

the
Briar Rose
Co.

Retatrutide *Titration*

BRC-3P · 100 mg/mL · Weekly subcutaneous injection · Hold each step at least 4 weeks

WHAT IT IS A research peptide for weight management — works on three different appetite and metabolism pathways at once. The strongest mean weight reductions seen in clinical research, ranging from 17% to 24% over about a year depending on dose.

- ✓ Triple-receptor: GLP-1 + GIP + glucagon
- ✓ Strongest results in modern research (17–24%)
- ✓ Glucagon component supports energy burn
- ✓ Once-weekly — minimal disruption

WHY THE SLOW RAMP This peptide is potent — going up too fast causes nausea, fatigue, and digestive upset that pushes most people to quit. Starting at the lowest dose and stepping up gradually lets your body adapt. **Skipping the lowest dose roughly triples your odds of nausea.** Slow wins.

CARTRIDGES

BRC-3P-24

24 mg cartridge

100 mg/mL · 0.24 mL fill

Weeks 1–10 — covers the full assessment + ramp through 4 mg/wk.

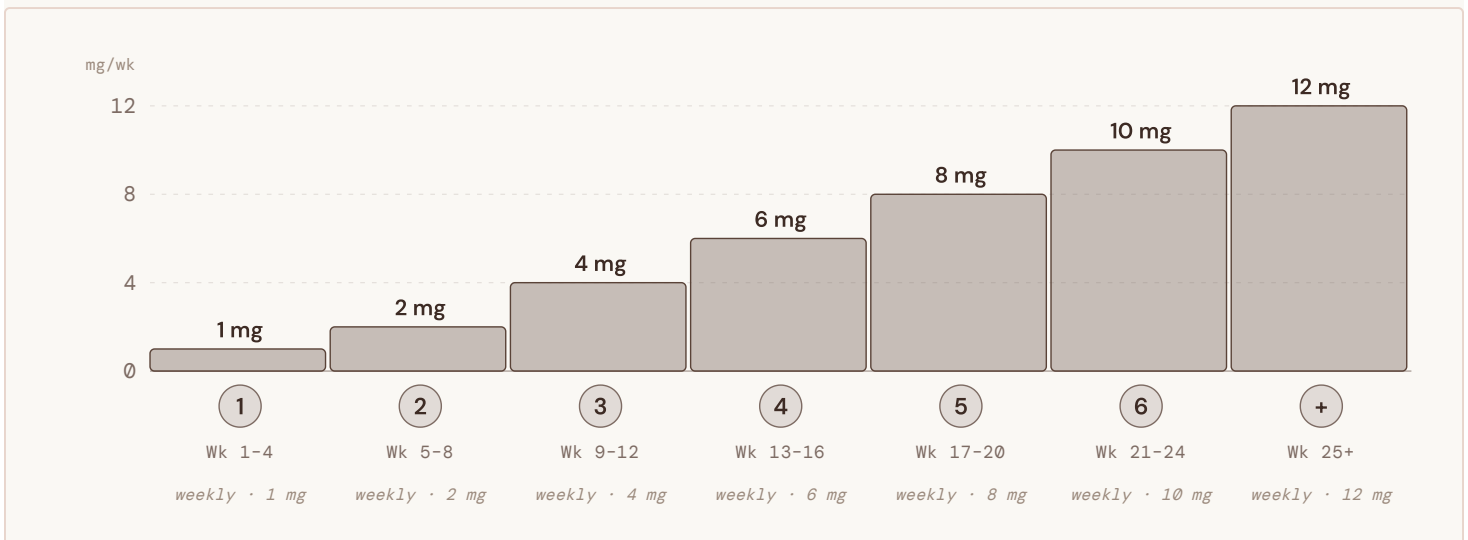
BRC-3P-48

48 mg cartridge

100 mg/mL · 0.48 mL fill

Week 10+ — maintenance through max. ~12 wks @ 4 mg, ~6 wks @ 8 mg, ~4 wks @ 12 mg.

YOUR TITRATION JOURNEY — AT A GLANCE



WEEKLY DOSE LADDER — GANSULIN PEN, ONE INJECTION

STEP · WEEKS	DOSE	PEN UNITS	VOLUME	NOTES
1 · Begin · Wk 1–4	1 mg/wk	1 u	0.01 mL	Body adapts gently. You likely won't see weight change yet — the goal here is tolerance, not results.
2 · Step up · Wk 5–8	2 mg/wk	2 u	0.02 mL	Appetite suppression often noticeable by end of step.

STEP · WEEKS	DOSE	PEN UNITS	VOLUME	NOTES
3 Step up · Wk 9–12	4 mg/wk	4 u	0.04 mL	Meaningful results with the gentlest side effects.
4 Step up · Wk 13–16	6 mg/wk	6 u	0.06 mL	A bridge step on the way to higher doses if you choose to keep going.
5 Step up · Wk 17–20	8 mg/wk	8 u	0.08 mL	Stronger results with side effects most people can manage.
6 Step up · Wk 21–24	10 mg/wk	10 u	0.10 mL	A higher dose for those still tolerating well.
+ Step up · Wk 25+	12 mg/wk	12 u	0.12 mL	The maximum dose. Strongest results, but markedly more side effects.

HOLD THE STEP. STEP BACK IF YOU NEED TO.

The 4-week cadence is a **floor**, not a target. **Side effects manageable?** Step up on schedule. **Side effects flaring?** Hold the current step another 2–4 weeks before stepping up. **Side effects severe?** Step back to the previous level, hold 2–4 weeks, then retry. Pushing through significant nausea or vomiting causes dehydration and protocol abandonment — going slower never costs you the end result.

HOW TO INJECT — GANSULIN PEN

1. Pop pen open, snap cartridge in, close
2. Let cart warm at room temp 15–30 min (cold = more sting)
3. Dial the pen to this week's **unit count** from the ladder
4. Wipe injection site with alcohol; let dry
5. Pinch skin; insert needle 45° (leaner) to 90° (more body fat)
6. Press the end button — spring-driven; click confirms
7. Inject slowly over 5–10 seconds (you can pause/stop by lifting finger)
8. Hold needle in 5 seconds before withdrawing

Heads-up: with no cartridge loaded, dialing a high unit count and firing makes the plunger race down — that's normal. With a cartridge in, delivery is smooth.

WHEN & WHERE

Same day each week. Long half-life keeps blood levels steady.

Evening preferred. Side effects peak 24–48h after; sleeping through helps.

Food doesn't matter. Absorption is independent of meals.

Rotate sites weekly:

abdomen

front of thigh

outer upper arm

Never the same square inch within 2 weeks — prevents lumps under the skin.

WHY THESE NUMBERS

Doses match published clinical research and what people consistently report works best in practice. The **100 mg/mL concentration** is set so every step fits a single comfortable Gansulin pen injection — multiply your dose in mg by 1 to get the unit count to dial. All seven phases land on exact whole units, no rounding. Listen to your body and titrate at the pace that feels right.