

UNEARTHED WELLNESS

WELCOME KIT

Retatrutide Triple-Agonist Peptide

Appetite regulation · Metabolic renewal · Body composition



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your Retatrutide protocol.

Retatrutide represents the next generation of metabolic medicine. Where earlier GLP-1 medications targeted a single hormonal pathway, Retatrutide simultaneously activates three — GLP-1, GIP, and glucagon receptors — producing a depth and breadth of metabolic effect that single-agonist therapies simply cannot match. This is not an incremental improvement. It is a fundamentally different approach.

Originally developed by Eli Lilly, Retatrutide has demonstrated remarkable results in clinical trials for weight management and metabolic health. It is among the most clinically promising compounds in its class, with an emerging and rapidly developing evidence base. As with all advanced therapeutics, your prescriber has assessed your individual profile carefully before recommending this protocol.

This kit covers how Retatrutide works, how to administer your injections, what to expect as your metabolism responds, and how to reach us with any questions.

INSIDE THIS KIT

- What Retatrutide is and how it works at the hormonal level
- Storage and handling of your injectable
- Step-by-step injection guide
- What to expect week by week
- Lifestyle practices that amplify your results
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet Retatrutide.

Retatrutide is a triple-agonist peptide — meaning it activates three distinct hormone receptors simultaneously: GLP-1 (glucagon-like peptide-1), GIP (glucose-dependent insulintropic polypeptide), and glucagon. Each of these receptors plays a role in regulating appetite, blood sugar, energy expenditure, and fat metabolism. Activating all three in concert produces effects that are meaningfully greater than any single pathway alone.

GLP-1 receptor activation reduces appetite and slows gastric emptying. GIP receptor activation enhances insulin response and may improve how the body handles dietary fat. Glucagon receptor activation increases energy expenditure and promotes fat breakdown — a mechanism that distinguishes Retatrutide from dual-agonist therapies and contributes to its superior weight loss outcomes in clinical trial data. The result is a compound that simultaneously reduces intake, improves metabolic efficiency, and accelerates fat utilisation.

*Three receptors. One signal.
A fundamentally different outcome.*

WHAT IT'S DOING IN YOUR BODY

- **Appetite and satiety regulation.** GLP-1 activation reduces hunger signals from the brain and slows the rate at which food leaves the stomach — producing sustained fullness and meaningful reductions in caloric intake without willpower effort.
- **Blood sugar and insulin management.** GLP-1 and GIP receptor activation improve glucose-dependent insulin secretion, reducing post-meal blood sugar spikes and improving insulin sensitivity over time.
- **Accelerated fat metabolism.** Glucagon receptor activation drives the liver to increase fat oxidation and raises resting energy expenditure — meaning your body burns more fuel even at rest.
- **Body composition improvement.** Clinical trial participants achieved substantial reductions in body weight and fat mass, with trials reporting average weight loss figures that exceeded those seen with single and dual-agonist therapies. You may want to verify the most current trial data with your prescriber, as results are still being published.

- **Cardiovascular risk factor reduction.** Improvements in blood pressure, lipid profiles, and inflammatory markers have been observed alongside weight loss in trial participants.

CLINICAL STATUS — PLEASE READ

Retatrutide is an advanced investigational compound with a strong and growing clinical evidence base. It is not yet approved by major regulatory bodies as a standard-of-care treatment, though it is being prescribed within clinical and compounding frameworks in some jurisdictions. Your prescriber has reviewed your suitability carefully. The research is genuinely exciting and the trajectory is positive — and we want you to have that context clearly.

BEFORE YOU BEGIN

Storage and handling.

Retatrutide is a peptide hormone — temperature and light stability matter significantly. A few minutes spent here protects your investment and ensures your protocol performs as intended.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

SHELF LIFE (UNRECONSTITUTED)

Keep dry and refrigerated until ready to use. Do not reconstitute until needed.

WHAT'S IN YOUR KIT

- Your Retatrutide vial
- Bacteriostatic water for reconstitution
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin. Do not substitute components or reconstitute with anything other than the bacteriostatic water provided.

YOUR INJECTION GUIDE

Step by step. You can do this.

Retatrutide is administered subcutaneously — just under the skin, not into muscle. The needle is fine-gauge and the process is straightforward. By your third or fourth session, it will feel completely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time to prevent localised irritation.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

Dispose safely

Place the used needle immediately in a sharps container.

Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

By session three, it will feel like second nature.

YOUR JOURNEY

What to expect — week by week.

Retatrutide works progressively — doses are typically started low and titrated upward over several weeks to allow your body to adapt and minimise side effects. The timeline below reflects the general arc most people experience. Your prescriber will guide your specific titration schedule.

The shift begins before the scale moves.

WEEKS 1-2	Initial dose phase. Appetite changes may be subtle at first. Some people notice reduced food noise — fewer intrusive thoughts about eating — within the first two weeks. Mild nausea is common and typically settles as your body adjusts.
WEEKS 3-6	As the dose is titrated upward, appetite suppression becomes more pronounced. Consistent reductions in portion size and hunger frequency are typical. Early weight changes become visible. Energy levels often improve as blood sugar stabilises.
WEEKS 7-12	Meaningful body composition change underway. Fat mass reduction accelerates as glucagon receptor effects compound. Metabolic markers — blood pressure, cholesterol, blood glucose — often begin to improve. Many people report feeling the most metabolically settled they have in years.
MONTH 3+	Sustained and compounding results. Protocol reviews with your prescriber will assess dose optimisation and long-term management. Many people continue on maintenance doses after achieving their initial goals.

YOUR PRESCRIPTION REMINDER

Dose		mcg / mg
Frequency		× per week

Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

The side effect profile of Retatrutide is broadly consistent with GLP-1 class medications and is well-documented in clinical trial data. Most side effects are gastrointestinal, dose-dependent, and transient — they typically arise during dose escalation and settle with time.

COMPLETELY NORMAL — NO ACTION NEEDED

- **Nausea, particularly after dose increases.** The most commonly reported side effect across the GLP-1 class. Eating smaller meals, avoiding fatty or spicy food, and staying hydrated all help significantly. It typically subsides within 1–2 weeks of a new dose level.
 - **Reduced appetite beyond your expectations.** Some people find their appetite suppression feels significant. This is the mechanism working. Ensure you are still eating adequate protein and nutrients — do not treat this as a green light to under-eat severely.
 - **Mild fatigue during initial weeks.** As your energy intake adjusts, some tiredness is normal and settles.
 - **Slight injection site redness or bump.** Localised, fades within hours. Rotate sites consistently.
 - **Changes in bowel habits.** Constipation or loose stools during the adjustment period are common and resolve.
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PLEASE REACH OUT IF YOU EXPERIENCE

- Persistent vomiting or inability to keep fluids down
- Severe abdominal pain — particularly upper abdominal pain radiating to the back (seek urgent care)
- Signs of injection site infection — increasing redness, pus, fever, spreading warmth
- Any allergic reaction — itching, hives, difficulty breathing (seek emergency care immediately)
- Significant vision changes or severe headaches

— Anything that doesn't feel right — trust your instincts and call us

IMPORTANT — PANCREATITIS AWARENESS

GLP-1 class medications carry a small and much-debated association with pancreatitis. Severe, persistent upper abdominal pain — especially pain radiating to the back — warrants prompt medical attention. This is rare, but we want you aware. Do not ignore severe abdominal pain on this protocol.

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

Retatrutide does significant metabolic work on your behalf — but the results compound meaningfully when the right behaviours support it. None of this needs to be perfect. Consistent and sustainable always beats intense and short-lived.

Protect Your Protein Intake

Appetite suppression can lead to under-eating protein — which accelerates muscle loss alongside fat loss. Aim for adequate protein at every meal (lean meats, fish, eggs, legumes, dairy). Your prescriber or a dietitian can help you establish a target appropriate for your body and goals.

Move Consistently

Resistance training during a weight loss protocol preserves muscle mass and improves body composition outcomes significantly. Even two sessions per week of bodyweight or light resistance exercise makes a meaningful difference. Daily walking compounds results further.

Eat Slowly and Mindfully

Retatrutide slows gastric emptying — eating too quickly or too much in one sitting is a common trigger for nausea. Smaller, slower meals work with the mechanism rather than against it.

Stay Hydrated

Reduced appetite can mean reduced fluid intake. Aim for consistent water consumption throughout the day. Dehydration amplifies fatigue and can worsen nausea.

Prioritise Sleep

Poor sleep elevates ghrelin (hunger hormone) and cortisol, actively working against Retatrutide's appetite-regulating effects. Seven to nine hours supports the full metabolic benefit of your protocol.

Rotate Injection Sites

Consistent rotation between the abdomen and outer thighs prevents localised tissue changes and maintains even absorption.

COMMON QUESTIONS

You asked. We answered.

Can I take Retatrutide alongside my other medications?

Your prescriber will have reviewed your full medication list before prescribing. If you are on insulin or other glucose-lowering medications, your prescriber will monitor you carefully as Retatrutide can enhance blood sugar lowering effects. If your medications have changed since your consultation, contact us before your next dose.

How long is a typical protocol?

Initial protocols typically run 12-24 weeks through dose titration and optimisation phases. Many people transition to a maintenance protocol once their target outcomes are reached. Your prescriber will guide this based on your response.

I'm not losing weight as fast as I expected — is this normal?

Yes. The titration phase prioritises tolerability over maximum effect. The full metabolic impact of Retatrutide compounds over months, not weeks. Please do not adjust your dose independently — speak to your prescriber if you have concerns.

Can I use Retatrutide alongside other peptides?

Some practitioners combine Retatrutide with peptides that support muscle preservation and recovery during weight loss, such as BPC-157 or AOD-9604. Speak to your prescriber about whether a combined protocol is appropriate for your goals.

Is the quality of Retatrutide important?

Enormously. Peptide purity and accurate dosing are critical for both safety and efficacy. The Retatrutide dispensed through our pharmacy partner is pharmaceutical grade — a completely different standard to unregulated online sources.

You are never navigating this alone.

WEBSITE & PORTAL

unearthed-wellness.com

BOOK A CONSULTATION

Via your patient portal

SUPPORT & ENQUIRIES

hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

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