

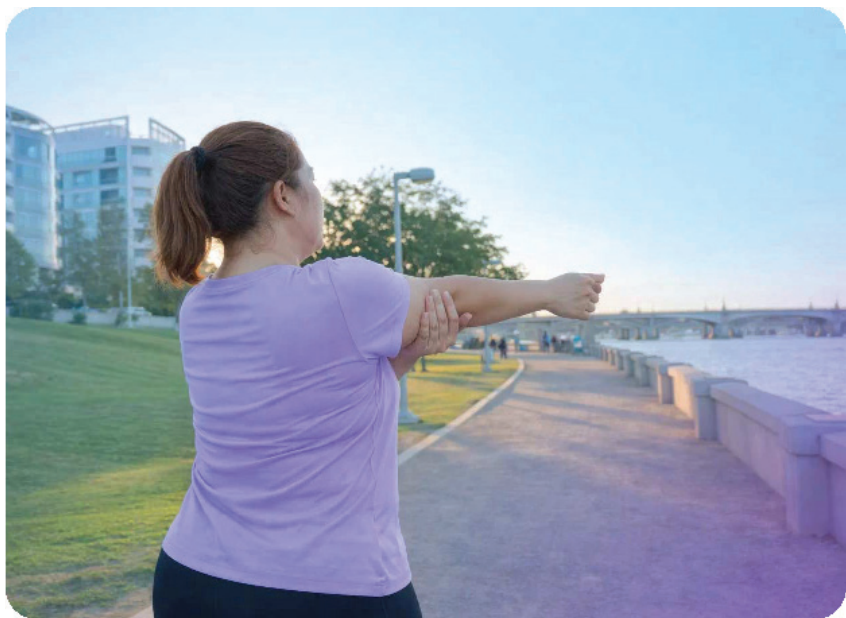


nuri

Metabolic Health Program

Retatrutide Dosing Guide

Progress starts now.



Welcome to

nuri

Thank you for choosing Nuri and congratulations on taking the first step towards a healthier you!

In this booklet you will find all the information you need to complete your program confidently and accurately.

- Unboxing your kit
- Storing your peptides
- Reconstituting your peptides
- Administering your dose
- Dosing schedule

Unboxing Your Peptide Kit

Unbox and get familiar with the components of your new kit.



5 Retatrutide vials



2 bacteriostatic water vials



30 100-unit syringes



30 alcohol wipes



3 Nutrient Booster Paks

Missing something? Get in touch with us nurclinic.com/contact-us

Storing Your Program Materials

1 Refrigeration

Always store peptides and bacteriostatic water in the refrigerator upon arrival and keep refrigerated throughout the program to help maintain quality.



2 Reconstitute as Needed

Only reconstitute one peptide vial at a time. Once mixed, store refrigerated and use within 6 weeks. Once opened, bacteriostatic water lasts up to 6 weeks in the fridge.

Reconstituting Your Peptide Vials

You'll need:



1x peptide vial



1x alcohol wipe



1x bacteriostatic water vial



1x 100 unit syringe

Storing Your Program Materials

Store **reconstituted peptide vial** in fridge, use within 6 weeks.

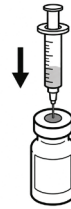


Store **bacteriostatic water** in fridge, use within 6 weeks once open.

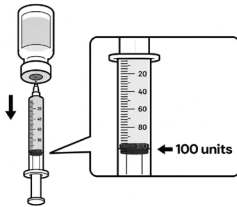




- 1** **Wash hands thoroughly.** Take the lids off of the peptide and bacteriostatic water vials. Using an alcohol wipe, clean the exposed tops of both vials.



- 2** Pull the plunger of the syringe **all the way back** to bring air into the syringe. Then push the needle of the syringe into the bacteriostatic water vial. **Once completely inserted, push the plunger of the syringe all the way down**, injecting the collected air into the vial of water.



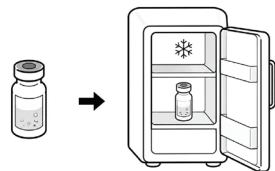
- 3** Turn vial upside down, and slowly pull the plunger of the syringe back out, **collecting 100 units of bacteriostatic water** into the 100 unit syringe, filling it entirely.



- 4** Remove syringe from bacteriostatic water vial and insert syringe into the peptide vial. Slowly push the plunger all the way down, **injecting the bacteriostatic water.**



- 5** Gently swirl water in peptide vial until mixed. **Immediately re-cap the needle after use and safely discard the syringe in a waste bin.**



- 6** Store your reconstituted peptide vial in the refrigerator, and use within 6 weeks. **Store your opened vial of bacteriostatic water in the refrigerator** for up to 6 weeks, discarding and opening a new one after that point.

Taking Your Peptides

You'll need:



1x 30 unit syringe



1x 1 reconstituted peptide vial



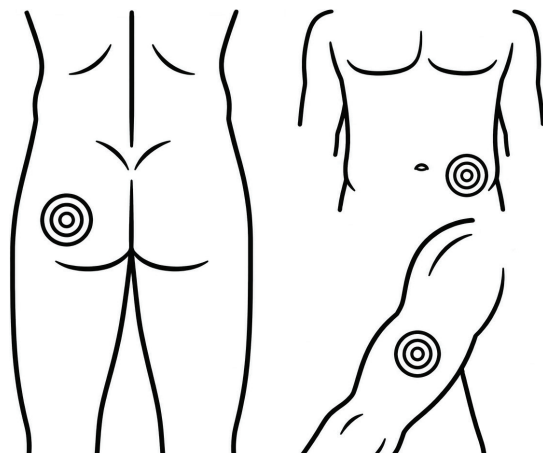
1x alcohol wipe

DOSING LOCATED ON BACK OF GUIDE

This protocol calls for a tapered dosage increase* until week 5, allowing your body to gradually adjust to Retatrutide. If side effects occur, you can halve the dose and slowly work back up to the normal amount.

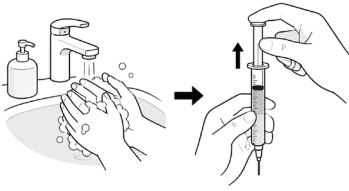
**Only increase dose if not experiencing any symptoms or side effects*

Common Injection Areas

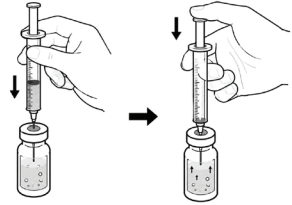


Common participant injection sites include the back of the arm, lower stomach, or buttocks.

Taking Your Peptides



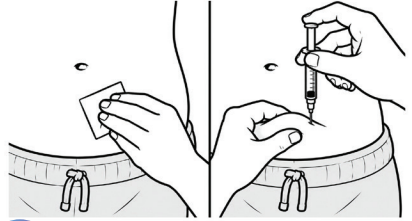
- 1** Wash your hands. **Pull the syringe plunger back to your dose to draw air into the syringe.**



- 2** Completely insert the needle of the syringe into the peptide vial. Push the plunger of the syringe all the way down **injecting the collected air into the vial.**



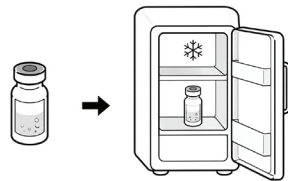
- 3** Turn vial upside down, and slowly **pull the plunger of the syringe** drawing your dose.



- 4** Clean skin with alcohol wipe. Gently pinch the skin, **insert the needle straight in**, and slowly push the plunger down.



- 5** Remove the needle, recap it carefully, and **dispose of it in a waste container.**



- 6** Place the peptide vial **back in the refrigerator.**

Nutrient Support



- **Take your Nutrient Booster Pak daily** — morning packets with breakfast, evening packets with dinner.
- **Stay hydrated.** Aim to drink half your body weight (lbs) in ounces of water daily. (e.g., 240 lbs → 120 oz/day)
- **Eat a balanced, whole-food diet** to support energy and metabolic function.
- **Move your body for 45 minutes a day** — any exercise counts.
- **Download the Healthy Habits Tracker** app and use code **NURICLINIC** to create your account and track your progress over time.



App Store



Google Play

**These suggestions reflect general wellness habits and are not medical guidance. Individual needs and experiences may vary.*

Consistency compounds.

Retatrutide:

Recommended Dosing

Week	1	2	3	4	5	6	7
Dose	10 units	20 units	30 units	40 units	50 units	50 units	50 units
Week	8	9	10	11	12	13	14
Dose	50 units	50 units	50 units	40 units	30 units	20 units	10 units

**Only increase dose if not experiencing any symptoms or side effects*



Scan the QR code for our online dosing guide with how to videos and other helpful tips.

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