

RETATRUTIDE

Dosing Protocol & Titration Guide

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Drug Class	Developer	Admin. Route	Frequency	Max Dose
Triple agonist (GLP-1 / GIP / Glucagon)	Eli Lilly (LY3437943)	Subcutaneous injection	Once weekly	12 mg/week (trial protocol)

Standard Titration Schedule

Week(s)	Dose	Notes / Watch For
1–4	2 mg / week	Starting dose. GI adaptation period. Expect mild nausea, reduced appetite.
5–8	4 mg / week	First up-titration. Monitor nausea, vomiting, heart rate.
9–12	8 mg / week	Significant appetite suppression expected. Ensure adequate hydration.
13–16	12 mg / week	Maximum trial dose. Strongest weight loss effect. Monitor for tachycardia.
17+	Maintenance	Hold at highest tolerated dose. Do not exceed 12 mg/week.

* This titration schedule reflects the protocol used in the TRIUMPH Phase 2 trial (NEJM, 2023). Individual response varies. Slower titration may reduce GI side effects.

Reconstitution Guide

Bacteriostatic water: Use BAC water only (0.9% benzyl alcohol). Do not use sterile water or saline.

Volume: Add 1–2 mL BAC water per vial. Common ratio: 1 mL water → 1 mg/0.1 mL concentration.

Technique: Inject water slowly down the vial wall. Do not aim directly at powder. Swirl gently — do not shake.

Storage: Reconstituted: refrigerate 2–8°C, use within 28 days. Lyophilized: room temp short-term, freeze long-term.

Syringes: Use U-100 insulin syringes. Calculate draw volume from your reconstitution ratio.

Injection Sites

Abdomen: Preferred. Inject 2 inches from navel. Rotate sites each week.

Thigh: Outer upper thigh. Good for self-injection. Rotate left/right weekly.

Upper arm: Posterior deltoid area. May require assistance for self-injection.

Avoid: Scar tissue, bruised areas, within 2 inches of navel, waistband area.

Depth: 45–90° angle depending on body composition. Pinch skin for lean individuals.

Side Effects — Phase 2 Trial Data

Side Effect	Frequency	Onset	Management
Nausea	~42% at 12mg	Weeks 1–8	Eat small meals; avoid fatty/spicy foods; slow titration
Vomiting	~25% at 12mg	Weeks 1–8	Stay hydrated; consider anti-emetics; slow titration
Diarrhea	~18% at 12mg	Variable	BRAT diet; hydration; usually self-resolving
Constipation	~12%	Variable	Increase fiber and water intake
Tachycardia	~10%	Weeks 4–12	Monitor resting HR; consult physician if sustained >20 BPM increase
Decreased appetite	>80%	Week 1+	Expected mechanism; ensure adequate protein intake
Injection site rxn	<5%	Any time	Rotate sites; apply cold pack before injection

Phase 2 Weight Loss Results (NEJM 2023)

–8.7% Placebo

–17.3% 4mg dose

–22.8% 8mg dose

–24.2% 12mg dose

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