

the
Briar Rose
Co.

Semaglutide *Titration*

BRC-1P · 25 mg/mL · Weekly subcutaneous injection · Hold each step at least 4 weeks

WHAT IT IS A research peptide for weight management — works on the GLP-1 appetite-regulating pathway. The most studied weight-research peptide in the world. Mean weight reductions of up to ~15% over about a year in clinical research.

- ✓ Reduces appetite & food noise
- ✓ Most-studied GLP-1 with long real-world history
- ✓ Up to ~15% body weight loss in research
- ✓ Once-weekly — easy to remember

WHY THE SLOW RAMP This peptide is generally well-tolerated, but going up too fast still causes nausea and digestive upset that pushes 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

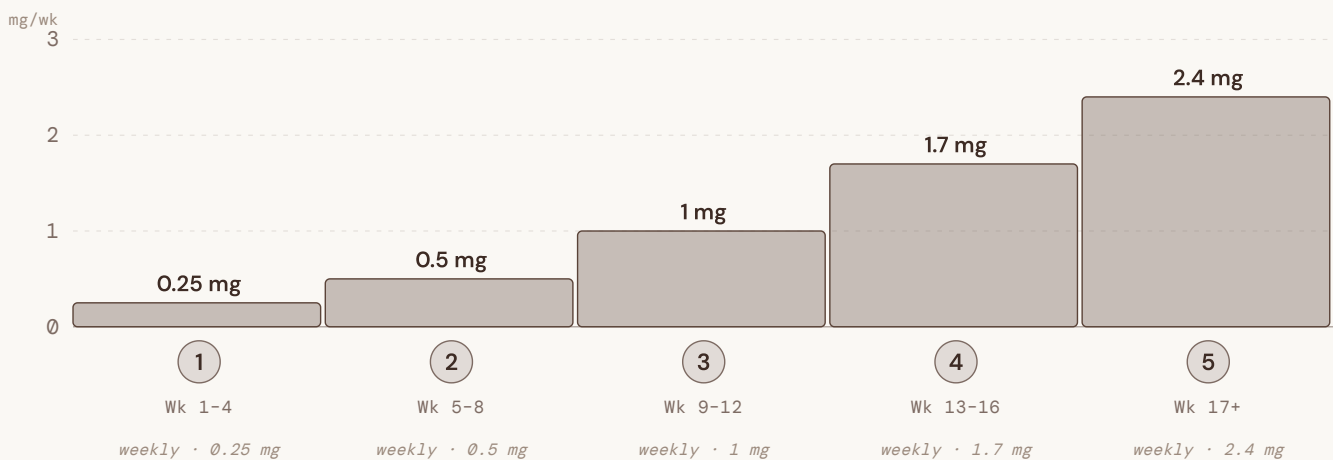
BRC-1P-10

10 mg cartridge

25 mg/mL · 0.4 mL fill

Covers the full titration ramp through maintenance. Lasts ~4 weeks at 2.4 mg/wk maintenance, or longer if still in the ramp phase.

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	0.25 mg/wk	1 u	0.01 mL	<i>Body adapts gently. You likely won't see weight change yet — the goal here is tolerance, not results.</i>
2 Step up · Wk 5-8	0.5 mg/wk	2 u	0.02 mL	<i>First step up. Appetite suppression often noticeable by end of step.</i>
3 Step up · Wk 9-12	1 mg/wk	4 u	0.04 mL	<i>Higher dose. Meaningful results for many people here.</i>

STEP · WEEKS	DOSE	PEN UNITS	VOLUME	NOTES
4 Step up · Wk 13–16	1.7 mg/wk	7 u	0.07 mL	Penultimate step before maintenance.
5 Step up · Wk 17+	2.4 mg/wk	10 u	0.10 mL	Standard maintenance dose.

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 the FDA-approved weight-management label and what people consistently report works best in practice. The **25 mg/mL concentration** is set so every step fits a single comfortable Gansulin pen injection — multiply your dose in mg by 4 to get the unit count to dial. Top two phases round up to nearest whole unit (delivers 1.75 mg / 2.5 mg actual vs FDA 1.7 / 2.4 targets, +3–4%, well within community-protocol tolerance). Listen to your body and titrate at the pace that feels right.