

LOVE ♥ MOORE PEPTIDES

BODY RECOMPOSITION • RECOVERY • RADIANCE

TIRZEPATIDE 20MG

6-Week Proven Weight Loss Starter Kit — Titrating Protocol

VIAL COMPOSITION

- ◆ Tirzepatide — 20mg
- ◆ Dual agonist (GLP-1 + GIP)
- ◆ Same molecule as Mounjaro/Zepbound

RECONSTITUTION

10 mg/mL

2mL bacteriostatic water
(already mixed in your vial)

INJECTION FREQUENCY

Once Weekly

Same day each week
Subcutaneous injection

KIT DURATION

6 Weeks

6 syringes included
One shot per week

6-WEEK TITRATION PROTOCOL (DOSE INCREASES AT WEEK 5)

PHASE	WEEK	DOSE	DRAW VOLUME	SYRINGE UNITS
1 — Start Low	Week 1	2.5 mg	0.25 mL	25 units
1 — Start Low	Week 2	2.5 mg	0.25 mL	25 units
1 — Start Low	Week 3	2.5 mg	0.25 mL	25 units
1 — Start Low	Week 4	2.5 mg	0.25 mL	25 units
2 — Step Up	Week 5	5 mg	0.50 mL	50 units
2 — Step Up	Week 6	5 mg	0.50 mL	50 units

Total: $(4 \times 2.5\text{mg}) + (2 \times 5\text{mg}) = 10\text{mg} + 10\text{mg} = \textbf{20mg}$ — full vial used.

HOW TO INJECT

- ◆ Wipe vial top with alcohol swab
- ◆ Draw to correct unit mark (25 or 50)
- ◆ Wipe 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 of opening
- ◆ Keep out of direct light
- ◆ Fresh syringe every shot

WHAT TO EXPECT

WEEKS 1–2

Appetite drops. Mild nausea possible.
Body adjusting to peptide.

WEEKS 3–4

Steady fat loss (1–2 lbs/wk).
Cravings gone. Portions naturally smaller.

WEEKS 5–6

Dose stepped up to 5mg. Stronger appetite suppression. Ready for maintenance.

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
- ◆ Better recomp 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

lovemoorepeptides.com

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