

Peptide Dosage Quick Reference Guide

Comprehensive dosing ranges for therapeutic peptides

This guide provides general dosage ranges for common peptides used in clinical practice. Always consult current literature and individualize dosing based on patient factors including weight, age, renal/hepatic function, and treatment goals.

Growth Hormone Secretagogues

Peptide	Dose	Frequency	Route	Notes
CJC-1295/Ipamorelin	100-300 mcg	Daily	SC	Take at bedtime; cycle 5 days on/2 off
Sermorelin	200-500 mcg	Daily	SC	Best on empty stomach before bed
Ipamorelin	200-300 mcg	2-3x daily	SC	Minimal cortisol/prolactin elevation
GHRP-2	100-300 mcg	2-3x daily	SC	Strongest GH release; may increase appetite
GHRP-6	100-300 mcg	2-3x daily	SC	Significant appetite stimulation
Hexarelin	200 mcg	Daily	SC	Most potent GHRP; desensitization possible
Tesamorelin	2 mg	Daily	SC	FDA approved for HIV lipodystrophy
MK-677	10-25 mg	Daily	Oral	Long half-life; monitor blood glucose

Regenerative & Healing Peptides

Peptide	Dose	Frequency	Route	Notes
BPC-157	250-500 mcg	1-2x daily	SC/Oral	Can inject near injury site
TB-500	2.5-5 mg	2x/week	SC	Loading: 2x/week x 4-6 wks
GHK-Cu	1-2 mg	Daily	SC/Top	Topical for skin; SC for systemic
MGF	200 mcg	Post-workout	SC	Inject near target muscle
IGF-1 LR3	20-50 mcg	Daily	SC	Cycle 4 weeks on/4 weeks off

Weight Management Peptides

Peptide	Dose	Frequency	Route	Notes
Semaglutide	0.25-2.4 mg	Weekly	SC	Titrate slowly over 16-20 weeks
Tirzepatide	2.5-15 mg	Weekly	SC	Dual GIP/GLP-1; titrate q4 weeks
AOD-9604	300 mcg	Daily	SC	Fragment of HGH; no IGF-1 effects
Tesofensine	0.25-0.5 mg	Daily	Oral	Triple monoamine reuptake inhibitor
5-Amino-1MQ	50-100 mg	Daily	Oral	NNMT inhibitor; enhances metabolism
Retatrutide	1-12 mg	Weekly	SC	Triple agonist GLP-1/GIP/glucagon
Cagrilintide	0.3-4.5 mg	Weekly	SC	Amylin analog; enhances satiety

Immune & Anti-Aging Peptides

Peptide	Dose	Frequency	Route	Notes
Thymosin Alpha-1	1.6 mg	2x/week	SC	Immune modulation; well-studied
LL-37	50-100 mcg	Daily	SC	Antimicrobial; immune support
KPV	200-500 mcg	Daily	SC/Oral	Anti-inflammatory tripeptide
Epithalon	5-10 mg	Daily x10	SC	Telomerase activation; cycle annually
MOTS-c	5-10 mg	3x/week	SC	Mitochondrial peptide; exercise mimetic
Humanin	1-5 mg	Daily	SC	Neuroprotective; anti-apoptotic
SS-31	5-40 mg	Daily	SC/IV	Mitochondrial targeted; cardioprotective

Cognitive & Neuroprotective Peptides

Peptide	Dose	Frequency	Route	Notes
Semax	200-600 mcg	Daily	Nasal	ACTH analog; neuroprotective
Selank	200-400 mcg	Daily	Nasal	Anxiolytic; immune modulating
Dihexa	10-20 mg	Daily	Oral	HGF mimetic; cognitive enhancement
Cerebrolysin	5-30 mL	Daily x20	IV/IM	Neuropeptide mix; stroke recovery
Noopept	10-30 mg	Daily	Oral	Neuroprotective; enhances BDNF
Pinealon	10-20 mg	Daily	Oral	Tripeptide; CNS bioregulator
P21	500-1000 mcg	Daily	Nasal	CNTF mimetic; neurogenesis

Sexual Health & Other Peptides

Peptide	Dose	Frequency	Route	Notes
PT-141	1.75 mg	PRN	SC	30-45 min before; max 8 doses/month
Kisspeptin-10	1-5 mcg/kg	PRN	SC/IV	Stimulates GnRH; diagnostic use
Oxytocin	10-40 IU	PRN	Nasal	Social bonding; anxiolytic
Melanotan II	0.25-0.5 mg	Daily	SC	Tanning + sexual function
DSIP	100-200 mcg	Nightly	SC/Nasal	Sleep regulation; stress reduction
VIP	50-100 mcg	Daily	Nasal/SC	CIRS treatment; anti-inflammatory

Longevity Supplements

Compound	Dose	Frequency	Route	Notes
NAD+	250-500 mg	Daily	IV/Oral	IV sessions 1-2x/month preferred
NMN	250-1000 mg	Daily	Oral	NAD+ precursor; take AM
Rapamycin	3-6 mg	Weekly	Oral	mTOR inhibitor; monitor labs
Fisetin	100-500 mg	Intermittent	Oral	Senolytic; 2-day courses monthly

Quercetin	500-1000 mg	Daily	Oral	Senolytic when combined w/ dasatinib
Spermidine	1-6 mg	Daily	Oral	Autophagy inducer; cardioprotective
Resveratrol	250-500 mg	Daily	Oral	SIRT1 activator; take with fat

DISCLAIMER: This guide is for educational purposes only. Dosages should be individualized by a qualified healthcare provider. Many peptides are investigational and not FDA-approved for the listed indications. Always verify current prescribing information and monitor patients appropriately.