

the
Briar Rose
Co.

Tirzepatide Titration

BRC-2P · 100 mg/mL · Weekly subcutaneous injection · Hold each step at least 4 weeks

WHAT IT IS

A research peptide for weight management — works on two appetite and metabolism pathways at once (GLP-1 and GIP). The current standard for modern weight research. Mean weight reductions of up to ~21% over about a year in clinical research.

- ✓ Hits two appetite pathways (GLP-1 + GIP)
- ✓ Often outperforms semaglutide head-to-head
- ✓ Up to ~21% body weight loss in research
- ✓ Once-weekly — set it & forget it

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-2P-30

30 mg cartridge

100 mg/mL · 0.3 mL fill

Weeks 1–8 — covers early ramp at 2.5 → 5 mg/wk.

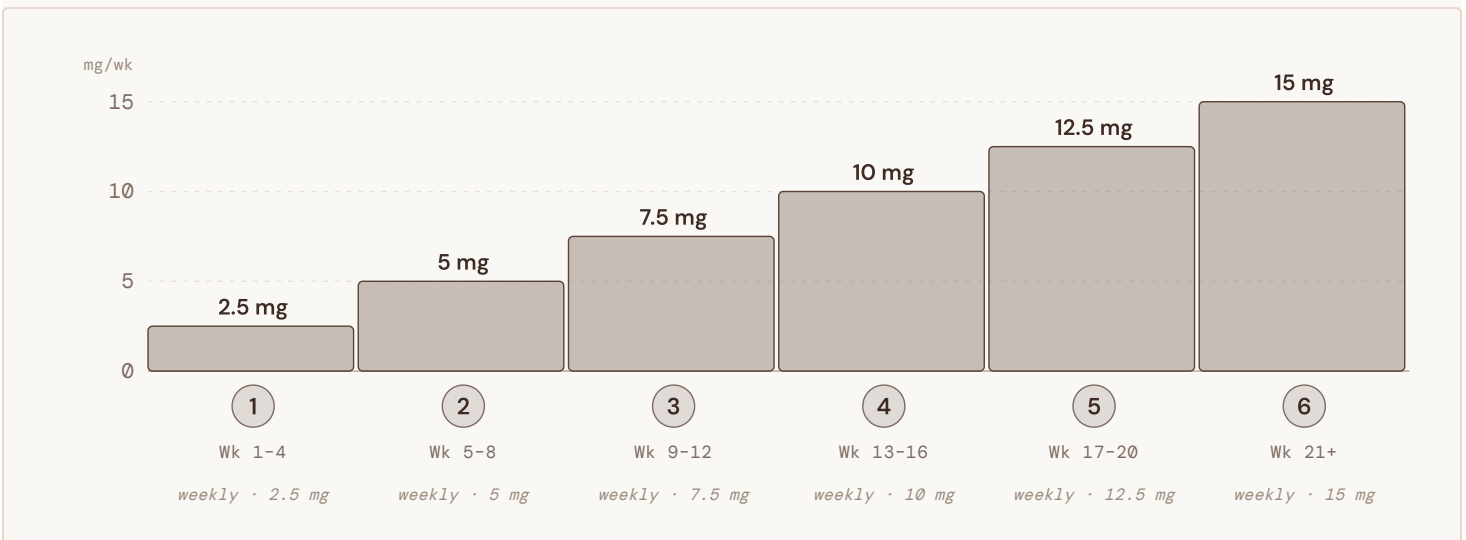
BRC-2P-60

60 mg cartridge

100 mg/mL · 0.6 mL fill

Week 9 onward — maintenance through max. ~6 weeks at 10 mg, ~4 weeks at 15 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	2.5 mg/wk	3 u	0.03 mL	Body adapts gently. Weight effect usually limited here.
2 · Step up · Wk 5-8	5 mg/wk	5 u	0.05 mL	First step up. Appetite suppression usually noticeable here.

STEP · WEEKS	DOSE	PEN UNITS	VOLUME	NOTES
3 Step up · Wk 9–12	7.5 mg/wk	8 u	0.08 mL	<i>Bridge to maintenance dose.</i>
4 Step up · Wk 13–16	10 mg/wk	10 u	0.10 mL	<i>Standard maintenance dose.</i>
5 Step up · Wk 17–20	12.5 mg/wk	13 u	0.13 mL	<i>Higher dose for those tolerating well.</i>
6 Step up · Wk 21+	15 mg/wk	15 u	0.15 mL	<i>Maximum maintenance dose. Strongest results.</i>

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 **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. Odd-mg phases (P1, P3, P5) round up to the nearest whole unit (+4–20% on those phases — clinically minor; community protocols round similarly). Listen to your body and titrate at the pace that feels right.