Peptide Research Protocols

Complete Dosing, Reconstitution & Administration Guide

51 Protocols Included

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For educational and research purposes only. Not medical advice.

5-Amino-1MQ

Quick Start Reference

Reconstitution: Typically comes as oral capsules - no reconstitution needed

Dose Range: 50-150 mg daily

Frequency: Once daily, typically in morning

Measuring Guide: Follow capsule dosing

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	50 mg daily	1 capsule	Morning with food
Standard	100 mg daily	2 capsules	Can split AM/PM
Higher	150 mg daily	3 capsules	Maximum dose

Reconstitution Steps

1. 5-Amino-1MQ is typically provided as oral capsules
2. No reconstitution is required
3. Take with food to minimize GI effects
4. Can be taken once daily or split into doses
5. If powder form, measure carefully

Storage Instructions

Before Reconstitution:

Store at room temperature. Protect from light and moisture.

After Reconstitution:

N/A - typically used as oral capsules.

Injection Technique

- 5-Amino-1MQ is an oral compound - no injection needed
- Take with food to improve absorption and reduce GI issues
- Consistent daily timing is recommended
- Can be taken with other supplements
- Effects are gradual over weeks

Safety Notes

& NNMT inhibitor - reduces fat cell enzyme activity

& May support metabolic health and body composition

& Oral compound with good bioavailability

& Effects are gradual over 4-8 weeks

& Research compound - limited long-term human data

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	0	0	0
8 weeks	2	0	0	0

AOD-9604

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for appropriate concentration

Dose Range: 250-500 mcg daily

Frequency: Once daily subcutaneous injection, ideally fasted

Measuring Guide: Concentration depends on vial size - calculate accordingly

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Week 1	250 mcg	Based on concentration	Start low
Weeks 2-4	300 mcg	Based on concentration	Gradual increase
Weeks 5+	500 mcg	Based on concentration	Standard maintenance

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle, aiming at the glass wall
5. Slowly inject the BAC water, letting it run down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Calculate your concentration based on vial content
8. Label the vial with the date and concentration

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Avoid heat and direct sunlight.

After Reconstitution:

Must be refrigerated at 36-46°F (2-8°C). Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Best administered in the morning on an empty stomach
- Wait 20-30 minutes before eating after injection
- Does not affect natural growth hormone production
- Combine with exercise for best results
- Generally well-tolerated with minimal side effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112
12 weeks	3	84	6	168

Adipotide (FTPP)

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 0.5-1 mg per injection

Frequency: Once daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Week 1	0.25 mg daily	Based on concentration	Test dose
Week 2-3	0.5 mg daily	Based on concentration	Building dose
Week 4+	0.75-1 mg daily	Based on concentration	Full dose, max 4 weeks

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 14 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Experimental peptide - limited safety data
- Works by targeting blood supply to fat tissue
- May affect kidney function - monitor hydration
- Use short cycles only (2-4 weeks max)
- Stay very well hydrated throughout use
- Not recommended for those with kidney issues

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	14	1	28
4 weeks	2	28	2	56

BPC-157

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 2.5 mg/mL concentration (5mg vial)

Dose Range: 250-500 mcg 1-2 times daily

Frequency: Once or twice daily subcutaneous injection

Measuring Guide: At 2.5 mg/mL: 10 units = 250 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Acute injury	500 mcg 2x daily	20 units each	Near injury site if possible
Weeks 1-2	500 mcg 2x daily	20 units each	Loading phase
Weeks 3-4	250-500 mcg daily	10-20 units	Maintenance
Maintenance	250 mcg daily	10 units	Can continue as needed

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until fully dissolved
7. Solution should be clear and colorless
8. Label with date and concentration (2.5 mg/mL for 5mg vial)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Stable for 2+ years.

After Reconstitution:

Refrigerate at 36-46°F (2-8°C). Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- For localized injuries, inject subcutaneously as close to the injury as practical
- For systemic effects, abdominal injection is preferred
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms

- Do not inject into the same site more than once per week

Safety Notes

& Can be injected near the injury site for localized effect

& Systemic administration also effective for distant injuries

& Very stable peptide with excellent safety profile

& Can be combined with TB-500 for synergistic effects

& Often used for gut healing - can be taken orally for GI issues

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	28	2	56
4 weeks	2	56	4	112
8 weeks	4	56	8	112

BPC-157 + TB-500 10mg/10mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 5/5 mg/mL concentration

Dose Range: 500-1000 mcg of each daily

Frequency: Once daily subcutaneous injection

Measuring Guide: At 5/5 mg/mL: 10 units = 500 mcg of each peptide

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-2	1000 mcg each daily	20 units	Loading phase
Weeks 3-4	1000 mcg each daily	20 units	Continue loading
Weeks 5-8	500-1000 mcg each daily	10-20 units	Maintenance

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl and let dissolve for 10-15 minutes
7. Solution should be clear when fully dissolved
8. Label with date and concentration (5/5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years.

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- For localized injuries, inject subcutaneously near the injury site
- For systemic healing, abdominal injection is preferred
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Higher dose combo for more significant injuries
- & Synergistic combination for enhanced healing
- & BPC-157 promotes tissue repair, TB-500 enhances cell migration
- & Pre-combined at double strength for convenience
- & Excellent for serious tendon, ligament, and muscle injuries

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112
12 weeks	3	84	6	168

BPC-157 + TB-500 5mg/5mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 2.5/2.5 mg/mL concentration

Dose Range: 500 mcg of each (250-500 mcg BPC + 250-500 mcg TB) daily

Frequency: Once daily subcutaneous injection

Measuring Guide: At 2.5/2.5 mg/mL: 10 units = 250 mcg of each peptide

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-2	500 mcg each daily	20 units	Loading phase
Weeks 3-4	500 mcg each daily	20 units	Continue loading
Weeks 5-8	250-500 mcg each daily	10-20 units	Maintenance

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl and let dissolve for 10-15 minutes
7. Solution should be clear when fully dissolved
8. Label with date and concentration (2.5/2.5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years.

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- For localized injuries, inject subcutaneously near the injury site
- For systemic healing, abdominal injection is preferred
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Synergistic combination for enhanced healing
- & BPC-157 promotes tissue repair, TB-500 enhances cell migration
- & Can inject near injury site for localized effect
- & Pre-combined for convenience and consistent dosing
- & Excellent for tendon, ligament, and muscle injuries

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112
12 weeks	3	84	6	168

BPC-157 Arginine Salt

Quick Start Reference

Reconstitution: Can be taken orally or reconstituted for injection

Dose Range: 250-500 mcg 1-2 times daily

Frequency: Once or twice daily, oral or subcutaneous

Measuring Guide: For injection, calculate based on vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Oral use	500 mcg 1-2x daily	Capsule or solution	Before meals
Injection	250-500 mcg 1-2x daily	Based on concentration	Standard BPC protocol

Reconstitution Steps

1. For oral use: Can be taken as-is or dissolved in water
2. For injection: Reconstitute like standard BPC-157
3. Add 2.0 mL bacteriostatic water if using for injection
4. Gently swirl until dissolved
5. Solution should be clear
6. Arginine salt form is more stable than acetate

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. More stable than acetate form.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Arginine salt form can also be taken orally for gut issues
- For GI healing, oral route is often preferred
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

& Arginine salt form is more stable than acetate

& Better oral bioavailability than standard BPC-157

- Excellent for gut healing when taken orally
- Can be combined with TB-500 for enhanced healing
- Generally well-tolerated via both routes

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112

CJC-1295 + Ipamorelin

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water - concentration depends on vial content

Dose Range: 100-300 mcg of each 1-2 times daily

Frequency: 1-2 times daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	100 mcg each 2x daily	Based on concentration	Morning and evening
Moderate	200 mcg each 1-2x daily	Based on concentration	On empty stomach
Higher	300 mcg each 1x daily	Based on concentration	Before bed preferred

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear when fully dissolved
8. Calculate and label with your specific concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Synergistic combination for growth hormone release
- CJC-1295 extends GH release, Ipamorelin provides clean pulse
- Best taken fasted - no food 30 min before or after
- Evening dose supports deep sleep and recovery
- Pre-combined for convenience and consistent dosing

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	56	2	112
8 weeks	2	112	4	224
12 weeks	3	168	6	336

CJC-1295 With DAC

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for appropriate concentration

Dose Range: 1-2 mg once or twice weekly

Frequency: 1-2 times weekly subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	1 mg 2x weekly	Based on concentration	Steady GH elevation
Higher	2 mg 1-2x weekly	Based on concentration	Maximum effect

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- DAC extends half-life to ~8 days vs hours without DAC
- Creates sustained GH elevation rather than pulsatile release
- Less frequent dosing needed compared to CJC without DAC
- May cause more water retention than non-DAC version
- Best for those wanting steady GH levels

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	8	2	16
8 weeks	2	16	4	32
12 weeks	3	24	6	48

CJC-1295 Without DAC 10mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 5 mg/mL concentration

Dose Range: 100-300 mcg 1-3 times daily

Frequency: 1-3 times daily subcutaneous injection

Measuring Guide: At 5 mg/mL: 1 unit = 50 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	100 mcg 2-3x daily	2 units each	Before meals or exercise
Moderate	200 mcg 2x daily	4 units each	Morning and before bed
Higher	300 mcg 1-2x daily	6 units each	Max per injection

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear and colorless
8. Label with date and concentration (5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Best taken on empty stomach for optimal GH release
- Often combined with Ipamorelin for enhanced effect
- Avoid eating 30 minutes before and after injection
- Evening dose before bed supports sleep quality
- May cause initial water retention that subsides

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	56	2	112
8 weeks	2	112	4	224
12 weeks	3	168	6	336

Cerebrolysin

Quick Start Reference

Reconstitution: Often comes pre-mixed; if lyophilized, reconstitute per vial instructions

Dose Range: 5-30 mL daily (intramuscular or IV in clinical settings)

Frequency: Daily for treatment courses of 10-20 days

Measuring Guide: Follow specific vial/ampule dosing

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Subcutaneous	1-5 mL daily	Per ampule	Lower dose for subq route
Clinical IM	5-10 mL daily	Per ampule	Standard clinical course
Intensive	10-30 mL daily	Per ampule	Clinical setting only

Reconstitution Steps

1. Cerebrolysin typically comes as a ready-to-use solution
2. Check ampule/vial for any particles or discoloration
3. If solution appears cloudy, do not use
4. For subcutaneous use, smaller volumes are preferred
5. For larger volumes, intramuscular route is standard

Storage Instructions

Before Reconstitution:

Store at room temperature. Protect from light.

After Reconstitution:

Use immediately once ampule is opened. Do not store opened ampules.

Injection Technique

- Cerebrolysin is typically given intramuscularly in clinical settings
- For subcutaneous home use, use smaller volumes (1-2 mL)
- Clean injection site with alcohol swab
- Inject slowly to minimize discomfort
- Rotate injection sites

Safety Notes

& Derived from pig brain proteins - neuropeptide mixture

& Widely used in Europe and Asia for neurological conditions

& May support brain recovery and cognitive function

& Larger doses typically require clinical supervision

& Course-based treatment: 10-20 days, then rest period

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	10	10	0	20
3 weeks	15	15	0	30

Cortexin

Quick Start Reference

Reconstitution: Add 1.0-2.0 mL sterile water or saline per vial

Dose Range: 10 mg daily for 10-20 day courses

Frequency: Daily intramuscular or subcutaneous injection

Measuring Guide: Standard 10mg vials - use entire vial per injection

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard course	10 mg daily	1 vial	10-20 day treatment course
Rest period	None	N/A	3-6 months between courses

Reconstitution Steps

1. Remove protective cap from the Cortexin vial
2. Wipe rubber stopper with alcohol swab
3. Draw 1.0-2.0 mL of sterile water or saline
4. Inject into vial slowly
5. Gently swirl until dissolved completely
6. Draw entire contents for injection
7. Use immediately after reconstitution

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Protect from light.

After Reconstitution:

Use immediately. Do not store reconstituted solution.

Injection Technique

- Typically given intramuscularly
- For subcutaneous use, inject slowly
- Clean injection site thoroughly
- Rotate injection sites
- Use freshly reconstituted solution only

Safety Notes

& Brain peptide complex from animal cortex

& Used in Russia/Europe for neurological support

& Treatment is course-based, not continuous

& May support memory, focus, and brain recovery

& Allow rest periods between treatment courses

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	10	10	10	20
3 weeks	20	20	20	40

DSIP

Quick Start Reference

Reconstitution: Add 1.0-2.0 mL bacteriostatic water based on vial size

Dose Range: 100-300 mcg before bed

Frequency: Once daily, 30-60 minutes before sleep

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	100 mcg	Based on concentration	Before bed
Standard	200 mcg	Based on concentration	Typical sleep support dose
Higher	300 mcg	Based on concentration	For stubborn sleep issues

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0-2.0 mL of bacteriostatic water
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Delta Sleep-Inducing Peptide - supports deep sleep
- & Take 30-60 minutes before intended sleep time
- & May improve sleep quality and stress resilience
- & Works differently than sedatives - promotes natural sleep patterns
- & Generally well-tolerated with minimal next-day effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112

Dihexa

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 10-40 mg daily

Frequency: Once daily, typically in morning

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	10 mg daily	Based on concentration	Assess response
Standard	20 mg daily	Based on concentration	Typical nootropic dose
Higher	30-40 mg daily	Based on concentration	Enhanced cognitive support

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Extremely potent cognitive enhancer - start low
- May promote neuroplasticity and synapse formation
- Effects may be subtle but cumulative over time
- Research compound with limited human studies
- Consider cycling 4-8 weeks on, 2-4 weeks off

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

Epithalon

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water - calculate based on vial size

Dose Range: 5-10 mg daily for 10-20 day cycles

Frequency: Daily subcutaneous injection during cycle

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard cycle	5-10 mg daily	Based on concentration	10-20 days
Rest period	None	N/A	4-6 months between cycles

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Used in cycles, not continuously
- Standard cycle is 10-20 days, then 4-6 months rest
- Best taken before bed to support natural melatonin rhythm
- May improve sleep quality during cycle
- Research focuses on telomerase activation and longevity

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	14	2	28
3 weeks	2	20	4	40

FOXO4

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 5-10 mg per injection

Frequency: 2-3 times weekly for 2-4 week cycles

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard cycle	5-10 mg 2-3x weekly	Based on concentration	2-4 week cycle
Rest period	None	N/A	4-8 weeks between cycles

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved (may take 10-15 min)
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 14 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Senolytic peptide - targets senescent (aged/damaged) cells
- Use in cycles, not continuously
- May cause temporary fatigue as damaged cells are cleared
- Research compound - limited human data available
- Allow adequate rest between cycles

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	6	1	12
4 weeks	2	12	2	24

GHK-Cu 100mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 50 mg/mL concentration

Dose Range: 1-5 mg daily

Frequency: Once daily subcutaneous injection

Measuring Guide: At 50 mg/mL: 1 unit = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	1-2 mg daily	2-4 units	Assess tolerance
Standard	3-4 mg daily	6-8 units	Typical dose
Higher	5 mg daily	10 units	Maximum dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution will have a slight blue tint from copper
8. Label with date and concentration (50 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Protect from light.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Copper peptide - solution will have blue tint, this is normal
- & Supports collagen production and skin health
- & May promote hair growth and wound healing
- & Can also be used topically for skin applications
- & Generally well-tolerated with excellent safety profile

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	1	56	2	112
12 weeks	2	84	4	168

GHRP-2

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 2 mg/mL concentration (5mg vial)

Dose Range: 100-300 mcg 1-3 times daily

Frequency: 1-3 times daily subcutaneous injection

Measuring Guide: At 2 mg/mL: 5 units = 100 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Beginner	100 mcg 2x daily	5 units each	Assess tolerance
Standard	200 mcg 2-3x daily	10 units each	On empty stomach
Advanced	300 mcg 2-3x daily	15 units each	May increase hunger

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Label with date and concentration (2 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Potent GH releaser with stronger hunger effect than Ipamorelin
- May elevate cortisol and prolactin slightly
- Best taken on empty stomach
- Excellent for those looking to increase appetite
- Often combined with a GHRH like CJC-1295

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	56	5	112
8 weeks	4	112	10	224
12 weeks	6	168	15	336

GHRP-6

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 2 mg/mL concentration (5mg vial)

Dose Range: 100-300 mcg 1-3 times daily

Frequency: 1-3 times daily subcutaneous injection

Measuring Guide: At 2 mg/mL: 5 units = 100 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Beginner	100 mcg 2x daily	5 units each	Strong hunger increase
Standard	200 mcg 2-3x daily	10 units each	Expect appetite surge
Advanced	300 mcg 2-3x daily	15 units each	Maximum hunger effect

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Label with date and concentration (2 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Causes significant hunger increase - useful for bulking
- Strongest appetite stimulation of the GHRPs
- May elevate cortisol more than GHRP-2 or Ipamorelin
- Best for those trying to gain weight/muscle
- Often combined with a GHRH like CJC-1295

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	56	5	112
8 weeks	4	112	10	224
12 weeks	6	168	15	336

Glutathione 1500mg

Quick Start Reference

Reconstitution: Add 3.0 mL bacteriostatic water for 500 mg/mL concentration

Dose Range: 200-600 mg per injection

Frequency: 2-3 times weekly subcutaneous or intramuscular

Measuring Guide: At 500 mg/mL: 20 units = 100 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	300-400 mg 2-3x weekly	30-40 units	Antioxidant support
Loading	500-600 mg 3x weekly	50-60 units	Initial loading phase

Reconstitution Steps

1. Remove protective caps from both the vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 3.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. Gently swirl until dissolved - may take several minutes
7. Solution should be clear
8. Label with date and concentration (500 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Master antioxidant - supports detoxification pathways
- May cause temporary lightening of skin at higher doses
- Supports liver function and immune health
- Injectable form bypasses poor oral absorption
- Generally very well-tolerated

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	12	3	24
8 weeks	2	24	6	48

Hexarelin

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 2 mg/mL concentration (5mg vial)

Dose Range: 100-200 mcg 1-3 times daily

Frequency: 1-3 times daily subcutaneous injection

Measuring Guide: At 2 mg/mL: 5 units = 100 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Beginner	100 mcg 2x daily	5 units each	Assess tolerance
Standard	150 mcg 2-3x daily	7.5 units each	Strong GH release
Advanced	200 mcg 2-3x daily	10 units each	Maximum effective dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Label with date and concentration (2 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- One of the most potent GHRPs available
- May cause stronger cortisol and prolactin elevation than other GHRPs
- Desensitization can occur - consider cycling 8 weeks on, 4 weeks off
- Take on empty stomach for best results
- Often combined with a GHRH like CJC-1295 for synergy

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	56	5	112
8 weeks	4	112	10	224
12 weeks	6	168	15	336

IGF-1 LR3 0.1mg

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for 100 mcg/mL concentration

Dose Range: 20-60 mcg daily

Frequency: Once daily, post-workout or morning

Measuring Guide: At 100 mcg/mL: 10 units = 10 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	20 mcg daily	20 units	Assess tolerance
Standard	40 mcg daily	40 units	Typical dose
Higher	60 mcg daily	60 units	Advanced users

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial VERY gently
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - IGF-1 is very fragile, let it dissolve naturally
7. Solution should be clear
8. Label with date and concentration (100 mcg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Very sensitive - handle gently.

After Reconstitution:

Must be refrigerated. Use within 7-14 days. IGF-1 degrades quickly.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Can inject into specific muscle groups for localized effect
- Post-workout timing may enhance muscle protein synthesis
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- LR3 variant is longer-acting than native IGF-1
- Use shorter cycles: 4 weeks on, 4 weeks off recommended
- Monitor blood glucose - IGF-1 has insulin-like effects
- Handle very gently - IGF-1 is fragile and degrades easily
- Potent growth factor - use conservatively

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
1 weeks	1	7	1	14
2 weeks	2	14	2	28
4 weeks	4	28	4	56

IGF-1 LR3 1mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 500 mcg/mL concentration

Dose Range: 20-80 mcg daily

Frequency: Once daily, post-workout or morning

Measuring Guide: At 500 mcg/mL: 10 units = 50 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	20-30 mcg daily	4-6 units	Assess tolerance
Standard	40-60 mcg daily	8-12 units	Typical dose
Advanced	60-80 mcg daily	12-16 units	Experienced users only

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial VERY gently
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - IGF-1 is very fragile, let it dissolve naturally (15-20 min)
7. Solution should be clear
8. Label with date and concentration (500 mcg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Very sensitive - handle gently.

After Reconstitution:

Must be refrigerated. Use within 14-21 days. Handle with care.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Can inject into specific muscle groups for localized effect
- Post-workout timing may enhance muscle protein synthesis
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Higher concentration vial - more cost-effective for regular use
- & LR3 variant has extended half-life compared to native IGF-1
- & Use in cycles: 4 weeks on, 4 weeks off recommended
- & Monitor blood glucose - IGF-1 has insulin-like effects
- & Potent growth factor - start conservative and assess

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112

Ipamorelin

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 2 mg/mL concentration (5mg vial)

Dose Range: 100-300 mcg 1-3 times daily

Frequency: 1-3 times daily subcutaneous injection

Measuring Guide: At 2 mg/mL: 5 units = 100 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Beginner	100 mcg 2x daily	5 units each	Morning and before bed
Standard	200 mcg 2-3x daily	10 units each	On empty stomach
Advanced	300 mcg 2-3x daily	15 units each	Max effective dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear and colorless
8. Label with date and concentration (2 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Stable for 2+ years.

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- One of the cleanest GH secretagogues - minimal side effects
- Does not significantly increase hunger or cortisol
- Best taken on empty stomach for optimal effect
- Excellent for sleep when taken before bed
- Can be combined with CJC-1295 for enhanced effect

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	56	5	112
8 weeks	4	112	10	224
12 weeks	6	168	15	336

KPV

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 200-500 mcg daily

Frequency: Daily subcutaneous injection or oral

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	200 mcg daily	Based on concentration	Anti-inflammatory
Standard	300-400 mcg daily	Based on concentration	Typical dose
Higher	500 mcg daily	Based on concentration	For active inflammation

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Potent anti-inflammatory tripeptide
- Can be used subq or orally for gut inflammation
- Oral use effective for IBD and gut healing
- Very short peptide - quickly absorbed
- Generally well-tolerated with few side effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

Kisspeptin-10

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 50-200 mcg per injection

Frequency: 1-2 times daily or as needed

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	50 mcg daily	Based on concentration	Assess response
Standard	100 mcg 1-2x daily	Based on concentration	Typical dose
Higher	150-200 mcg daily	Based on concentration	Enhanced effect

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Stimulates GnRH release, which triggers LH and FSH
- Supports natural hormone production rather than replacement
- May support fertility and libido in both sexes
- Short half-life - effects are temporary
- Research compound with emerging clinical interest

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

LL-37

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 50-200 mcg daily

Frequency: Daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	50 mcg daily	Based on concentration	Assess tolerance
Standard	100 mcg daily	Based on concentration	Typical dose
Higher	200 mcg daily	Based on concentration	For active infection support

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 14 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Antimicrobial peptide naturally found in the body
- Supports defense against bacteria, viruses, and fungi
- May help with biofilm disruption
- Can cause injection site reactions at higher doses
- Start low to assess tolerance

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

Larazotide

Quick Start Reference

Reconstitution: Often comes as oral capsules or powder for oral use

Dose Range: 0.5-2 mg 3 times daily with meals

Frequency: 3 times daily, 15 minutes before meals

Measuring Guide: Follow capsule dosing or measure powder

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	0.5 mg 3x daily	Before meals	Assess tolerance
Standard	1 mg 3x daily	Before meals	Typical dose
Higher	2 mg 3x daily	Before meals	For severe permeability

Reconstitution Steps

1. Larazotide is typically used orally
2. If powder form, measure dose carefully
3. Can be mixed with small amount of water
4. Take 15 minutes before meals
5. Not typically used for injection

Storage Instructions

Before Reconstitution:

Store at room temperature or refrigerated. Protect from moisture.

After Reconstitution:

If dissolved in water, use immediately.

Injection Technique

- Larazotide is an oral peptide - no injection needed
- Take 15 minutes before each meal
- Can be taken with a small amount of water
- Consistent timing with meals is important
- Works locally in the gut to seal tight junctions

Safety Notes

& Oral peptide that works locally in the gut

& Supports tight junction integrity - helps seal leaky gut

& Originally developed for celiac disease

& Must be taken before meals for optimal effect

& Generally well-tolerated with minimal systemic absorption

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	0	0	0
8 weeks	2	0	0	0

MGF (Mechano Growth Factor)

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 100-200 mcg per injection, immediately post-workout

Frequency: Post-workout only, 2-4 times weekly

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	100 mcg post-workout	Based on concentration	Into trained muscle
Higher	200 mcg post-workout	Based on concentration	Split bilaterally

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial gently
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 14-21 days.

Injection Technique

- Inject directly into the muscle trained, within 30 min post-workout
- For bilateral muscles (arms, legs), split dose between both sides
- Use 29-31 gauge insulin syringe for intramuscular injection
- Inject into the belly of the muscle
- Rotate injection sites within muscle groups

Safety Notes

& Only inject post-workout - MGF is released by mechanical damage

& Short half-life - use immediately after training

& Works best when combined with resistance training

& Supports satellite cell activation and muscle repair

- PEG-MGF version has longer half-life but different protocol

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	12	1	24
8 weeks	2	24	2	48

MOTS-c

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water - calculate based on vial size

Dose Range: 5-10 mg 3-5 times per week

Frequency: 3-5 times weekly subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	5 mg 3-5x weekly	Based on concentration	Maintenance dose
Higher	10 mg 3-5x weekly	Based on concentration	For more pronounced effects

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Mitochondrial-derived peptide for metabolic health
- May improve exercise performance and recovery
- Can be taken before or after exercise
- Supports metabolic flexibility
- Generally well-tolerated

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	16	2	32
8 weeks	2	32	4	64

MT-2

Quick Start Reference

Reconstitution: 2 mL BAC water into 10mg vial = 5 mg/mL

Dose Range: 0.5–1.5 mg daily

Frequency: Daily during loading (6 weeks), then 2-3x/week maintenance

Measuring Guide: At 5 mg/mL: 10 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-2 (Loading)	0.5 mg	10 units	Assess tolerance; administer in evening
Weeks 3-4	1.0 mg	20 units	Standard dose
Weeks 5-6	1.5 mg	30 units	Optimal range for most users
Maintenance	0.5–1.0 mg	10-20 units	2-3x/week after initial 6-week cycle

Reconstitution Steps

1. Remove the flip-off cap from the 10mg MT-2 vial
2. Wipe the rubber stopper with an alcohol swab
3. Draw 2 mL of bacteriostatic water into a syringe
4. Insert the needle into the vial at an angle, aiming the stream at the glass wall — do NOT spray directly onto the powder
5. Allow the BAC water to flow in slowly; do not shake
6. Gently swirl the vial until the powder is fully dissolved (concentration: 5 mg/mL)
7. Label the vial with date of reconstitution and concentration

Storage Instructions

Before Reconstitution:

Store at room temperature protected from light. Keep in original packaging until ready to reconstitute.

After Reconstitution:

Refrigerate at 2-8°C (36-46°F). Do not freeze. Use within 30 days of reconstitution.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Start at 0.5 mg regardless of body weight to assess tolerance
- Nausea is common initially — administer with food or before bed to reduce side effects
- Contraindicated in pregnancy, history of melanoma, or severe cardiovascular disease
- May interact with ED medications, blood pressure medications, and MAOIs
- Cycle 4-8 weeks on, 2-4 weeks off to prevent tolerance buildup
- Monitor moles and skin changes during use — report any new or changing moles to a healthcare provider
- Administer in the evening, 2-3 hours before desired activity for optimal timing

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
6 weeks	4	42	8	84
12 weeks	6	60	12	120

NAD+ 100mg

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 40 mg/mL concentration

Dose Range: 50-200 mg per injection

Frequency: Daily or every other day subcutaneous injection

Measuring Guide: At 40 mg/mL: 5 units = 20 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Loading	150-200 mg daily	18.75-25 units	First 1-2 weeks
Maintenance	100 mg daily	12.5 units	Ongoing standard dose
Low dose	100 mg every other day	12.5 units	Maintenance option

Reconstitution Steps

1. Remove protective caps from both the NAD+ vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - NAD+ is sensitive, gently swirl
7. May take longer to dissolve than peptides
8. Label with date and concentration (40 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 14 days. NAD+ degrades faster than peptides.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- NAD+ injections may cause temporary flushing, warmth, or mild nausea
- Inject slowly over 10-15 seconds to minimize discomfort
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Higher concentration - same precautions as 50mg version
- May cause temporary flushing, warmth, or nausea
- Start with lower dose and work up
- Best taken in the morning for energy benefits
- More cost-effective for higher dosing protocols

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	14	2.5	28
4 weeks	2	28	5	56
8 weeks	4	56	10	112

NAD+ 50mg

Quick Start Reference

Reconstitution: Add 2.5 mL bacteriostatic water for 20 mg/mL concentration

Dose Range: 50-200 mg per injection

Frequency: Daily or every other day subcutaneous injection

Measuring Guide: At 20 mg/mL: 5 units = 10 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Loading	100-200 mg daily	25-50 units	First 1-2 weeks
Maintenance	50-100 mg daily	12.5-25 units	Ongoing
Low dose	50 mg every other day	12.5 units	Maintenance option

Reconstitution Steps

1. Remove protective caps from both the NAD+ vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.5 mL of bacteriostatic water into a sterile syringe
4. Insert needle into vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - NAD+ is sensitive, gently swirl
7. May take longer to dissolve than peptides
8. Label with date and concentration (20 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 14 days. NAD+ degrades faster than peptides.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- NAD+ injections may cause temporary flushing, warmth, or mild nausea
- Inject slowly over 10-15 seconds to minimize discomfort
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- May cause temporary flushing, warmth, or nausea after injection
- These effects typically subside within 30 minutes
- Start with lower dose to assess tolerance
- Best taken in the morning for energy benefits
- Supports mitochondrial function and cellular energy

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
2 weeks	1	14	2.5	28
4 weeks	2	28	5	56
8 weeks	4	56	10	112

Oxytocin

Quick Start Reference

Reconstitution: Often comes as nasal spray; if lyophilized, add 1-2 mL BAC water

Dose Range: 10-40 IU as needed

Frequency: As needed for social/bonding situations

Measuring Guide: Follow spray bottle instructions or calculate based on IU per mL

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Low dose	10-20 IU	1-2 sprays per nostril	Subtle effect
Standard	24-40 IU	2-4 sprays per nostril	Typical dose

Reconstitution Steps

1. Oxytocin is typically provided as a ready-to-use nasal spray
2. If lyophilized, reconstitute with 1-2 mL BAC water
3. Calculate IU concentration based on vial content
4. For nasal use, transfer to appropriate spray bottle
5. Prime spray bottle before first use

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 30 days.

Injection Technique

- Primarily administered intranasally
- Clear nasal passages before use
- Prime spray bottle with 2-3 pumps before first use
- Spray into each nostril while breathing in gently
- Effects typically begin within 30-60 minutes

Safety Notes

& Known as the 'bonding hormone' - supports social connection

& May enhance trust, empathy, and emotional processing

& Effects are context-dependent

& Do not use if pregnant without medical supervision

& Generally well-tolerated via nasal route

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	0	2	0
8 weeks	2	0	4	0

P21 (Clavage P21)

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 250-750 mcg daily

Frequency: Once daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	250 mcg daily	Based on concentration	Assess tolerance
Standard	500 mcg daily	Based on concentration	Typical dose
Higher	750 mcg daily	Based on concentration	Enhanced neurogenesis support

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Promotes neurogenesis - growth of new brain cells
- Derived from CNTF (ciliary neurotrophic factor)
- May support cognitive function and brain repair
- Effects are gradual over weeks to months
- Research compound with limited human data

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

PE-22-28

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 200-500 mcg daily

Frequency: Once daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	200 mcg daily	Based on concentration	Assess tolerance
Standard	300-400 mcg daily	Based on concentration	Typical dose
Higher	500 mcg daily	Based on concentration	Maximum dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- & Derived from PEDF (pigment epithelium-derived factor)
- & Neuroprotective peptide that supports brain cell health
- & May help with stress resilience and cognitive clarity
- & Short peptide fragment - quickly absorbed
- & Research compound with limited human studies

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

PT-141

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 5 mg/mL concentration (10mg vial)

Dose Range: 0.5-2 mg as needed

Frequency: As needed, 1-2 hours before desired effect

Measuring Guide: At 5 mg/mL: 10 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	0.5 mg	10 units	Test dose to assess response
Standard	1-1.5 mg	20-30 units	Typical effective dose
Higher	2 mg	40 units	Maximum recommended dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Label with date and concentration (5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Works on melanocortin receptors in the brain - different from PDE5 inhibitors
- Takes 1-2 hours to reach peak effect
- Effects can last 24-72 hours
- May cause nausea, flushing, or headache initially - start low
- Do not use more than 2-3 times per week to avoid desensitization

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	8	2	16
8 weeks	1	16	2	32

Pinealon

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for appropriate concentration

Dose Range: 10-20 mg daily

Frequency: Once daily, typically before bed

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	10 mg daily	Based on concentration	Before bed
Higher	20 mg daily	Based on concentration	Enhanced effect

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Tripeptide targeting brain and nervous system
- Best taken in the evening before bed
- May support memory and cognitive function
- Very short peptide - quickly absorbed
- Generally well-tolerated with minimal side effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	1	56
8 weeks	2	56	2	112

Retatrutide 10mg

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water for 10 mg/mL concentration

Dose Range: 0.5-12 mg once weekly

Frequency: Once weekly subcutaneous injection

Measuring Guide: At 10 mg/mL: 5 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-4	0.5 mg	5 units	Starting dose
Weeks 5-8	1 mg	10 units	First titration
Weeks 9-12	2 mg	20 units	Building tolerance
Weeks 13-16	4 mg	40 units	Standard dose
Weeks 17+	8-12 mg	80-120 units	Higher dose range

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle, aiming at the glass wall
5. Slowly inject the BAC water, letting it run down the side of the vial
6. DO NOT shake - gently swirl or let it sit for 10-15 minutes
7. The solution should be clear when fully dissolved
8. Label the vial with the date and concentration (10 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years when kept cold.

After Reconstitution:

Must be refrigerated at 36-46°F (2-8°C). Use within 28 days. Do not freeze.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms

- Do not inject into the same site more than once per week

Safety Notes

& Triple-agonist may have stronger effects than dual-agonists

& Glucagon receptor activation may increase heart rate slightly

& Start very low and titrate slowly over many weeks

& Monitor for GI side effects: nausea, diarrhea, constipation

& Research compound - not yet FDA approved

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
8 weeks	2	8	2	16
12 weeks	4	12	4	24
16 weeks	6	16	6	32

Retatrutide 10mg + BAC Water

Quick Start Reference

Reconstitution: Add 1.0 mL bacteriostatic water (included) for 10 mg/mL concentration

Dose Range: 0.5-12 mg once weekly

Frequency: Once weekly subcutaneous injection

Measuring Guide: At 10 mg/mL: 5 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-4	0.5 mg	5 units	Starting dose
Weeks 5-8	1 mg	10 units	First titration
Weeks 9-12	2 mg	20 units	Building tolerance
Weeks 13-16	4 mg	40 units	Standard dose
Weeks 17+	8-12 mg	80-120 units	Higher dose range

Reconstitution Steps

1. Remove protective caps from both the peptide vial and included BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 1.0 mL of the included bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle, aiming at the glass wall
5. Slowly inject the BAC water, letting it run down the side of the vial
6. DO NOT shake - gently swirl or let it sit for 10-15 minutes
7. The solution should be clear when fully dissolved
8. Label the vial with the date and concentration (10 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Stable for 2+ years when kept cold.

After Reconstitution:

Must be refrigerated at 36-46°F (2-8°C). Use within 28 days. Do not freeze.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms

- Do not inject into the same site more than once per week

Safety Notes

& BAC water included for convenience - no separate purchase needed

& Triple-agonist may have stronger effects than dual-agonists

& Glucagon receptor activation may increase heart rate slightly

& Start very low and titrate slowly over many weeks

& Monitor for GI side effects: nausea, diarrhea, constipation

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
8 weeks	2	8	2	16
12 weeks	4	12	4	24
16 weeks	6	16	6	32

SS-31 (Elamipretide)

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water - calculate based on vial size

Dose Range: 10-50 mg daily

Frequency: Daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	10-20 mg daily	Based on concentration	Assess tolerance
Standard	20-40 mg daily	Based on concentration	Maintenance dose
Higher	40-50 mg daily	Based on concentration	Maximum dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 21 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Targets and repairs mitochondrial function
- May improve energy and reduce fatigue
- Being studied for heart failure and mitochondrial diseases
- Generally well-tolerated
- Benefits may be more noticeable in those with mitochondrial dysfunction

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	28	4	56
8 weeks	4	56	8	112

Selank

Quick Start Reference

Reconstitution: Often comes as nasal spray; if lyophilized, add 1-2 mL BAC water

Dose Range: 200-600 mcg daily (nasal or subcutaneous)

Frequency: 1-3 times daily

Measuring Guide: Calculate based on your preparation

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Low dose	200-300 mcg daily	Split into 2-3 doses	Mild anxiolytic effect
Standard	300-500 mcg daily	Split into 2-3 doses	Typical dose
Higher	500-600 mcg daily	Split into 3 doses	Enhanced calming effect

Reconstitution Steps

1. Selank is often provided as a ready-to-use nasal spray
2. If lyophilized, reconstitute with 1-2 mL BAC water
3. Calculate concentration based on vial content
4. For nasal use, follow spray bottle instructions
5. For subcutaneous injection, use insulin syringe

Storage Instructions

Before Reconstitution:

Store refrigerated. Protect from light.

After Reconstitution:

Must be refrigerated. Use within 21-28 days.

Injection Technique

- Can be administered intranasally or subcutaneously
- Nasal: 1-2 sprays per nostril, 2-3 times daily
- Subcutaneous: standard injection technique applies
- Nasal route provides faster onset for anxiety relief
- Effects typically felt within 15-30 minutes

Safety Notes

& Anxiolytic peptide without sedation

& May improve focus while reducing anxiety

& Generally well-tolerated with minimal side effects

& Does not cause dependence like benzodiazepines

& Can be combined with Semax for cognitive + calming effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	84	2	168
8 weeks	2	168	4	336

Semaglutide

Quick Start Reference

Reconstitution: Add 3.0 mL bacteriostatic water for ~3.33 mg/mL concentration

Dose Range: 250-2400 mcg (0.25-2.4 mg) once weekly

Frequency: Once weekly subcutaneous injection

Measuring Guide: At 3.33 mg/mL: 1 unit = 0.01 mL = ~33.3 mcg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-4	250 mcg (0.25 mg)	7.5 units	Start low to assess tolerance
Weeks 5-8	500 mcg (0.5 mg)	15 units	Increase if tolerated
Weeks 9-12	1000 mcg (1.0 mg)	30 units	Standard maintenance dose
Weeks 13-16	1700 mcg (1.7 mg)	51 units	Higher dose if needed
Weeks 17+	2400 mcg (2.4 mg)	72 units	Maximum dose

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 3.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle, aiming at the glass wall
5. Slowly inject the BAC water, letting it run down the side of the vial
6. DO NOT shake - gently swirl or let it sit for 5-10 minutes
7. The solution should be clear and colorless when fully dissolved
8. Label the vial with the date and concentration (3.33 mg/mL)

Storage Instructions

Before Reconstitution:

Store at room temperature (up to 77°F/25°C) or refrigerated. Avoid heat and direct sunlight. Stable for 2+ years.

After Reconstitution:

Must be refrigerated at 36-46°F (2-8°C). Use within 28 days. Do not freeze.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms

- Do not inject into the same site more than once per week

Safety Notes

& Start with the lowest dose to minimize GI side effects

& Nausea and reduced appetite are common initially but typically improve

& Stay well hydrated and eat smaller, more frequent meals

& Avoid high-fat and large meals which can worsen nausea

& Skip the dose if vomiting - resume next scheduled dose

& Monitor blood sugar if diabetic or pre-diabetic

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
8 weeks	2	8	6	16
12 weeks	3	12	9	24
16 weeks	4	16	12	32

Semax

Quick Start Reference

Reconstitution: Often comes as nasal spray; if lyophilized, add 1-2 mL BAC water

Dose Range: 200-900 mcg daily (nasal or subcutaneous)

Frequency: 1-3 times daily

Measuring Guide: Calculate based on your preparation

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Low dose	200-300 mcg daily	Split into 2-3 doses	Subtle cognitive support
Standard	400-600 mcg daily	Split into 2-3 doses	Typical nootropic dose
Higher	600-900 mcg daily	Split into 3 doses	Enhanced effects

Reconstitution Steps

1. Semax is often provided as a ready-to-use nasal spray
2. If lyophilized, reconstitute with 1-2 mL BAC water
3. Calculate concentration based on vial content
4. For nasal use, follow spray bottle instructions
5. For subcutaneous injection, use insulin syringe

Storage Instructions

Before Reconstitution:

Store refrigerated. Protect from light.

After Reconstitution:

Must be refrigerated. Use within 21-28 days.

Injection Technique

- Can be administered intranasally or subcutaneously
- Nasal: 1-2 sprays per nostril, 2-3 times daily
- Subcutaneous: standard injection technique applies
- Nasal route provides faster onset
- Effects typically felt within 30-60 minutes

Safety Notes

& Derived from ACTH but without hormonal side effects

& May enhance focus, memory, and mental clarity

& Generally well-tolerated with few side effects

& Avoid if sensitive to stimulating compounds

& Can be combined with Selank for balanced effects

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	84	2	168
8 weeks	2	168	4	336

Sermorelin

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water - calculate based on vial size

Dose Range: 200-500 mcg daily, typically before bed

Frequency: Once daily subcutaneous injection, preferably at night

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Week 1-2	200 mcg daily	Based on concentration	Before bed
Week 3-4	300 mcg daily	Based on concentration	Building dose
Week 5+	500 mcg daily	Based on concentration	Standard maintenance

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw appropriate amount of bacteriostatic water
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- One of the original GHRH analogs - well studied
- Works best when taken before bed on empty stomach
- Stimulates natural GH release pattern
- May take 3-6 months for full benefits
- Excellent safety profile for long-term use

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	28	2	56
8 weeks	2	56	4	112
12 weeks	3	84	6	168

TB-500 10mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 5 mg/mL concentration

Dose Range: 2-10 mg per week (loading) then 2-5 mg maintenance

Frequency: 2-3 times weekly subcutaneous injection

Measuring Guide: At 5 mg/mL: 10 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-2	5 mg/week	Split into 2-3 doses	Loading phase
Weeks 3-4	5 mg/week	Split into 2-3 doses	Continue loading
Weeks 5-6	2.5 mg/week	Split into 2 doses	Transition
Maintenance	2-5 mg/week	1-2 times weekly	As needed

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - TB-500 is delicate, let it dissolve naturally (10-15 min)
7. Solution should be clear when fully dissolved
8. Label with date and concentration (5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 14-21 days. TB-500 is less stable than BPC-157.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- TB-500 works systemically - injection location is less critical than BPC-157
- Loading phase is important for initial tissue saturation
- Often stacked with BPC-157 for enhanced healing
- May cause temporary tiredness or headache initially
- Excellent for soft tissue injuries, tendons, and ligaments

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	12	4	24
8 weeks	4	24	8	48
12 weeks	5	36	10	72

Tesamorelin

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for appropriate concentration

Dose Range: 1-2 mg daily

Frequency: Once daily subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	1 mg daily	Based on concentration	Morning or evening
Higher	2 mg daily	Based on concentration	FDA-approved dose for lipodystrophy

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Label with date and concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- FDA-approved for HIV-associated lipodystrophy
- Specifically targets visceral (belly) fat reduction
- Takes 3-6 months for visible body composition changes
- Monitor for fluid retention and joint pain initially
- May affect blood glucose - monitor if diabetic

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	2	28	4	56
8 weeks	4	56	8	112
12 weeks	6	84	12	168

Thymalin

Quick Start Reference

Reconstitution: Add 1.0-2.0 mL bacteriostatic water based on vial size

Dose Range: 10-20 mg daily for 5-10 day cycles

Frequency: Daily during cycle, typically in morning

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Cycle	10-20 mg daily	Based on concentration	5-10 day cycle
Rest	None	N/A	3-6 months between cycles

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw appropriate amount of BAC water
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 14 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- Used in short cycles to support immune function
- Derived from thymus gland extract
- May help immune system rebalancing
- Best used during season changes or stress periods
- Allow rest periods between cycles

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
1 weeks	1	7	1	14
2 weeks	2	14	2	28

Thymosin Alpha-1

Quick Start Reference

Reconstitution: Add 1.0-2.0 mL bacteriostatic water based on vial size

Dose Range: 1.6-6.4 mg 2-3 times weekly

Frequency: 2-3 times weekly subcutaneous injection

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Standard	1.6 mg 2-3x weekly	Based on concentration	Immune support
Intensive	3.2-6.4 mg 2-3x weekly	Based on concentration	During illness/stress

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw appropriate amount of BAC water
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Solution should be clear
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C).

After Reconstitution:

Must be refrigerated. Use within 28 days.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms
- Do not inject into the same site more than once per week

Safety Notes

- FDA-approved in several countries for hepatitis B
- Supports immune cell function and communication
- Often used for chronic infections and immune support
- Can be used long-term unlike some immune peptides
- Generally very well-tolerated

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	12	2	24
8 weeks	2	24	4	48

Tirzepatide 10mg

Quick Start Reference

Reconstitution: Add 2.0 mL bacteriostatic water for 5 mg/mL concentration

Dose Range: 2.5-15 mg once weekly

Frequency: Once weekly subcutaneous injection

Measuring Guide: At 5 mg/mL: 10 units = 0.5 mg

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Weeks 1-4	2.5 mg	50 units	Starting dose
Weeks 5-8	5 mg	100 units (full syringe)	First increase
Weeks 9-12	7.5 mg	75 units at 10 mg/mL	Use new vial concentration
Weeks 13-16	10 mg	100 units at 10 mg/mL	Standard high dose
Weeks 17+	12.5-15 mg	125-150 units at 10 mg/mL	Maximum dose range

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 2.0 mL of bacteriostatic water into a sterile syringe
4. Insert needle into peptide vial at an angle, aiming at the glass wall
5. Slowly inject the BAC water, letting it run down the side of the vial
6. DO NOT shake - gently swirl or let it sit for 10-15 minutes
7. The solution should be clear when fully dissolved
8. Label the vial with the date and concentration (5 mg/mL)

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Can be at room temperature briefly. Stable for 2+ years.

After Reconstitution:

Must be refrigerated at 36-46°F (2-8°C). Use within 28 days. Do not freeze.

Injection Technique

- Wash hands thoroughly before handling any supplies
- Clean the injection site with an alcohol swab and allow to dry completely
- Pinch the skin to create a fold at the injection site
- Insert the needle at a 45-90 degree angle (subcutaneous)
- Inject slowly over 5-10 seconds
- Remove the needle and apply gentle pressure with a clean swab
- Rotate injection sites between abdomen (2 inches from navel), thighs, and upper arms

- Do not inject into the same site more than once per week

Safety Notes

& Dual-action GIP/GLP-1 may cause more initial GI effects than GLP-1 alone

& Titrate slowly - spend at least 4 weeks at each dose level

& Common side effects: nausea, diarrhea, decreased appetite

& Stay well hydrated and eat smaller meals

& Do not combine with other GLP-1 agonists

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
8 weeks	2	8	4	16
12 weeks	4	12	8	24
16 weeks	5	16	10	32

VIP (Vasoactive Intestinal Peptide)

Quick Start Reference

Reconstitution: Add 5.0 mL bacteriostatic water for appropriate concentration

Dose Range: 50-200 mcg 1-3 times daily (often nasal)

Frequency: 1-3 times daily nasal spray or subcutaneous

Measuring Guide: Calculate based on your vial concentration

Dosing Schedule

Week / Phase	Dose	Syringe Units	Notes
Starting	50 mcg 2-3x daily	Based on concentration	Assess tolerance
Standard	100-150 mcg 2-3x daily	Based on concentration	Typical dose
Higher	200 mcg 2-3x daily	Based on concentration	For severe inflammation

Reconstitution Steps

1. Remove protective caps from both the peptide vial and BAC water
2. Wipe rubber stoppers with alcohol swabs and let dry
3. Draw 5.0 mL of bacteriostatic water for nasal use
4. Insert needle into peptide vial at an angle
5. Slowly inject the BAC water down the side of the vial
6. DO NOT shake - gently swirl until dissolved
7. Transfer to nasal spray bottle for nasal administration
8. Calculate and label with your concentration

Storage Instructions

Before Reconstitution:

Store refrigerated at 36-46°F (2-8°C). Protect from light.

After Reconstitution:

Must be refrigerated. Use within 21-28 days.

Injection Technique

- Primarily administered via nasal spray
- For nasal use: 1-2 sprays per nostril, 2-3 times daily
- Clear nasal passages before use
- Can also be given subcutaneously
- Effects may take several weeks to become apparent

Safety Notes

& Anti-inflammatory peptide used for CIRS and mold illness

& Part of the Shoemaker Protocol for biotoxin illness

& May cause initial nasal irritation

- Effects are gradual over weeks to months
- Often used alongside binders and other support

Supplies Needed

Weeks	Vials	Syringes	BAC Water (mL)	Alcohol Swabs
4 weeks	1	0	5	0
8 weeks	2	0	10	0

Peptides Made Clear

Pinealon

This is a brain peptide.

It works on brain cells and signaling.

What it does:
- Supports memory and focus
- Helps the brain handle stress
- Supports mental clarity

Think of it like helping the brain communicate more clearly.

CJC-1295 Without DAC

This tells your brain to release more natural growth hormone for a short time.
It works fast and clears fast.

What it does:
- Helps with fat loss
- Helps with recovery and sleep
- Helps muscles repair

Think of it like ringing the doorbell.
The signal goes out, then it stops.

CJC-1295 With DAC

Same signal as above, but it stays active much longer.

What it does:
- Keeps growth hormone higher all day
- Supports fat loss over time
- Supports tissue repair and aging support

Think of this like holding the doorbell down instead of tapping it.

———

CJC-1295 Without DAC + Ipamorelin

This is a combo peptide.
One sends the growth hormone signal.
The other boosts it.

What it does:
• Stronger growth hormone release
• Better sleep
• Faster recovery
• Less hunger than older peptides

This combo works well and feels smooth.

———

Kisspeptin-10

This talks directly to the reproductive hormone system.

What it does:
• Tells the brain to release LH and FSH
• Helps natural testosterone or estrogen production
• Supports fertility and sex drive

This does not replace hormones.
It wakes up your own system.

———

FOXO4

This works at the cell level, not hormones.

What it does:
• Targets old damaged cells
• Helps the body remove cells that no longer work right
• Studied for aging and tissue health

Think of it like telling broken cells it’s time to shut down.

———

Cerebrolysin

This is for the brain and nervous system.

What it does:
• Helps brain cells heal
• Supports memory and focus
• Helps after brain injury, stress, or burnout

It feeds and protects neurons so they work better.

———

Survodutide

This is a metabolic peptide.

What it does:
• Reduces appetite
• Improves blood sugar control
• Helps with fat loss

It tells the brain and gut you’re full.

———

PNC-27

This is a research peptide studied in cancer science.

What it does:
• Targets cancer cells in research models
• Leaves healthy cells alone
• Triggers cancer cell death in studies

This is not a wellness peptide.
Research only.

———

GHRP-6 Acetate

This tells the body to release growth hormone and increases hunger.

What it does:
• Boosts growth hormone

• Strongly increases appetite
• Helps with mass gain

Great for bulking.
Not good for dieting.

———

Oxytocin Acetate

This is the bonding and connection hormone.

What it does:
• Improves mood
• Increases trust and emotional connection
• Supports intimacy and calm

Think of it like turning up the connection signal.

———

Epithalon

This is a longevity-focused peptide.

What it does:
• Supports sleep quality
• Supports recovery
• Studied for aging and cell cycle regulation

Think of it like a nightly reset signal.

———

DSIP

This is a sleep-support peptide.

What it does:
• Helps deepen sleep
• Calms the nervous system
• Supports recovery from stress

Think of it like dimming the lights in the brain.

———

Thymalin

This is an immune-support peptide.

What it does:
• Supports immune balance
• Helps recovery after stress or illness
• Supports inflammation control

Think of it like retraining the immune system.

———

Thymosin Alpha-1

This is an immune signaling peptide.

What it does:
• Supports immune response
• Helps immune cells communicate
• Supports defense against stress

Think of it like a coach for immune cells.

———

Sermorelin

This tells the brain to release growth hormone naturally.

What it does:
• Supports sleep
• Supports recovery
• Helps fat loss over time

Think of it like tapping the GH button naturally.

———

Ipamorelin

This boosts growth hormone release smoothly.

What it does:
• Supports GH release
• Improves sleep quality
• Helps recovery

Think of it like a soft GH amplifier.

———

HGH 191AA

This is actual bio-identical growth hormone.

What it does:
• Raises GH directly
• Supports tissue repair
• Affects metabolism

Think of it like adding the hormone instead of signaling it.

———

HCG

This talks to the fertility hormone system.

What it does:
• Supports LH-style signaling
• Supports natural testosterone production in men
• Supports fertility signaling in women

Think of it like activating your own system.

———

HMG

This supports fertility hormone signaling.

What it does:
• Supports FSH pathways
• Supports reproductive signaling
• Used in fertility research

Think of it like fertility-side support.

———

PT-141

This is a libido peptide.

What it does:
• Supports sexual desire
• Supports arousal response
• Helps when stress shuts libido down

Think of it like flipping the desire switch back on.

———

AOD-9604

This is a fat metabolism peptide.

What it does:
• Supports fat burning
• Supports body composition
• Does not raise GH

Think of it like a fat-only signal.

———

Tesamorelin

This tells the brain to release more growth hormone.

What it does:
• Supports GH release
• Supports fat metabolism
• Supports recovery

Think of it like a stronger GH signal.

———

Semaglutide

This is an appetite control peptide.

What it does:
• Reduces hunger
• Slows digestion
• Helps blood sugar control

Think of it like turning down food noise.

———

Tirzepatide

This affects more than one hunger signal.

What it does:
- Strong appetite reduction
- Better blood sugar control
- Supports fat loss

Think of it like hunger control from two angles.

———

Retatrutide

This is a multi-signal metabolic peptide.

What it does:
- Reduces appetite
- Supports fat loss
- Supports metabolic balance

Think of it like full metabolic control.

———

Mazdutide

This is a metabolic research peptide.

What it does:
- Supports appetite control
- Supports blood sugar balance
- Supports fat loss

Think of it like another fullness signal.

———

Cagrilintide

This is an appetite peptide.

What it does:
- Supports fullness
- Reduces cravings
- Slows stomach emptying

Think of it like “you’re already full.”

———

Cagrilintide + Semaglutide

This is a combo appetite stack.

What it does:
• Stronger appetite control
• Better craving reduction
• Supports fat loss

Think of it like two locks on hunger.

———

NAD+

This supports cellular energy.

What it does:
• Supports mitochondria
• Supports aging research
• Supports recovery

Think of it like charging the cell battery.

———

Glutathione

This is the body’s main antioxidant.

What it does:
• Supports detox pathways
• Reduces oxidative stress
• Supports immune health

Think of it like the cleanup crew.

———

MOTS-c

This is a mitochondrial peptide.

What it does:
• Supports metabolism signaling
• Supports insulin sensitivity
• Supports energy balance

Think of it like fuel efficiency messaging.

———

SS-31

This protects mitochondria.

What it does:
• Supports energy production
• Reduces cell stress
• Protects the cell engine

Think of it like a shield for mitochondria.

———

SLU-PP-332

This is a metabolism research compound.

What it does:
• Supports fuel burning signals
• Supports endurance metabolism
• Supports fat loss research

Think of it like “burn fuel, don’t store it.”

———

IGF-1 LR3

This is a growth factor peptide.

What it does:
• Supports muscle growth signaling
• Supports tissue repair
• Improves nutrient use

Think of it like a grow and rebuild message.

———

IGF-DES

This is a shorter acting growth factor.

What it does:
- Supports local muscle growth
- Supports targeted repair

Think of it like a focused growth signal.

———

BPC-157

This is a healing peptide.

What it does:
- Supports tendon and ligament healing
- Supports muscle recovery
- Supports gut repair

Think of it like a repair signal.

———

TB-500

This helps tissue repair and cell movement.

What it does:
- Supports soft tissue healing
- Supports injury recovery
- Helps cells move to damage

Think of it like sending repair crews.

———

BPC-157 + TB-500

This is a repair combo.

What it does:
- Supports faster healing
- Supports recovery from injury

Think of it like two repair teams at once.

———

GHK-Cu

This is a copper peptide.

What it does:
• Supports collagen
• Supports skin and hair
• Supports tissue repair

Think of it like rebuild and renew.

———

KPV

This is an anti-inflammatory peptide.

What it does:
• Calms inflammation
• Supports gut and immune balance

Think of it like a calm-down signal.

———

Semax

This is a brain performance peptide.

What it does:
• Supports focus
• Supports memory
• Supports stress handling

Think of it like sharpening the brain.

———

Selank

This is a calming brain peptide.

What it does:
• Reduces anxiety
• Supports calm focus

Think of it like mental noise reduction.

———

ARA-290

This is a nerve and inflammation research peptide.

What it does:
• Supports nerve comfort
• Supports inflammation balance

Think of it like calming irritated nerves.

———

5-Amino-1MQ

This is a fat metabolism research compound.

What it does:
• Supports fat loss signaling
• Supports metabolism regulation

Think of it like nudging fat burning.

———

L-Carnitine

This helps move fat into cells to burn it.

What it does:
• Supports energy production
• Supports fat burning
• Supports recovery

Think of it like carrying fuel to the engine.

———

LIPO-C

This is a metabolism support blend.

What it does:
• Supports fat metabolism
• Supports energy

Think of it like metabolism support fuel.

———

LIPO-B

This is an energy vitamin blend.

What it does:
• Supports energy
• Supports metabolism

Think of it like a nutrient boost.

———

Vitamin B12

This is a vitamin.

What it does:
• Supports energy
• Supports nerve health

Think of it like basic wiring power.

———

LL-37

This is an immune peptide.

What it does:
• Supports immune defense research
• Supports antimicrobial signaling

Think of it like a defense peptide.

———

VIP

This is a system-wide signaling peptide.

What it does:
• Supports inflammation balance
• Supports gut and nerve signaling

Think of it like a calming system signal.

———

MT-2

This is a tanning peptide.

What it does:
• Increases melanin
• Supports tanning
• Can increase libido

Think of it like pigment activation.

———

MT-1

This is a milder tanning peptide.

What it does:
• Supports melanin production
• Supports tanning

Think of it like softer pigment signaling.

———

Snap-8

This is a cosmetic peptide.

What it does:
• Supports wrinkle smoothing
• Supports skin appearance

Think of it like skin relaxation.

———

Botulinum Toxin

This is a neurotoxin, not a peptide.

What it does:
• Temporarily relaxes muscles
• Reduces wrinkles

Think of it like turning muscle movement down.

———

BAC Water

This is sterile mixing water.

What it does:
• Used to reconstitute peptides
• Helps keep solutions sterile

Think of it like sterile water.

———

Lemon Bottle

This is a branded cosmetic blend.

What it does:
• Used for cosmetic fat dissolving
• Formula varies by manufacturer

Think of it like a named cosmetic solution.

If You Have Question, Pricing and Orders Please Dont Hesitate To Text Or DM me.

Excepted payments Venmo, Cash app, Apple pay and Zelle. (zelle is perferred but either is fine)

All peptides are shipped USPS except California and Puerto Rico

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