

LOVE ♥ MOORE PEPTIDES

BODY RECOMPOSITION • RECOVERY • RADIANCE

RETATRUTIDE 40MG

10-Week Body Recomposition Maintenance Kit

✦ MAINTENANCE KIT — PEAK DOSE SUSTAINED ✦

KIT CONTENTS

- ◆ 2 × Retatrutide 20mg vials (40mg total)
- ◆ Triple agonist (GLP-1/GIP/Glucagon)
- ◆ 10 insulin syringes + alcohol swabs
- ◆ This branded dosing card

RECONSTITUTION

10 mg/mL

Each vial: 2mL bacteriostatic water
(already mixed in your vials)

YOUR MAINTENANCE DOSE — EVERY WEEK

4mg

Draw to **40 units (0.40 mL)** on your syringe

10-WEEK MAINTENANCE SCHEDULE

WEEK	DOSE	DRAW VOLUME	SYRINGE UNITS	VIAL
Week 1	4 mg	0.40 mL	40 units	Vial 1
Week 2	4 mg	0.40 mL	40 units	Vial 1
Week 3	4 mg	0.40 mL	40 units	Vial 1
Week 4	4 mg	0.40 mL	40 units	Vial 1
Week 5	4 mg	0.40 mL	40 units	Vial 1 — end
Week 6	4 mg	0.40 mL	40 units	Vial 2
Week 7	4 mg	0.40 mL	40 units	Vial 2
Week 8	4 mg	0.40 mL	40 units	Vial 2
Week 9	4 mg	0.40 mL	40 units	Vial 2
Week 10	4 mg	0.40 mL	40 units	Vial 2 — end

Total: 10 × 4mg = **40mg** — both vials fully used. Switch to Vial 2 after Week 5.

HOW TO INJECT

- ◆ Wipe vial top with alcohol swab
- ◆ Draw to **40-unit mark** on syringe
- ◆ Wipe injection site (belly, thigh, love handle)
- ◆ Pinch skin, insert at 45–90°
- ◆ Pull back briefly (no blood = ok)
- ◆ Push plunger slowly, remove
- ◆ Rotate sites each week

STORAGE

- ◆ Refrigerate 36–46°F at all times
- ◆ Never freeze
- ◆ Solution should stay clear
- ◆ Use each vial within 30 days of opening
- ◆ Keep out of direct light
- ◆ Fresh syringe every shot

WHAT TO EXPECT AT MAINTENANCE

SUSTAINED FAT LOSS

Consistent 1–2 lbs/wk fat loss. Body in full recomp mode at peak dose.

APPETITE CONTROL

Appetite fully suppressed. Eating to fuel — not out of hunger. Cravings gone.

BODY RECOMP

Visible muscle preservation + fat loss. Clothes fitting significantly looser.

MAXIMIZE RESULTS

NUTRITION

- ◆ Protein: 0.8–1g per lb bodyweight
- ◆ Moderate calorie deficit (300–500)
- ◆ Hydrate — 100+ oz water daily
- ◆ Fiber to prevent constipation

TRAINING

- ◆ Lift weights 3–5x/week
- ◆ Walk 8–10k steps daily
- ◆ Preserves muscle during fat loss
- ◆ Boosts recomposition results

⚠ DO NOT USE IF:

- ◆ Pregnant or breastfeeding
- ◆ Personal/family history of medullary thyroid cancer
- ◆ Multiple Endocrine Neoplasia syndrome type 2
- ◆ Pancreatitis history
- ◆ Type 1 diabetes
- ◆ Under 18 years old

STOP & SEEK HELP IF:

- ◆ Severe abdominal pain (possible pancreatitis)
- ◆ Persistent vomiting or dehydration
- ◆ Vision changes or severe headache
- ◆ Signs of low blood sugar

Questions? DM @love.a.virgo on Instagram

lovemooreptides.com

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