The 3 steps before you try any peptide

Peptide Lab · Episode 05 · Free guide

A heist crew doesn't grab the shiniest tool and run. It cases the joint, picks the one tool for the lock, then checks the vault. Here is the same plan for your body.



For learning only, not medical advice. Talk to a doctor first.

The amateur heist

Most people start with "What peptide should I take?"

1. Grab whatever everyone is using
2. Guesswork
3. Disappointment, or side effects

That is shopping for a drug before you know the problem.

Step 1 - Case the joint

Name the real problem, and get it checked. Don't guess.

- Write your problem in one plain sentence. "Belly fat" is a start. "Fat around my organs" is better.
- Get it checked by a doctor before you pick anything.
- Write down where you are today, so you have something to compare against later.

Things people often measure: waist size, weight, a body scan, and blood tests your doctor chooses.

Step 2 · The right tool for this lock

Match the tool to the research, not to the hype.

Ask four questions about any peptide:

1. Is it approved anywhere? Is it registered in Vietnam?
2. Was it tested in people, or only in animals and cells?
3. Who ran the study? Results from the company that sells it count, but they are not the final word.
4. How big and how long was the best study?

How I grade the evidence

Every claim in Peptide Lab gets one of four stamps.

● **Proven:** tested in people, in good trials, and the results held up.

◐ **Reported:** people say it, or there are small or early reports. Not proven yet.

○ **Animal / lab only:** seen in mice, rats or cells in a dish. People are not mice.

◌ **Theory:** an idea that makes sense on paper. Nobody has tested it well.

Step 3 - Check the vault

Measure. Did it help? Did it harm?

- Measure the same things you wrote down in step 1, the same way, on a schedule.
- Track side effects as carefully as results.
- Keep a simple log: date, what you measured, how you felt.
- No measurements means you will never know if it worked.

Case study: my own Retatrutide plan

I graded myself, honestly.

Step 1 · Target: belly fat. Half marks. I never got it checked.

Step 2 · Tool: strong research. Half marks. I picked it because it was popular.

Step 3 · Measuring. Zero. I measured nothing.

The fix: a check-up with a doctor, then my waist, a body scan and blood tests. Results in a few weeks.

What the research says about Retatrutide

- ◐ **Reported:** in its biggest trial (TRIUMPH-1, 80 weeks), people lost about 17.6% to 25% of their weight on average, versus about 3.9% on placebo. Company results, full papers still coming.
- ◐ **Reported:** in a smaller phase 2 study, fat inside the liver dropped by about half, up to more than 80%.
- Stomach side effects such as nausea are common.

Status: not approved anywhere yet. Not registered in Vietnam. Lilly plans to apply to the US FDA in early 2027.

Your 3-step plan

Fill this in before you try anything.

1. My problem, in one sentence:

_____

2. Who checked it, and when:

_____

3. The tool, and its best evidence stamp:

_____

4. What I will measure:

_____

5. How often I will measure:

_____

6. What would make me stop:

_____

Save this. Ask your doctor.

1. What problem are we treating?
2. What research backs this tool?
3. How will we measure the result?

I'm Ly. I'm not a doctor. I'm experimenting and sharing my results. Don't copy me.

No doses, no sources, nothing for sale. For learning only, not medical advice. Talk to a doctor first.

Follow Ly for the next episode of Peptide Lab.