

*the*  
**Briar Rose**  
 Co.

## Retatrutide *Titration*

BRC-3P · 10 mg/mL · Weekly subcutaneous injection · Increase every 4 weeks

**WHAT IT IS** An investigational triple-action agonist — targets GLP-1, GIP, and glucagon receptors simultaneously. Currently in Phase 3 trials (TRIUMPH program). Phase 2 data showed up to 24% mean weight reduction at 48 weeks.

**WHY THE RAMP** TRIUMPH Phase 3 starts at 2 mg/wk. Most community researchers consider 9 mg/wk the better risk/reward maintenance target than 12 mg, based on TRIUMPH-4 readout (Dec 2025).

THREE DEVICES **Pen** 60u max **0.5 mL syringe** 50u max **1 mL syringe** 100u max

single

x2

x3

### WEEKLY DOSE SCHEDULE — YOUR TITRATION JOURNEY

0 **OPTIONAL** 1 mg/wk → 10 units · 0.10 mL

TEST DOSE

PEN 10u single 0.5 ML 10u single 1 ML 10u single

1 **WKS 1-4** 2 mg/wk → 20 units · 0.20 mL

TRIUMPH START

PEN 20u single 0.5 ML 20u single 1 ML 20u single

5 **WKS 5-8** 4 mg/wk → 40 units · 0.40 mL

MAINTENANCE OPT.

PEN 40u single 0.5 ML 40u single 1 ML 40u single

9 **WKS 9-12** 6 mg/wk → 60 units · 0.60 mL

TITRATION STEP

PEN 60u single 0.5 ML x2 (50u · 10u) 1 ML 60u single

13 **WKS 13+** 9 mg/wk → 90 units · 0.90 mL

COMMUNITY MAINT.

PEN x2 (60u · 30u) 0.5 ML x2 (50u · 40u) 1 ML 90u single

17 **WKS 17+** 12 mg/wk → 120 units · 1.20 mL

MAXIMUM

PEN **x2 (60u · 60u)** 0.5 ML **x3 (50u · 50u · 20u)** 1 ML **x2 (100u · 20u)**

**RISK NOTE** TRIUMPH-4 risk profile: dysesthesia 8.8% at 9 mg → 20.9% at 12 mg (vs 0.7% placebo). Discontinuation 12.2% at 9 mg → 18.2% at 12 mg. Most researchers stop scaling at 9 mg.

#### HOW LONG EACH CARTRIDGE LASTS

CARTRIDGE	TARGET MAINTENANCE	LASTS	NOTE
<b>24 mg starter</b>	Target 4 mg/wk	~8 wks	<i>Covers ramp through Phase 2 maintenance option.</i>
<b>48 mg standard</b>	Target 9 mg/wk	~5 wks at maint	<i>Covers post-titration maintenance period.</i>
<b>60 mg best value</b>	Target 9 mg/wk	~7 wks at maint	<i>Best \$/mg; longest single-cartridge maintenance run.</i>
<b>60 mg best value</b>	Target 12 mg/wk	~5 wks at max	<i>Maximum dose; elevated AE rate — see risk note.</i>

#### WATCH FOR

- Personal/family history of medullary thyroid carcinoma (MTC) or MEN-2 syndrome
- History of pancreatitis or gallbladder disease
- Pregnancy or breastfeeding
- Severe gastroparesis
- Investigational compound — not FDA-approved as of 2026

#### HOLD DOSE (DON'T ESCALATE) IF

- Daily nausea persisting beyond 2 wks at current dose
- Any vomiting in past 7 days
- Weight loss exceeding 2 lb/week
- New gallbladder symptoms (RUQ pain, fatty-food intolerance)
- Sulfurous burps or persistent reflux
- Any new tingling, burning, or unusual skin sensations (dysesthesia signal)
- Doses ≥ 12 mg should be considered carefully given AE rate

**The Briar Rose Co.** · **Storage:** Refrigerate at 2–8°C immediately upon receipt · Use within 30 days of first injection · Do not freeze

Sources: TRIUMPH Phase 3 protocol (Giblin et al., DOM 2025) · TRIUMPH-4 topline (Lilly, Dec 2025) · Phase 2 (Jastreboff et al., NEJM 2023)