

UNEARTHED WELLNESS

WELCOME KIT

Tirzepatide Dual Agonist

Metabolic recalibration · Insulin sensitivity · Body composition



Your personalised welcome kit from Unearthed Wellness

Welcome to your Tirzepatide protocol.

You've made a thoughtful and considered decision. Tirzepatide is one of the most evidence-supported metabolic therapies available today — and the way it works is genuinely different from anything that came before it.

This kit will walk you through everything you need to begin your protocol with confidence: what Tirzepatide is doing in your body, how to store and administer it, what to expect as the weeks unfold, and how to reach us whenever you need support.

Your body already knows how to do this.

INSIDE THIS KIT

- What Tirzepatide is and how the dual mechanism works
- Storage and handling instructions
- Step-by-step weekly 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 — always

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet Tirzepatide.

Tirzepatide is a dual GLP-1/GIP receptor agonist — the first of its kind. Where earlier metabolic peptides activated only the GLP-1 pathway, Tirzepatide activates both GLP-1 and GIP simultaneously. GLP-1 regulates appetite, blood sugar, and gastric emptying. GIP improves insulin sensitivity and directly influences fat cell metabolism. Together, they produce a metabolic effect that is meaningfully greater than either pathway alone.

This dual mechanism is why clinical trials have shown Tirzepatide producing greater fat loss, deeper insulin sensitivity improvement, and more significant metabolic marker changes than single-agonist therapies. It works at the root of metabolic dysfunction — not just the symptoms.

Two pathways. One precise signal. Deeper results.

What it's doing in your body

- Dual receptor activation. GLP-1 and GIP receptors stimulated simultaneously — additive effects, not redundant ones.
- Appetite recalibration. Reduces food noise, emotional eating patterns, and the drive to overeat.
- Blood sugar stabilisation. Improves insulin secretion and reduces post-meal glucose spikes.
- Visceral fat reduction. GIP receptor activation directly influences deep abdominal fat metabolism.
- Lean muscle preservation. More muscle-protective during fat loss than single-agonist therapies.
- Systemic inflammation reduction. GLP-1 receptors throughout the body contribute to broader anti-inflammatory effects.

ON MICRODOSING

Some protocols use Tirzepatide at microdose ranges — lower doses that support metabolic smoothness and appetite regulation without full weight-loss dose suppression. Your prescriber will have set your dose based on your specific goals. Do not adjust without consultation.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

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.

WHAT'S IN YOUR KIT

- Your peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. 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.

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.

09 Dispose safely

Place the used needle immediately in a sharps container.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. 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.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

The work begins before the scale moves.

Week 1–2	Appetite begins to decrease. Reduced food preoccupation is often the first noticeable change. Mild GI adjustment is common as the body adapts.
Week 3–4	GI side effects typically settle. Energy begins to stabilise as blood sugar fluctuations reduce. Early body composition changes measurable.
Month 2	Consistent appetite regulation. Meaningful fat loss — often more pronounced around the midsection. Mood and cognitive clarity frequently improve.
Month 3–4	Significant body composition shift. Metabolic bloodwork improving — fasting insulin, lipids, inflammatory markers. Hormonal improvements often follow.
Month 5–6+	Deep metabolic recalibration established. Many people reach body composition goals previously unachievable. Protocol reviewed with your prescriber.

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.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Nausea, particularly after injection. Dose-dependent and typically settles within 2–4 weeks. Eating lightly before your injection can help.
- Loose stools or constipation. GI adjustment is expected. Hydration and fibre support both sides of this.
- Reduced appetite. This is the intended mechanism — not a side effect. Trust it.
- Mild fatigue in the first 1–2 weeks. As your metabolism adjusts, energy fluctuations are normal and settle quickly.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (seek emergency care if severe)
- Anything that doesn't feel right — trust your instincts and call us

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

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

PRIORITISE PROTEIN

Aim for 1.2–1.6g per kg of body weight daily. This is critical for lean muscle preservation during fat loss.

RESISTANCE TRAINING

Muscle mass protects your metabolism long-term. Even two sessions per week significantly amplifies Tirzepatide's body composition effects.

EAT SLOWLY AND MINDFULLY

Your satiety signals are being recalibrated. Give them time to arrive before deciding you need more food.

STAY HYDRATED

GI adjustment is eased significantly by consistent hydration. Aim for 2+ litres of water daily.

LIMIT ULTRA-PROCESSED FOODS

Tirzepatide reduces cravings for these — work with it. The window of reduced food noise is an opportunity.

SLEEP AS A METABOLIC TOOL

Poor sleep directly elevates cortisol and ghrelin — the hunger hormone. Protecting sleep protects your results.

COMMON QUESTIONS

You asked. We answered.

How is Tirzepatide different from semaglutide?

Both are GLP-1 agonists, but Tirzepatide also activates the GIP receptor, producing a dual mechanism. Clinical trials show Tirzepatide produces greater average fat loss and metabolic improvement. Your prescriber will have recommended the right one for your specific profile.

Is this the same as Mounjaro?

Mounjaro is the brand name for Tirzepatide used in diabetes management. The compounded Tirzepatide dispensed through our pharmacy partner uses the same active ingredient, dosed precisely for your goals.

Will I regain weight if I stop?

Stopping any therapeutic support without sustainable lifestyle foundations can lead to recurrence. Your prescriber will work with you on a long-term strategy and a responsible transition plan when the time comes.

Can I drink alcohol on this protocol?

Alcohol interacts with the GI system and can worsen nausea. It also undermines the metabolic work your protocol is doing. Modest reduction is strongly encouraged — your prescriber can advise based on your specific protocol.

I'm not feeling much appetite reduction yet — is that normal?

Tirzepatide is titrated gradually, so the full effect builds over several weeks. If you are still in the early titration phase, this is expected. If you are several weeks in with no response, contact us — your dose may need adjustment.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & PORTAL	BOOK A CONSULTATION	SUPPORT & ENQUIRIES
unearthed-wellness.com	Via your patient portal	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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