

Women's Intro Stack

Retatrutide · Tesa/lpa · MT2 · Glow | Optional: MOTS-C · SS-31

CLEAN

SYSTEMS-FIRST

PHYSIOLOGY-BASED

12 WEEKS





Executive Summary

This 12-week Women's Intro Stack is not about pushing harder. It's about **upgrading how the body processes energy, distributes tissue, recovers from stress, and responds to training.**

The Approach

Instead of forcing fat loss or chasing stimulation, this blend improves metabolic signaling, growth axis efficiency, recovery capacity, and cellular energy stability — creating an environment where recomposition happens more naturally.

The Result

It works as **infrastructure, not intensity.** The goal is a biological environment optimized for gradual, durable reshaping — one where the system does the work because it's finally running cleanly.

The Stack at a Glance



Retatrutide

Metabolic signaling & energy partitioning



MT2

Behavioral alignment & aesthetic reinforcement



MOTS-C

Mitochondrial efficiency amplifier (optional)



Tesa / Ipa

Growth axis refinement & tissue remodeling



Glow

Connective tissue & recovery infrastructure



SS-31

Cellular energy stability & resilience (optional)



A Different Starting Point

Most women don't need more discipline. They need better signaling.

Effort is rarely the limiting factor. When the body's internal communication is inefficient — when metabolic signals are noisy, recovery is incomplete, or tissue distribution is poorly regulated — pushing harder only compounds the friction.

This stack is designed to **improve how the system runs**, not how hard you drive it. The starting point isn't more output. It's cleaner inputs at the cellular and hormonal level.

The Real Problem (Usually Invisible)



Training harder. Eating cleaner. Sleeping better.

And still — the results plateau. The effort is real, but the environment hasn't changed. These are the signs:

Stubborn fat holds

Muscle tone stalls

Energy fluctuates

Recovery lags

The issue often isn't effort. It's **upstream signaling** — the biological layer that governs how inputs are processed before any output is possible.

Why Traditional Approaches Plateau

Most conventional plans target **output** — adding stress to a system that has already adapted to stress. The harder you push, the more the body defends itself.

The Conventional Cycle

More cardio → fewer calories → more stimulants → more restriction

The Body's Response

Metabolic adaptation, hormonal suppression, tissue loss, fatigue

The Infrastructure Shift

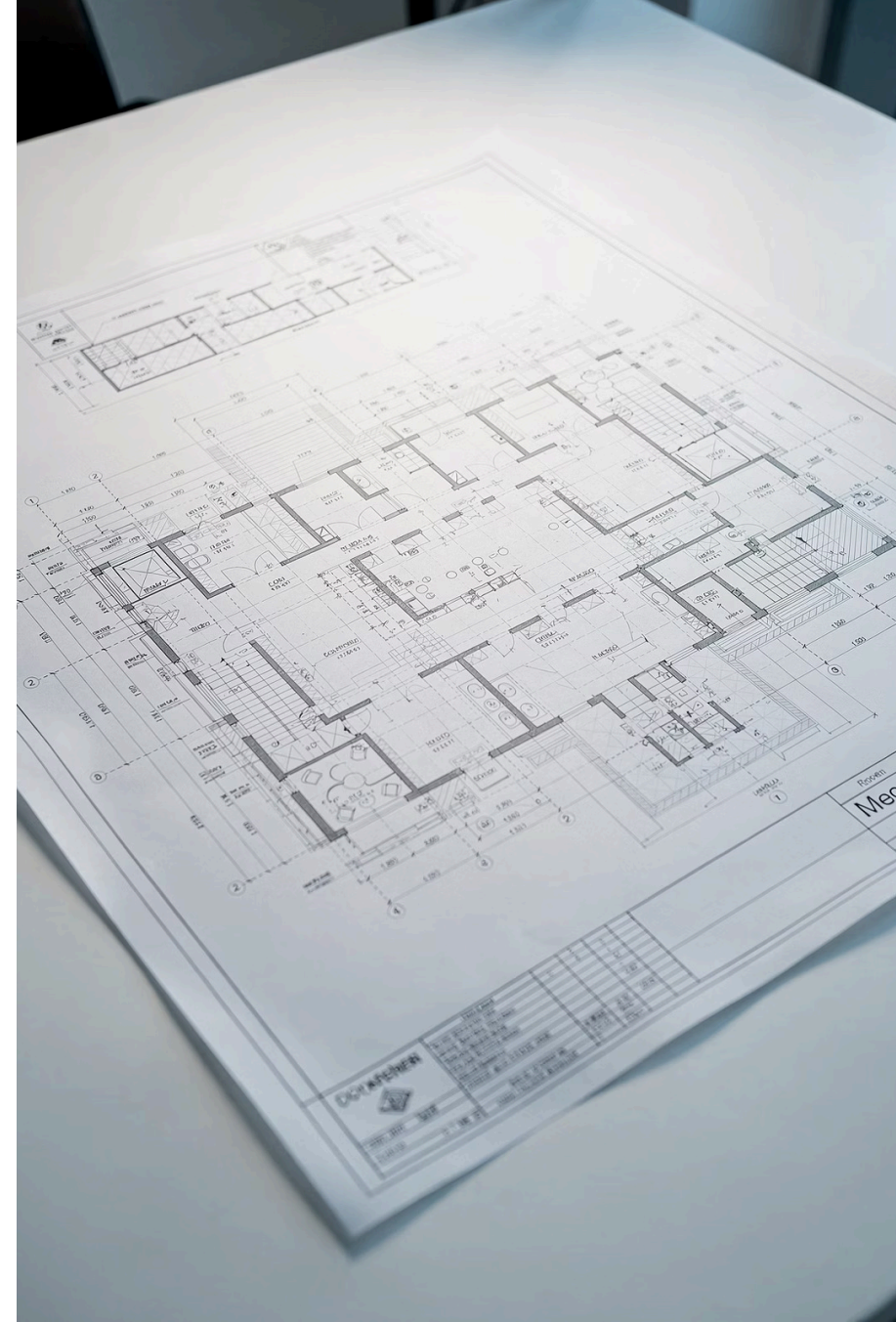
Improve signaling quality → body recalibrates → recomposition follows naturally

- ❏ **Efficiency always beats force.** When the internal environment is optimized, the body moves toward better composition without requiring extreme intervention.

Framework

The Stack as Infrastructure

Each compound in this stack serves a specific structural role. Together, they address the biological layers that govern how the body stores fat, builds tissue, recovers, and generates energy — creating a foundation that supports lasting recomposition.



Compound 01

Retatrutide

Rewriting Metabolic Priorities

Mechanism

Retatrutide helps recalibrate how the body handles intake and energy expenditure. Rather than simply suppressing appetite, it improves **metabolic clarity** — how efficiently the body reads and acts on energy signals.

- Reduces metabolic "noise" that leads to poor partitioning decisions
- Supports more stable, consistent energy utilization
- Improves the engine's efficiency — not just the dashboard readout

The result is a body that handles energy more intelligently — directing intake toward productive use rather than storage.

Compound 02

Tesamorelin / Ipamorelin

Refining the Growth Axis

Tissue Quality

Supports tightness and definition through improved growth signaling

Fat Distribution

Helps the body redistribute adipose tissue over time

Sleep Depth

Growth hormone pulses support deeper, more restorative sleep

Recovery Quality

Accelerates tissue repair following training stress

This isn't about size. It's **structural remodeling** — not inflation. The growth axis, when properly supported, reshapes how the body maintains and redistributes tissue over a 12-week cycle.



Compound 03

MT2

Behavioral & Aesthetic Reinforcement

Melanotan II supports more than cosmetic change. Its influence on behavior, confidence, and appetite boundaries creates a downstream compounding effect that is often underappreciated.

- Improved appetite boundaries — less reactive eating
- Increased confidence and body awareness
- Greater behavioral consistency with intentions

Confidence changes posture. Posture changes behavior. Behavior compounds results. MT2 **strengthens the alignment between intention and action** — a feedback loop that reinforces the entire stack.



Compound 04

Glow

BPC-157 · TB-500 · Copper Peptide (GHK-Cu)



Skin Quality

GHK-Cu supports collagen synthesis and skin elasticity, maintaining surface integrity as the body recomposes.



Connective Tissue Resilience

BPC-157 and TB-500 support tendon, ligament, and fascial repair — especially important as training intensity increases.



Recovery & Tissue Integrity

When training load rises, recovery must match. Glow keeps the structural foundation intact, preventing breakdown from outpacing repair.



Optional Layer

The Optional Energy Layer

For women whose metabolism feels **stuck despite clean inputs**, MOTS-C and SS-31 address the deeper cellular layer — the mitochondria. These compounds are optional but meaningful for those experiencing energy inconsistency or plateau despite an otherwise optimized foundation.

Optional Compound 05

MOTS-C

Metabolic Amplifier

MOTS-C supports mitochondrial efficiency — the capacity of cells to generate clean, usable energy rather than stalling in metabolic sluggishness.

When metabolism feels "stuck," this helps the engine burn cleaner. It improves **internal capacity, not external stimulation** — a meaningful distinction for women seeking sustainable energy improvement without reliance on stimulants.

Optional Compound 06

SS-31

Cellular Stability

SS-31 supports mitochondrial membrane integrity — reinforcing the power grid at its most fundamental level.

- Reduces energy leakage at the cellular level
- Supports greater resilience under metabolic stress
- Delivers more consistent day-to-day energy output

❏ Not flashy — foundational. SS-31 works beneath the surface, strengthening the infrastructure that every other system depends on.



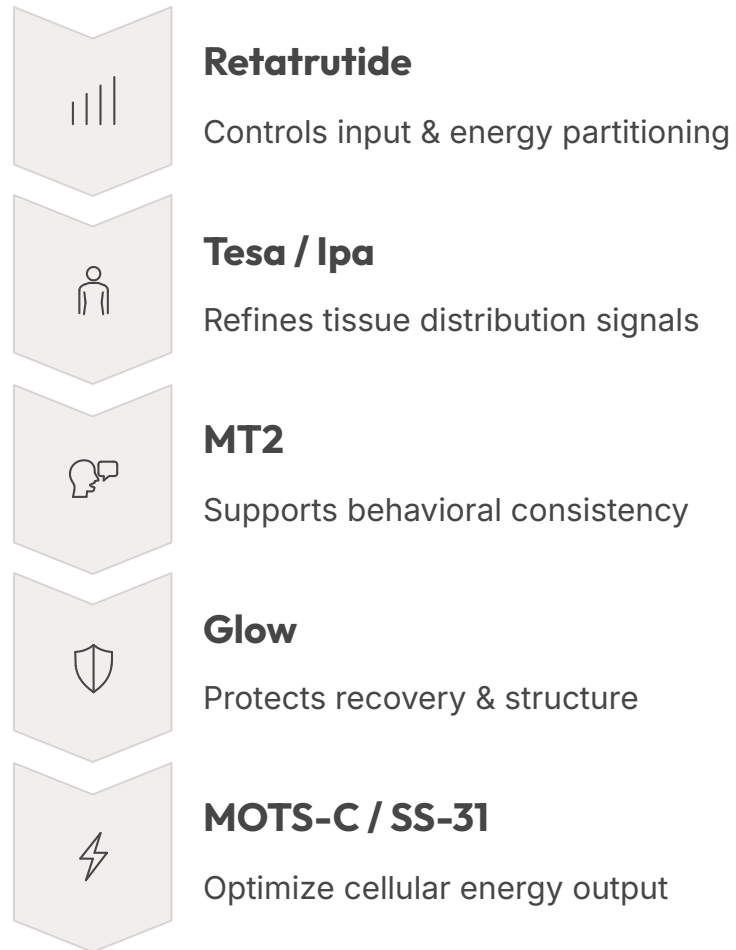
System Design

Why This Works as a System

Each compound addresses a distinct physiological layer. The power of this stack isn't any single element — it's how the layers reinforce each other, creating a coherent biological environment rather than isolated interventions.

Layered, Not Random

Every compound has a defined role within the system. The design logic is intentional: start with the broadest metabolic layer and build inward toward cellular function.



This isn't stacking for intensity. It's **stacking for alignment** — each layer enabling the next.

Preservation Over Stimulation

Nothing in this stack is designed to produce spikes. There are no stimulants, no aggressive hormonal surges, no shortcuts that require recovery from the intervention itself. The goal is a system that runs **durably and consistently**.



Stable signaling

Consistent hormonal and metabolic communication



Better nutrient partitioning

Calories directed toward muscle and function



Improved recovery

Less breakdown, faster repair



Energy consistency

Stable output without crashes

If it doesn't feel extreme, that's the point.

Foundations aren't flashy. They're **durable**. The absence of dramatic side effects isn't a sign that nothing is happening — it's confirmation that the system is working as designed.

Where This Fits in a Larger System

This stack belongs at the **foundation-to-middle layer** of a broader wellness architecture. It is not a standalone solution — it is a biological amplifier for inputs that are already in place.



Resistance Training

Provides the mechanical signal the stack amplifies



High-Protein Nutrition

Supplies the substrate for tissue synthesis and repair



Sleep Optimization

Maximizes the growth hormone window Tesa/lpa relies on



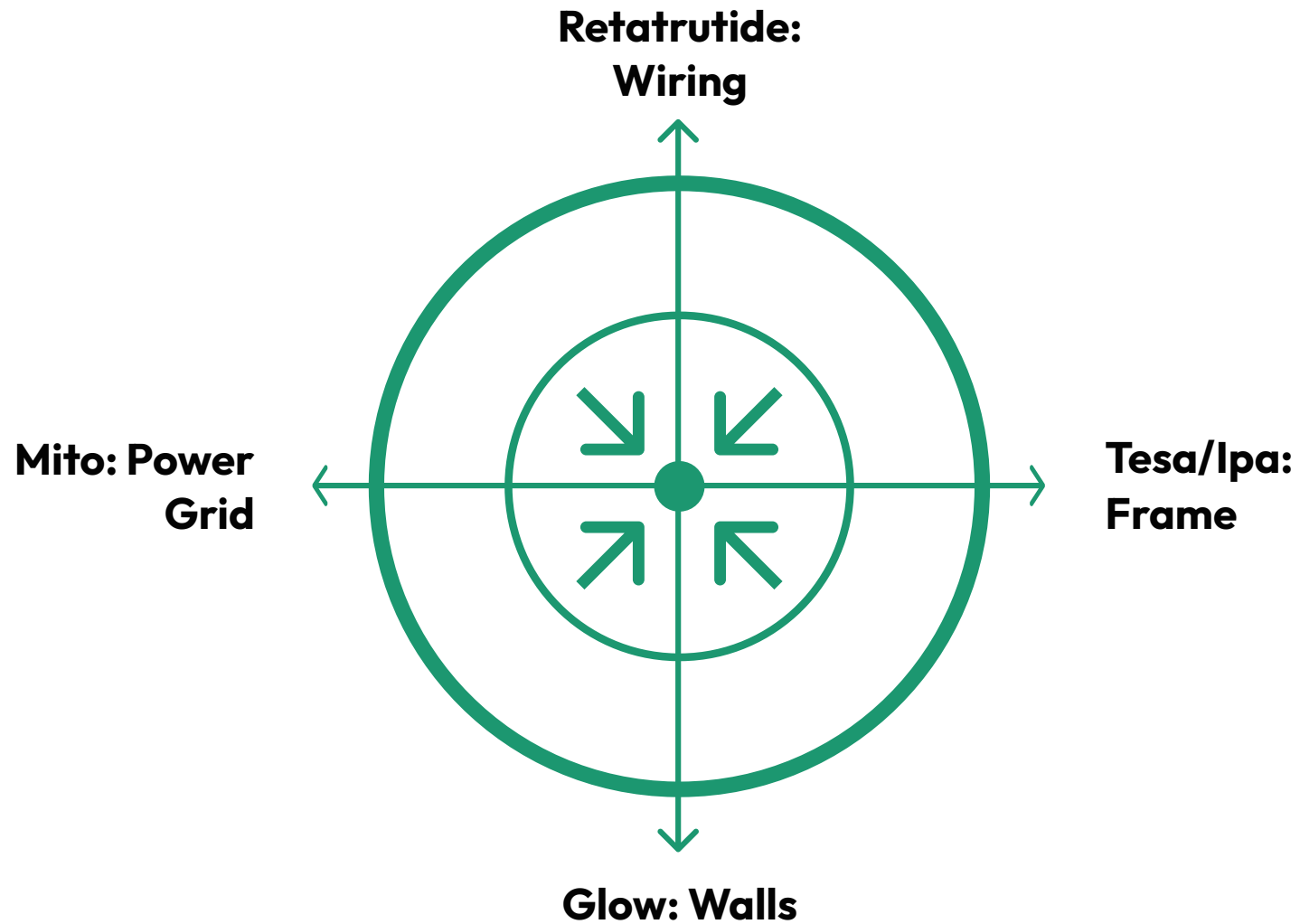
Stress Regulation

Prevents cortisol from undermining metabolic signaling gains

- 📌 It **reinforces** healthy inputs. It doesn't replace them. The stack is most effective when the foundational lifestyle behaviors are already in motion.

The Mental Model

The best way to understand how these compounds relate to each other is through a structural analogy:



You don't decorate a house before the structure is sound. **You stabilize first — then the aesthetics follow.** This stack applies the same logic to biology: address the infrastructure, and the downstream outcomes take care of themselves.



What Makes It Different

It Doesn't Scream "Fat Loss"

The aesthetic shift is a **downstream effect** — not the mechanism. This stack improves the conditions under which the body naturally moves toward better composition. The change is visible because the system is more efficient, not because it was forced.

Efficiency

Better metabolic decision-making

Resilience

Structural durability under load

Signaling

Cleaner hormonal communication

Tissue Integrity

Skin and connective tissue preserved

Who This Stack Is For



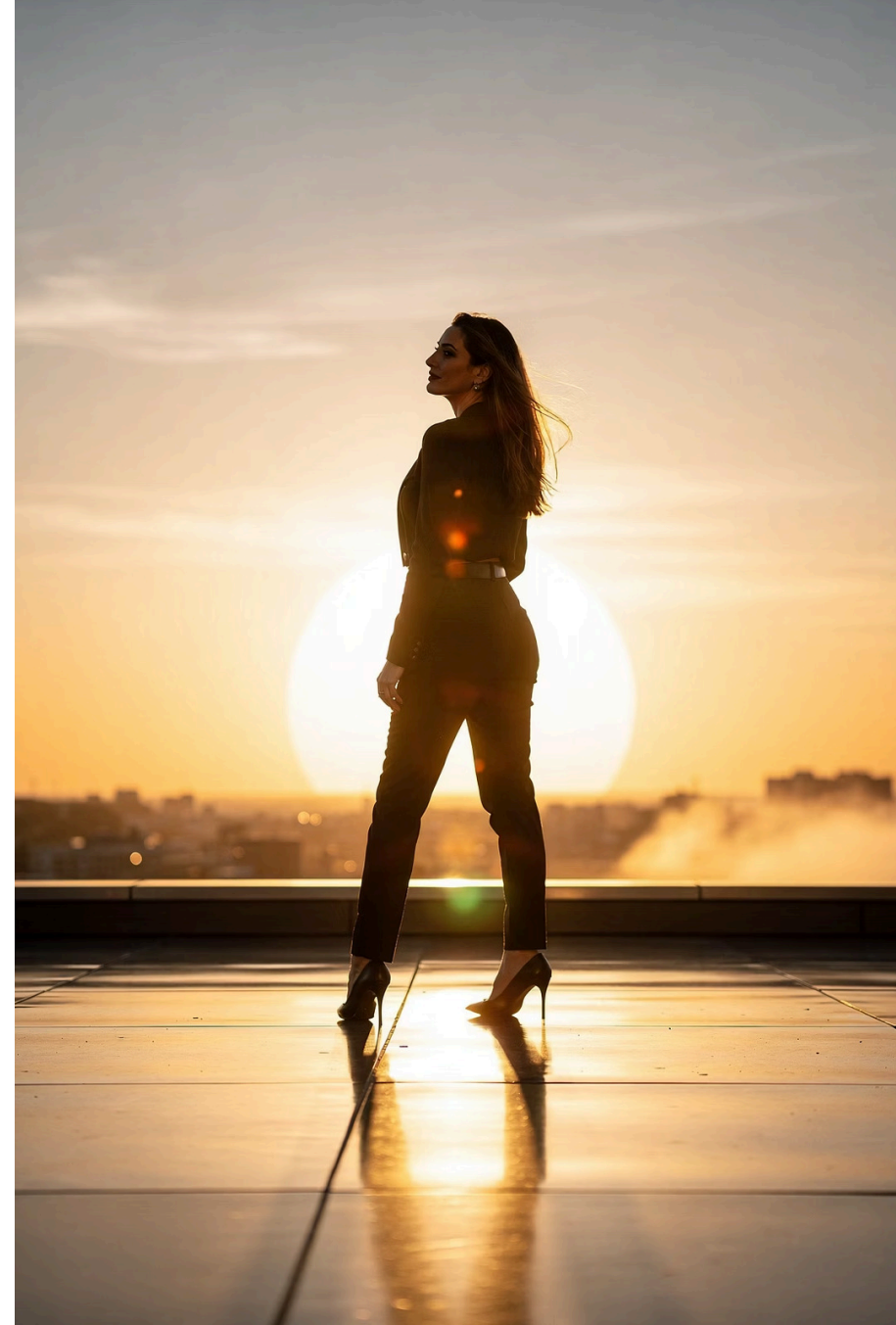
This Is Not a Crash Plan. It's a Recalibration Cycle.

Designed for women who approach their physiology with intention and a long-term perspective:

- **Train consistently**
Already have resistance training as a baseline habit
- **Want definition without extremes**
Seeking recomposition, not dramatic intervention
- **Care about skin and tissue quality**
Aesthetics include structure, not just scale
- **Value metabolic control**
Interested in how the system works, not just the outcome
- **Prefer long-term structure**
Over short-term intensity or quick-fix approaches

Upgrade the system. The shape follows.

This 12-week stack is built on a single premise: when the biological environment is optimized — signaling clear, tissue supported, recovery matched to effort, cellular energy stable — recomposition happens as a natural consequence. Not forced. Not extreme. **Earned through infrastructure.**



12-Week Stack: Investment Overview

Wholesale pricing for the complete 12-week Women's Intro Stack. Each compound is dosed progressively to support adaptation and tolerance.

Compound	Protocol Summary	Total Needed	Vials	Cost
Retatrutide (10mg)	W1-2: 1mg/wk · W3-4: 2mg/wk · W5-12: 3mg/wk	30 mg	3 × \$50	\$150.00
MT2 / Melanotan II (10mg)	W1: 1.25mg · W2: 2.5mg · W3-12: 9mg	12.75 mg	2 × \$11.25	\$22.50
Glow — BPC-157 + TB-500 + GHK-Cu (10mg blend)	W1-2: 1mg/day · W3-12: 1mg × 3x/wk	44 mg	5 × \$52.50	\$262.50
Tesamorelin / Ipamorelin 10/3	2.6mg per injection · 5 days/wk · 12 weeks	60 injections	12 × \$41.25	\$495.00

\$930

Total Wholesale Cost

Complete 12-week stack, all four compounds

12

Weeks of Protocol

Progressive dosing throughout the full cycle

4

Core Compounds

Plus 2 optional cellular energy add-ons