PEPTIDEDOSAGE

Retatrutide Dosage Chart

Medically reviewed May 21, 2026 · Page updated November 21, 2026

TYPICAL RESEARCH DOSE

2–12 mg once weekly (raised in 4-week steps; the schedules below top out at 8 mg or 12 mg)

5 mg vial + 1 mL bacteriostatic water

5 mg/mL · 1 unit = 50 mcg on a U-100 syringe

PHASE	WEEKLY DOSE	UNITS (PER INJECTION) (ML)	VIALS NEEDED
Weeks 1–4	2 mg (2000 mcg)	40 units (0.40 mL)	1 vial per dose
Weeks 5–8	4 mg (4000 mcg)	80 units (0.80 mL)	1 vial per dose
Weeks 9–12	6 mg (6000 mcg)	120 units (1.20 mL)	2 vials per dose
Weeks 13+	8 mg (8000 mcg)	160 units (1.60 mL)	2 vials per dose

10 mg vial + 1 mL bacteriostatic water

10 mg/mL · 1 unit = 100 mcg on a U-100 syringe

PHASE	WEEKLY DOSE	UNITS (PER INJECTION) (ML)	VIALS NEEDED
Weeks 1–4	2 mg (2000 mcg)	20 units (0.20 mL)	1 vial per dose
Weeks 5–8	4 mg (4000 mcg)	40 units (0.40 mL)	1 vial per dose
Weeks 9–12	6 mg (6000 mcg)	60 units (0.60 mL)	1 vial per dose
Weeks 13+	8 mg (8000 mcg)	80 units (0.80 mL)	1 vial per dose

20 mg vial + 2 mL bacteriostatic water

10 mg/mL · 1 unit = 100 mcg on a U-100 syringe

PHASE	WEEKLY DOSE	UNITS (PER INJECTION) (ML)	VIALS NEEDED
Weeks 1–4	2 mg (2000 mcg)	20 units (0.20 mL)	1 vial per dose
Weeks 5–8	4 mg (4000 mcg)	40 units (0.40 mL)	1 vial per dose
Weeks 9–12	6 mg (6000 mcg)	60 units (0.60 mL)	1 vial per dose
Weeks 13+	8 mg (8000 mcg)	80 units (0.80 mL)	1 vial per dose

Educational reference only, not medical advice. Figures restate the research protocol published at the address above.

30 mg vial + 3 mL bacteriostatic water

10 mg/mL · 1 unit = 100 mcg on a U-100 syringe

PHASE	WEEKLY DOSE	UNITS (PER INJECTION) (ML)	VIALS NEEDED
Weeks 1–4	2 mg (2000 mcg)	20 units (0.20 mL)	1 vial per dose
Weeks 5–8	4 mg (4000 mcg)	40 units (0.40 mL)	1 vial per dose
Weeks 9–12	6 mg (6000 mcg)	60 units (0.60 mL)	1 vial per dose
Weeks 13+	8 mg (8000 mcg)	80 units (0.80 mL)	1 vial per dose

Retatrutide dose to syringe units, by vial size

U-100 insulin syringe: 100 units = 1 mL.

DOSE	5 MG VIAL + 1 ML (5 MG/ML)	10 MG VIAL + 1 ML (10 MG/ML)	20 MG VIAL + 2 ML (10 MG/ML)	30 MG VIAL + 3 ML (10 MG/ML)
2 mg	40 units (0.4 mL)	20 units (0.2 mL)	20 units (0.2 mL)	20 units (0.2 mL)
4 mg	80 units (0.8 mL)	40 units (0.4 mL)	40 units (0.4 mL)	40 units (0.4 mL)
6 mg	120 units (1.2 mL)	60 units (0.6 mL)	60 units (0.6 mL)	60 units (0.6 mL)
8 mg	160 units (1.6 mL)	80 units (0.8 mL)	80 units (0.8 mL)	80 units (0.8 mL)

STORAGE

Lyophilized frozen at -20 °C; reconstituted refrigerated at 2–8 °C for up to 4 weeks.

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www.peptidedosage.org/peptides/retatrutide/dosage