

## **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