

the
Briar Rose
 Co.

Tirzepatide *Titration*

BRC-2P · 10 mg/mL · Weekly subcutaneous injection · Increase every 4 weeks

WHAT IT IS A dual-action GLP-1 + GIP receptor agonist — the same molecule found in Mounjaro and Zepbound. The current standard for modern weight research, with peer-reviewed efficacy data over 72 weeks (SURMOUNT trials).

WHY THE RAMP FDA-recognized maintenance levels are 5 mg, 10 mg, or 15 mg. The 7.5 mg and 12.5 mg phases are titration steps that researchers may briefly hold at, not long-term targets. Most users find their balance between 10–15 mg.

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

1 WKS 1–4 **2.5 mg/wk** → 25 units · 0.25 mL **TITRATION**

PEN **25u single** 0.5 ML **25u single** 1 ML **25u single**

5 WKS 5–8 **5 mg/wk** → 50 units · 0.50 mL **MAINTENANCE OPT.**

PEN **50u single** 0.5 ML **50u single** 1 ML **50u single**

9 WKS 9–12 **7.5 mg/wk** → 75 units · 0.75 mL **TITRATION STEP**

PEN **x2 (60u · 15u)** 0.5 ML **x2 (50u · 25u)** 1 ML **75u single**

13 WKS 13–16 **10 mg/wk** → 100 units · 1.00 mL **STANDARD MAINT.**

PEN **x2 (60u · 40u)** 0.5 ML **x2 (50u · 50u)** 1 ML **100u single**

17 WKS 17–20 **12.5 mg/wk** → 125 units · 1.25 mL **TITRATION STEP**

PEN **x3 (60u · 60u · 5u)** 0.5 ML **x3 (50u · 50u · 25u)** 1 ML **x2 (100u · 25u)**

21 WKS 21+ **15 mg/wk** → 150 units · 1.50 mL **MAINTENANCE (MAX)**

PEN **x3 (60u · 60u · 30u)** 0.5 ML **x3 (50u · 50u · 50u)** 1 ML **x2 (100u · 50u)**

HOW LONG EACH CARTRIDGE LASTS

CARTRIDGE	TARGET MAINTENANCE	LASTS	NOTE
30 mg standard	Target 5 mg/wk	~8 wks	<i>Covers titration through Phase 2 (2.5–5 mg).</i>
60 mg best value	Target 10 mg/wk	~12 wks	<i>Covers titration through Phase 3 (7.5 mg). Best \$/mg.</i>
60 mg best value	Target 15 mg/wk	~6 wks	<i>Single cartridge at maximum maintenance.</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

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
- Doses \geq 12.5 mg exceed pen single-dial max — see device pills per phase

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

Sources: FDA Zepbound label (2025) · SURMOUNT-1 trial (NEJM 2022) · SURMOUNT-4 trial (JAMA 2023)