

# **Peptide Reconstitution Guide**

Step-by-step instructions for safely reconstituting lyophilized peptides.

## **Materials Needed**

- Lyophilized peptide vial
- Bacteriostatic water (BAC water)
- Alcohol swabs
- Sterile syringe (1-3 mL)
- Sterile needle (18-21 gauge for drawing)

## **Step 1: Prepare Your Workspace**

Clean your work surface with alcohol. Wash hands thoroughly or wear gloves. Gather all materials before beginning.

## **Step 2: Clean the Vial Tops**

Wipe the rubber stopper of both the peptide vial and bacteriostatic water vial with alcohol swabs. Allow to air dry for 30 seconds.

## **Step 3: Draw the Bacteriostatic Water**

Using a sterile syringe, draw up the desired amount of bacteriostatic water. Common reconstitution volumes:

- 5mg peptide + 2mL BAC water = 2.5mg/mL (250mcg per 0.1mL)
- 5mg peptide + 2.5mL BAC water = 2mg/mL (200mcg per 0.1mL)
- 10mg peptide + 2mL BAC water = 5mg/mL (500mcg per 0.1mL)

## **Step 4: Add Water to Peptide**

Insert needle into peptide vial at an angle. Slowly release the water down the inside wall of the vial - DO NOT spray directly onto the powder. This prevents damaging the peptide.

## **Step 5: Mix Gently**

Allow the peptide to dissolve naturally. You may gently roll the vial between your palms. NEVER shake vigorously as this can denature the peptide.

## **Step 6: Storage**

Store reconstituted peptide in the refrigerator (36-46°F / 2-8°C). Most peptides remain stable for 4-6 weeks when properly stored. Label with reconstitution date.

## **Dosage Calculation**

Formula: Desired dose (mcg) / Concentration (mcg/mL) = Injection volume (mL)

## Peptide Education Hub

---

Example: 250mcg dose / 2500mcg per mL = 0.1mL injection