

LOVE ♥ MOORE PEPTIDES

BODY RECOMPOSITION • RECOVERY • RADIANCE

RETATRUTIDE 20MG

10-Week Body Recomposition Starter Kit

VIAL COMPOSITION

- ◆ Retatrutide — 20mg
- ◆ Triple agonist (GLP-1/GIP/Glucagon)
- ◆ Fat loss + appetite control

RECONSTITUTION

10 mg/mL

2mL bacteriostatic water
(already mixed in your vial)

INJECTION FREQUENCY

Once Weekly

Same day each week
Subcutaneous injection

KIT DURATION

10 Weeks

10 syringes included
One shot per week

10-WEEK TITRATION PROTOCOL

PHASE	WEEKS	DOSE	DRAW VOLUME	SYRINGE UNITS
1 — Start	Week 1–4	1 mg	0.10 mL	10 units
2 — Ramp	Week 5–8	2 mg	0.20 mL	20 units
3 — Peak	Week 9–10	4 mg	0.40 mL	40 units

Total mg used across cycle: 4mg + 8mg + 8mg = **20mg** — matches full vial.

HOW TO INJECT

- ◆ Wipe vial top with alcohol swab
- ◆ Draw to correct 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 always
- ◆ Never freeze
- ◆ Solution should stay clear
- ◆ Use within 30 days
- ◆ Keep out of direct light
- ◆ Fresh syringe every shot

WHAT TO EXPECT

WEEKS 1–4

Appetite drops. Mild nausea possible.
Small early fat loss (2–5 lbs). Body
adjusting.

WEEKS 5–8

Steady fat loss (1–3 lbs/wk). Clothes
fitting looser. Energy stable. Cravings
gone.

WEEKS 9–10

Peak fat loss. Visible recomp. Time to
plan next cycle or maintenance dose.

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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