

Peptide Dosage Quick Reference Guide

This guide provides general dosage ranges for common peptides. Always consult current literature and individualize dosing based on patient factors.

Peptide	Dose	Frequency	Route	Primary Use
BPC-157	250-500 mcg	1-2x daily	Subcutaneous	Tissue healing, gut health
TB-500	2-2.5 mg	2x weekly	Subcutaneous	Tissue repair, flexibility
CJC-1295 (no DAC)	100-300 mcg	1-3x daily	Subcutaneous	Growth hormone release
Ipamorelin	200-300 mcg	1-3x daily	Subcutaneous	Growth hormone release
Semaglutide	0.25-2.4 mg	Weekly	Subcutaneous	Weight management
Tirzepatide	2.5-15 mg	Weekly	Subcutaneous	Weight management
GHK-Cu	1-2 mg	Daily	Subcutaneous/Topical	Skin health, healing
Epithalon	5-10 mg	Daily x 10-20 days	Subcutaneous	Longevity, telomeres
Thymosin Alpha-1	1.6 mg	2x weekly	Subcutaneous	Immune modulation
Semax	200-600 mcg	Daily	Intranasal	Cognitive enhancement
Selank	250-500 mcg	Daily	Intranasal	Anxiety, cognition
PT-141	1-2 mg	As needed	Subcutaneous	Sexual function

Important Notes

- Dosages should be individualized based on patient weight, condition, and response
- Start with lower doses and titrate up as tolerated
- Monitor for side effects and adjust accordingly
- Some peptides require cycling (periods on/off)
- Always verify current prescribing information