Patient #9 — Retatrutide Progress Report

Anonymous observational summary through October 5, 2026

Patient profile	Male, age 55
Program start	May 1, 2026
Starting / highest program weight	224.8 lb
Lowest recorded weight	207.4 lb
Current weight	209.8 lb (Oct. 5)
Current change from baseline	-15.0 lb (-6.7%)
Maximum recorded reduction	-17.4 lb (-7.7%)
Current objective	Approach ~200 lb while working toward stability

Benefits observed to date

Meaningful weight reduction: Patient #9 reached a low of 207.4 lb, a 17.4 lb (7.7%) reduction from the 224.8 lb program baseline. Current weight remains 15.0 lb below baseline.

Reduced appetite and earlier fullness: Smaller portions have frequently been sufficient, with less hunger reported during the program.

Plateau followed by renewed loss: Weight spent roughly four to five weeks around 215 lb before moving below 210 lb.

Improved GI tolerability later in the program: Previously frequent burping and heartburn/acid became less prominent, with burping reported as mostly resolved by early October.

Current focus: As Patient #9 approaches the desired 200 lb range, tracking is increasingly focused on weight stability rather than maximizing further loss.

Weekly dose and recorded weight

Week	Retatrutide	Representative weight
1	0.25 mg	224.8 lb
2	0.25 mg	—
3	0.25 mg	—
4	0.50 mg	—
5	0.50 mg	—
6	0.50 mg	—
7	0.75 mg	—
8	0.75 mg	—
9	0.75 mg	—
10	1.00 mg	—
11	1.00 mg	—
12	1.00 mg	—
13	1.50 mg	—
14	1.50 mg	—
15	1.50 mg	—
16	2.00 mg	213.1 lb
17	2.00 mg	—
18	1.50 mg	—
19	3.00 mg	~215.0 lb
20	3.00 mg	213.0 lb
21	2.50 mg	209.4 lb
22	2.50 mg	207.4 lb
23	2.00 mg	209.8 lb

Recent tracking notes

Oct. 2: 2.0 mg administered. Weight was 209.4 lb. The preceding restaurant meal was notably salty and no bowel movement had occurred since eating, providing context for short-term scale variation.

Saturday: Chicken Caesar salad was reported, followed by stomach/GI upset. Patient #9 noted that salad has repeatedly not agreed with him.

Sunday: Food intake not recalled and therefore left unknown rather than estimated.

Oct. 5: Weight 209.8 lb. Dinner: roast beef and Kraft Dinner.

Vial / reconstitution record

Product label	Retatrutide 10 mg
Supplier / batch	Canada Peptide — Batch 2B
Reconstitution	2.0 mL bacteriostatic water
Calculated concentration	5 mg/mL
U-100 conversion	1 syringe unit = 0.05 mg at this concentration

Interpretation of current trend

The current 209.8 lb reading remains close to the recent 209–210 lb range and follows the October 2 reduction to 2.0 mg. More weekly observations are needed before the current amount can be associated with either continued loss or stable weight.

Important: This anonymous report describes one individual's self-recorded experience. It does not establish causation or predict another person's results. Retatrutide remains investigational. This report is not a prescription, dosage recommendation or treatment protocol.