

ALPHATRT 330 MG/ML SOLUTION FOR INJECTION IN PRE-FILLED PEN (990 MG / 3 ML)

PATIENT INFORMATION LEAFLET

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again (or access it online via the hosted link provided by your supplier or healthcare provider).
- If you have any further questions, ask your doctor, pharmacist, or healthcare provider.
- This medicine has been supplied for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. Report side effects online if applicable in your region.

1. What AlphaTRT is and what it is used for

AlphaTRT contains testosterone cypionate, an ester of the natural male hormone testosterone. It is used for testosterone replacement therapy (TRT) in adult men with confirmed hypogonadism (primary or secondary) where low testosterone has been verified by symptoms and laboratory tests (morning total testosterone on at least two separate days). It restores physiological testosterone levels to support energy, libido, mood, muscle mass, bone health and secondary sexual characteristics.

This pre-filled injector pen contains 3 ml of solution at a concentration of 330 mg/ml, delivering a total of 990 mg testosterone cypionate. It is designed for intramuscular (IM) or subcutaneous (SubQ) injection and is supplied for use under strict medical supervision only. Use only as directed by a qualified healthcare professional. Safety and efficacy in age-related hypogonadism without confirmed deficiency have not been established.

2. What you need to know before you use AlphaTRT

Do not use AlphaTRT if:

- You are allergic to testosterone cypionate, benzyl benzoate, benzyl alcohol, or any other ingredient in the formulation.
- You have, or are suspected of having, prostate cancer or breast cancer (males).
- You are a woman (not indicated; risk of irreversible virilisation).
- You are under 18 years of age or still growing (risk of premature bone growth plate closure).

Warnings and precautions

Talk to your doctor before using AlphaTRT if you have:

- Heart disease, previous heart attack, stroke, or blood clots.
- High blood pressure, high cholesterol, diabetes, or sleep apnoea.
- Enlarged prostate, elevated PSA, or urinary symptoms.
- Liver or kidney problems, polycythaemia, or blood clotting disorders.
- Epilepsy, migraine, or conditions worsened by fluid retention.
- Depression or other mental health conditions.
- Known sensitivity to benzyl alcohol or benzyl benzoate.
- Your doctor will monitor blood tests regularly (testosterone, haematocrit/haemoglobin, PSA, lipids, liver function). Elevated haematocrit may require dose adjustment or phlebotomy. Inform your doctor of any new or worsening symptoms.

Other medicines and AlphaTRT

Tell your doctor if you take oral anticoagulants (e.g. warfarin), corticosteroids, insulin or diabetes medicines, or any other hormonal therapies. Concurrent anabolic steroids are not recommended without specialist supervision.

Pregnancy and breast-feeding

Do not use if you are a woman. Testosterone can harm an unborn baby. Men should discuss family planning; higher doses suppress sperm production (usually reversible after stopping, but not guaranteed).

Driving and using machines

AlphaTRT is unlikely to affect your ability to drive or use machines, but mood changes or fatigue can occur at the start of treatment. Be cautious until you know how it affects you.



3. How to use AlphaTRT

Always use this medicine exactly as your doctor or healthcare provider has told you. Check with them if you are unsure.

AlphaTRT is supplied as a **pre-filled multi-dose injector pen** containing 3 ml of solution (990 mg testosterone cypionate in total). It may be injected into a muscle (intramuscular, IM) or under the skin (subcutaneous, SubQ), as directed by your healthcare provider. Do not inject into a vein (intravenously). Each pack includes 8 disposable needles for the pen.

The pen uses a dial/click mechanism for precise dosing. **Each click delivers approximately 3.3 mg of testosterone cypionate** (based on 0.01 ml per click at the 330 mg/ml concentration).

- Total capacity of the pen: **300 clicks = 990 mg / 3 ml**.
- Always confirm with the specific pen instructions supplied with your device, as exact calibration can vary slightly by design.

Click-to-dose guide (approximate):

- 50 mg ≈ 15 clicks (49.5 mg); 75 mg ≈ 23 clicks (75.9 mg); 100 mg ≈ 30 clicks (99 mg); 125 mg ≈ 38 clicks (125.4 mg).
- 150 mg ≈ 45 clicks (148.5 mg); 175 mg ≈ 53 clicks (174.9 mg); 200 mg ≈ 61 clicks (201.3 mg); full pen = 300 clicks (990 mg).
- Clicks are rounded to the nearest whole click; the figure in brackets is the dose actually delivered at about 3.3 mg per click.
- Injection sites: SubQ: abdomen (at least 5 cm from the navel), front or outer thigh, or upper outer arm. IM: outer thigh (vastus lateralis), upper outer buttock (gluteal/ventrogluteal), or upper arm (deltoid), as shown by your healthcare provider. Rotate injection sites with every dose to reduce the risk of local reactions and lipohypertrophy.
- Typical dosing (individualise under medical supervision): common TRT range 50–200 mg per week (or equivalent every 10–14 days), adjusted according to trough serum testosterone levels and clinical response.
- More frequent lower-dose injections (once or twice weekly) are often preferred for more stable levels.
- Do not exceed the dose prescribed by your doctor.

How to inject (general guidance — always follow the pen's specific instructions)

- Inspect the pen: the solution should be clear to pale yellow. If crystals have formed due to cold, warm the pen gently in your hands and agitate until the solution is clear.
- Attach a new needle from the supplied pack for each injection. Remove the outer and inner needle shields as directed.
- Prime the pen if required (follow the device instructions).
- Dial the required number of clicks for your prescribed dose.
- Insert the needle at the chosen site. SubQ: pinch a fold of skin and insert the needle at a 45–90° angle into the tissue under the skin. IM: stretch the skin flat and insert the needle at 90° into the muscle, using a needle long enough to reach the muscle as advised by your healthcare provider. Inject the full dose by pressing the injection button fully, and hold for a few seconds before withdrawing the needle.
- Safely dispose of the used needle in a sharps container. Do not recap needles. Replace the pen cap after use.
- Keep track of remaining volume or clicks as indicated on the pen.
- Missed dose: administer it as soon as possible if you are still within a reasonable window of the scheduled day; otherwise skip the missed dose and resume your regular schedule. Do not double the dose. Contact your doctor if you are unsure.
- Overdose: seek medical advice immediately. Risk of prolonged erection (priapism — a medical emergency), excessive polycythaemia, or other androgenic effects.

4. Possible side effects

Like all medicines, AlphaTRT can cause side effects, although not everybody gets them. Most are dose-related and often improve with adjustment or time.

Very common / Common:

- Injection site reactions: pain, redness, swelling, itching, bruising, or hardening (may occur with oil-based injections).
- Acne, oily skin, seborrhoea.
- Increased haematocrit / haemoglobin (polycythaemia) — regular monitoring is essential.
- Fluid retention, mild oedema, weight gain.
- Mood changes, irritability, changes in libido.
- Headache, increased blood pressure.
- Male-pattern hair loss in predisposed men.
- Reduced sperm count / temporary fertility reduction at higher doses.
- Gynaecomastia (breast enlargement) or breast tenderness.

- **Serious (rare — seek immediate medical help):** Signs of blood clot (leg pain/swelling, chest pain, shortness of breath); prolonged painful erection lasting more than 4 hours (priapism) — a medical emergency; allergic reaction (rash, facial/tongue swelling, difficulty breathing, including possible reactions to benzyl alcohol or benzyl benzoate); jaundice, severe abdominal pain, dark urine (rare liver issues); significant mood changes, depression, or suicidal thoughts; difficulty urinating or new prostate-related symptoms; persistent or severe injection-site infection, abscess, or significant local reaction.
- Most adverse reactions are mild to moderate when doses are physiological and monitoring is performed. Report any side effects to your doctor or local pharmacovigilance system.

5. How to store AlphaTRT

- Store the pen above 20 °C and keep it away from the cold. Do not refrigerate or freeze: low temperatures can make the testosterone crystallise ("crash") out of solution.
- Protect from light and keep in the original packaging.
- If crystals form from temporary cold exposure, warm the pen gently in the hands and agitate until the solution is clear again. Do not use if it remains cloudy, discoloured, or contains particles.
- Keep out of the sight and reach of children.
- Do not use after the expiry date printed on the pen or carton.
- Once opened, the pen can be used for several months when stored correctly (with the needle removed after each injection), until it is empty or reaches the expiry date on the label.
- Dispose of used pens and needles safely according to local pharmaceutical and sharps waste regulations. Do not dispose of medicines via wastewater or household waste.

6. Contents of the pack and other information

What AlphaTRT contains:

Active substance: Testosterone cypionate 330 mg per ml (total 990 mg in 3 ml).

Other ingredients: Benzyl benzoate 20 % v/v (solubiliser), benzyl alcohol 0.9 % w/v (preservative), and a proprietary carrier oil blend of USP-grade cottonseed oil, medium-chain triglyceride (MCT) oil, and ethyl oleate. These components support the high concentration, solubility, stability and injectability of the formulation for intramuscular or subcutaneous use.

What AlphaTRT looks like and contents of the pack

Clear to pale-yellow oily solution in a pre-filled multi-dose injector pen containing 3 ml (990 mg testosterone cypionate). Each pack also contains 8 disposable needles for the pen. Exact appearance and any additional components are shown on the product labelling.

Supplier / Hosting Note

This leaflet is hosted online for easy access and updates. Always refer to the latest version at the link provided by your supplier or healthcare provider. This specialised high-concentration formulation is supplied for use under medical supervision. It is intended for prescription use (or investigational/research use where applicable) as directed by a qualified healthcare professional.

This leaflet was last revised in October 2026.

Important: This Patient Information Leaflet does not replace professional medical advice. Always follow the instructions of your prescribing doctor and the specific instructions supplied with the injector pen. Regular monitoring of hormone levels, blood counts, prostate health and cardiovascular risk factors is an essential part of safe testosterone replacement therapy. For further information or to report adverse events, contact your healthcare provider or the supplier.