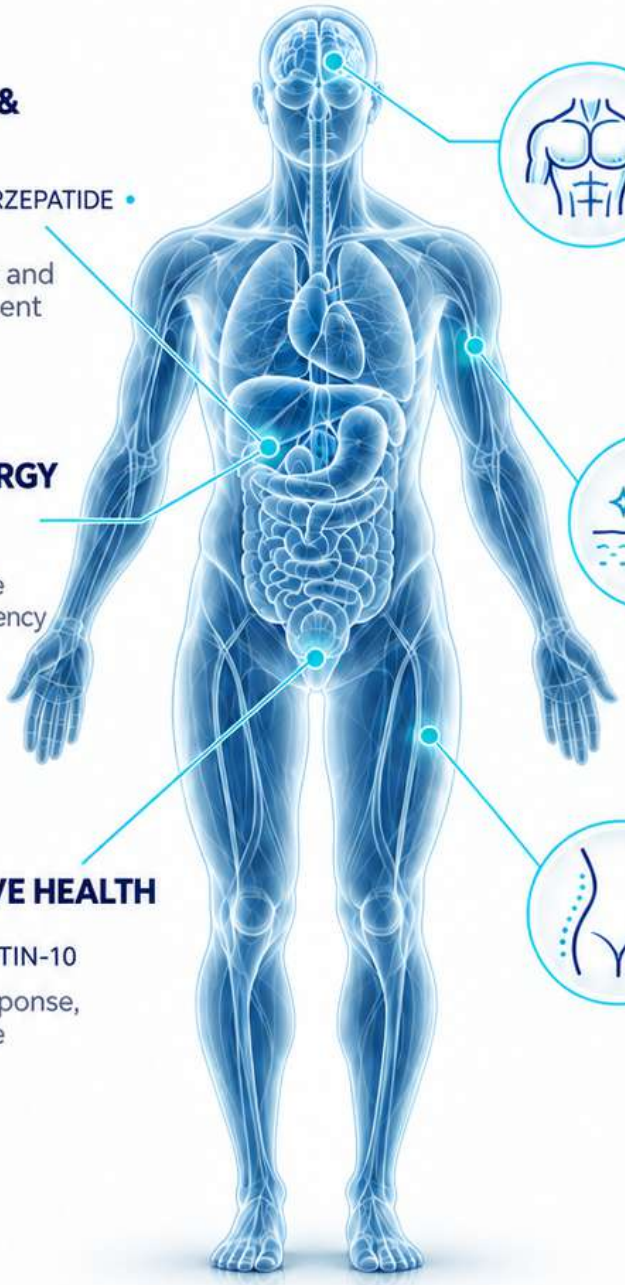
Education. Transparency. Science.



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PEPTIDES & HUMAN POTENTIAL

A new vision for wellness and performance



METABOLISM & WEIGHT

SEMAGLUTIDE • TIRZEPATIDE • RETATRUTIDE

Appetite, glucose and weight management

CELLULAR ENERGY

MOTS-C

Energy, endurance and metabolic efficiency

DESIRE & REPRODUCTIVE HEALTH

PT-141 • KISSPEPTIN-10

Libido, sexual response, hormonal balance and fertility

MUSCLE & BODY COMPOSITION

IPAMORELIN • TESAMORELIN

Muscle development, visceral fat and recovery

SKIN, HAIR, NAILS & REPAIR

GHK-CU • GLOW BLEND • KLOW

Collagen, elasticity, hair, nails and skin renewal

BODY CONTOURING

LEMON BOTTLE

Body definition and localized fat

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RETATRUTIDE

What we know—and what remains unknown

INVESTIGATIONAL
Not FDA approved. Safety and efficacy are still being evaluated.

THREE RECEPTORS
Acts on GIP, GLP-1, and glucagon receptors.

HUMAN EVIDENCE
Studied in clinical trials for obesity and type 2 diabetes.

NO APPROVED DOSING GUIDE
Trial schedules are not instructions for using RUO vials.

PRODUCT QUALITY
A label does not verify identity, concentration, or sterility.

Educational information. Not a recommendation for use.
Sources: Lilly · Published clinical trials

Updated: October 2026

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Quick Titration Guide

Retatrutide (10 mg Vials)

Titration Protocol

	Week(s)	Weekly Dose (mg)	Volume (mL)	Units (1 mL syringe)
1	Weeks 1-4	**1 mg**	**0.10 mL**	10 units
2	Weeks 5-8	**2 mg**	**0.20 mL**	20 units
3	Weeks 9-12	**3 mg**	**0.30 mL**	30 units
4	Weeks 13-18	**4 mg**	**0.40 mL**	40 units
5	Weeks 19-24	**4 mg**	**0.50 mL**	50 units
5	Weeks 19-24	**5 mg**	**0.50 mL**	50 units
6	Weeks 25-30	**6 mg**	**0.60 mL**	60 units
7	Weeks 31-38	**8 mg**	**0.80 mL**	80 units
8	Week 39+	**9-10 mg**	**0.90-1.00 mL**	90-100 units

Quick Reference

Suggested Reconstitution Concentration: 10 mg/mL (e.g., 10 mg in 1.0 mL Bacteriostatic Water)

Key Calculation: 1 mg = 0.10 mL = 10 units

Suggested titration: moderate progression

PERSONALIZATION AND TREATMENT ADJUSTMENT



IMPORTANT: The above titration protocol is a standard guide and does not constitute mandatory medical advice. It should not always be strictly followed. Treatment dosage may be adjusted by a qualified healthcare professional based on the patient's goals, tolerance, and response to treatment. Some patients may require a slower progression, or maintenance at a lower dose, while others may benefit from a progression as indicated. Consult your physician for any modifications.

NOTICE: For exclusive use in clinical research and development. Not for self-administration. Consult a physician.

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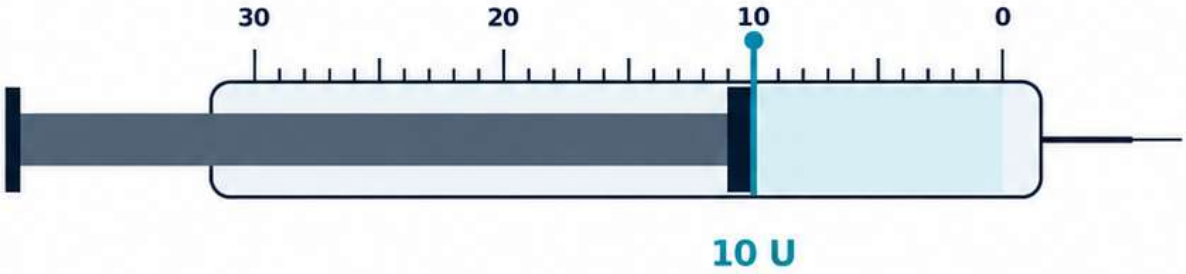
BIOSCIENCE
RESEARCH SAFETY
VISUAL REFERENCE

HOW TO READ A U-100 SYRINGE

Volume reference. This is not a dose recommendation.

10 U on a 100 U (1 mL) syringe

Enlarged view of the first 30 units



Read the plunger edge closest to the needle.

10 U = 0.10 mL. The amount in mg depends on concentration.

BEFORE INTERPRETING A MEASUREMENT

A **Identify the scale**
This reference applies to a U-100 syringe.

B **Distinguish volume from amount**
Syringe markings do not directly equal mg.

C **Verify with a professional**
The label, batch, and concentration require review.

Educational material. Not an administration guide. Do not inject products labeled for research only.

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INJECTION SAFETY

For prescribed medicines and clinician-supervised care

BEFORE

- Confirm the medicine, dose, route, and injection site with your clinician.
- Wash hands and use a clean preparation area.
- Use a new sterile needle and syringe, alcohol pads, and a sharps container.

NEEDLES & ASEPSIS

- Needle size depends on the medicine and route. Ask your clinician or pharmacist.
- Use alcohol pads as instructed; allow cleaned surfaces to dry.
- Do not touch sterile needle tips or reuse supplies.

DURING

- Use only the site and technique taught for your prescribed medicine.
- Never share needles, syringes, or medication vials.

AFTER

- Place used sharps directly into a sharps container.
- Seek care for spreading redness, worsening pain, fever, or persistent vomiting.
- Trouble breathing, tongue swelling, or fainting: call 911.

STORAGE IS PRODUCT-SPECIFIC

- Follow verified manufacturer or pharmacy instructions.
- Refrigeration does not sterilize a vial or prove it is free of contamination.
- Do not use a vial if sterility is uncertain.

Retatrutide is investigational. No FDA-approved storage or self-injection instructions exist for a “Reta 10 mg” RUO vial.
Educational material. Do not inject RUO products.
Sources: CDC Injection Safety · Lilly | October 2026

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WHERE IS THE RIGHT INJECTION SITE?

There is no single best site for every medicine.
For prescribed SUBCUTANEOUS medicines only.



ABDOMEN

A commonly used area when permitted by the medicine's instructions.



UPPER THIGH

The outer upper thigh may be an option for certain prescribed medicines.



UPPER ARM

The side or back of the upper arm may be an option. A trained caregiver may be needed.

THE RIGHT SITE DEPENDS ON YOUR MEDICINE

Follow its approved instructions and the technique taught by your clinician.
Rotate sites as directed. Avoid red, swollen, bruised, scarred, or damaged skin.
Injection location does not determine where body fat is lost.

General education—not a site recommendation for retatrutide, Lemon Bottle, or RUO products. Do not inject products labeled for research only.

Source: MedlinePlus · Subcutaneous injections

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RETATRUTIDE

Precautions & adverse effects

Investigational · No FDA-approved contraindications label

EXCLUSION CRITERIA IN SOME CLINICAL TRIALS

- History of pancreatitis.
- Personal or family history of medullary thyroid carcinoma.
- Multiple endocrine neoplasia type 2 (MEN2).

These are trial criteria, not an official contraindications list.

COMMONLY REPORTED ADVERSE EFFECTS

- Nausea.
- Diarrhea.
- Vomiting.
- Constipation.

Increases in heart rate have also been observed.

WARNING SIGNS

Seek urgent care for severe, persistent abdominal pain, vomiting that prevents drinking, or signs of dehydration.

Trouble breathing, tongue swelling, or fainting: call 911.

Educational material. Do not inject RUO products.

Sources: Lilly TRIUMPH-1 · Phase 2 trials, 2023

Updated: October 2026

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QUESTIONS ABOUT YOUR COMPOUND?

Reconstitution, purity, stability,
chemical composition or methods of use?

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