



# SEMAGLUTIDE / CAGRILINTIDE

## Weekly Dosing Guide

### ◆ Starter Protocol ◆

Weeks 1–4 → **5 Units** once weekly

Weeks 5–8 → **10 Units** once weekly

Weeks 9–12+ → **15–20 Units** once weekly

Increase only if well tolerated

### • Guidelines

- Start low and titrate slowly to minimize side effects
- Stay at the same dose for at least 4 weeks before increasing
- If side effects occur: hold or reduce dose until resolved
- For best results, pair with:
  - Caloric control
  - High protein intake
  - Regular exercise



For Research & Educational Use Only

Not for human or veterinary use



# SEMAGLUTIDE

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Weeks 9-12+ → **15-20 Units** once weekly.

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### • Guidelines

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- If **side effects occur**: **hold** or **reduce dose** until resolved.
- **For best results**, pair with:
  - Caloric control
  - High protein intake
  - Regular exercise



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# RETATRUTIDE

## Weekly Dosing Guide

### ◆ Dosing Protocol:

Weeks 1–4 → **5 Units** once weekly

Weeks 5–8 → **10 Units** once weekly

Weeks 9–12 → **20 Units** once weekly

Weeks 13+ → **30–40 Units** once weekly

### ◆ Guidelines ◆

- Often divided into 1–3 doses
- Recommended cycle: 8–12 weeks on, 4 weeks off
- Start low and increase slowly to minimize side effects
- If side effects occur, hold or reduce dose until resolved
- Stay hydrated and maintain electrolyte balance
- Take injections at the same time of day each week
- Monitor blood sugar carefully as levels may decrease
- For best results, pair with:
  - Caloric control
  - High protein intake
  - Regular exercise



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# TIRZEPATIDE

## Weekly Dosing Guide

### ♦ Dosing Protocol ♦

Week 1–4 → **25 Units** once weekly

Week 5–8 → **50 Units** once weekly

Week 9–12+ → **75 Units** once weekly

### ♦ Guidelines ♦

- ✓ Prioritize protein intake
- ✓ Maintain resistance training
- ✓ Stay hydrated / manage electrolytes
- ✓ Titrate slowly and stay consistent

Weeks 2–4: Appetite regulation and metabolic stabilization

Weeks 4–8: Consistent fat loss and muscle reinforcement

*Consistency drives sustainable results.*



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# AOD-9604

## Weekly Dosing Guide

### ◆ Dosing Protocol.

Week 1–2 : **10 Units** per day

Week 3–4 : **10–20 Units** per day

Week 5–8+ : **20 Units** per day

### ◆ Cycling Timeline ◆

- ✓ Divide total weekly dose into daily (or twice daily) injections.
- ✓ For best results take on an empty stomach or during fasting.
- ✓ Stay hydrated and manage electrolytes
- ✓ Monitor blood sugar carefully as levels may decrease.
- ✓ For best results combine with:
  - Caloric control
  - High protein intake
  - Regular exercise



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