

PEPTIDE DOSAGE GUIDE



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PEPTIDE	BENEFIT	VIAL SIZE	RECONSTITUTE	DOSE	FREQUENCY	CYCLE	NOTE
Retatrutide	Weight Loss	10 mg	2 mL	500mcg –12 mg	Microdose Every Other Day 500mcg (Titrate Up As Need)	12–48 weeks	Triple agonist; microdose for fewer side effects
Semaglutide	Weight Loss	5 mg	2 mL	0.25–2.5 mg	Weekly	16+ weeks	Long-acting GLP-1
Tirzepatide	Weight Loss	10 mg	2 mL	500mcg–15 mg	Microdose Every Other Day 500mcg (Titrate Up As Need)	16+ weeks	Dual GIP/GLP-1 agonist
AOD-9604	Weight Loss	5 mg	2 mL BAC + .5mL Acetic Acid	300 mcg	5 Days on 2 Days Off	8 weeks	HGH fragment that promotes fat burning
Pramlintide	Weight Loss	5 mg	2 mL	30–60 mcg	3x daily (pre-meal)	12–16 weeks	Amylin analog that suppresses appetite
Liraglutide	Weight Loss	18 mg pen	N/A	0.6–3.0 mg	Daily	16+ weeks	GLP-1 agonist for weight loss (pre-filled pen,).
Adipotide	Weight Loss	5 mg	2 mL	0.5–1 mg	Daily	4 weeks	Experimental; targets fat cell blood supply
5-Amino 1 MQ	Weight Loss	5-25mg	3ml	250mcg-5mg (Sub) 50mg (Orally)	Daily	8 Weeks	Weight Loss and Fat Loss, Mitochondria function

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Cagrilintide	Weight Loss	10 mg	3 mL	0.25–0.5 mg	2–3×/week	8–12 weeks	Amylin analog; suppresses appetite
CJC-1295 DAC	Fat Loss/ Muscle	2 mg	2 mL	1–2 mg	Weekly	8–12 weeks	Long-acting GHRH analog steady GH
CJC-1295 No DAC	Fat Loss/ Muscle	5 mg	3 mL	100–250 mcg	5 Days on 2 Days Off	8–12 weeks	Short-acting GHRH analog for GH pulses
Ipamorelin	Fat Loss/ Muscle	10 mg	3 mL	300 mcg	5 Days On 2 Days Off (Night, Two Hours Fasted)	8–12 weeks	GH secretagogue with minimal side effects
Tesamorelin	Fat Loss/ Muscle	10 mg	3 mL	500 mcg's –2 mg	5 Days On 2 Days Off	8–12 weeks	Reduces visceral fat, improves metabolism
SLU-PP-332	Fat Loss/ Muscle	Capsules	N/A	250mcg to 1.5mg	5 Days On 2 Days Off	8–12 weeks	Reduces fat, increase endurance
GHRP-6	Muscle Growth	5 mg	3 mL	100–200 mcg	1–2× daily	8–12 weeks	Stimulates GH release and appetite
Follistatin-344	Muscle Growth	1 mg	1 mL	50 mcg	2–3×/week (IM)	8 weeks	Inhibits myostatin (IM).
GHRP-2	Muscle Growth	5 mg	3 mL	100–200 mcg	1–2× daily	8–12 weeks	GH release, less hunger than GHRP-6

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Vilon	Immune & Gut	5 mg	3 mL	5 mg	Daily	10–20 days	Mild immunomodulator (subQ).
VIP	Immune & Gut	5 mg	3 mL	50–100 mcg	Daily	2–3 months	Regulates inflammation
BPC-157	Recovery & Repair	10 mg	3 mL	250–500 mcg	Everyday	Take As Much As Needed	Accelerates tissue healing
Cartalax	Recovery & Repair	20mg	3 mL	100 - 300 mcg	Daily	20 to 40 days	joint health, repair and regeneration
TB-500	Recovery & Repair	10 mg	3 mL	1- 2mg	Every 2 Days	4–6 weeks	Regenerates tissue, reduces inflammation
Thymosin Beta-4	Recovery & Repair	10 mg	2 mL	2–5 mg	Weekly	4–6 weeks	Promotes regeneration
ARA-290	Recovery & Repair	5 mg	2 mL	4 mg	Daily	4–12 weeks	Improves nerve repair, reduces pain
Cerebrolysin	Cognitive	10 mL	N/A	1–5 mL	Daily	4–6 weeks	Neurotrophic blend for brain recovery
Dihexa	Cognitive	10 mg	2 mL	10–20 mg	Daily	4–8 weeks	Potent nootropic; enhances

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Epithalon	Longevity & Anti-Aging	10 mg	3 mL	1-5 mg	Daily	20 consecutive days	Telomerase activator, used in cycles
FOXO4-DRI	Longevity & Anti-Aging	10 mg	3 mL	2-10 mg	Bi-weekly	4 weeks	Experimental senolytic; rare and costly.
Humanin	Longevity & Anti-Aging	10 mg	3 mL	10 mg	1-2x/week	4-6 weeks	Cell protective mitochondrial peptide
MOTS-c	Longevity & Anti-Aging	10 mg	3 mL	500mcg to 5mg	2x/week	4 weeks	Metabolic regulator, mimics exercise
NAD+	Longevity & Anti-Aging	500/100 0 mg	4-6 mL	50-100 mg	2 - 3 Days Per Week	Ongoing	Cell energy coenzyme
SS-31	Longevity & Anti-Aging	10 mg	3 mL	500 mcg to 5 mg	Daily	4-8 weeks	Mitochondrial support
Vesugen	Longevity & Anti-Aging	20 mg	3 mL	1-5 mg	Daily	4 weeks	Supports vascular health
GHK-Cu	Longevity & Anti-Aging	50/100 mg	3-4 mL	2 mg	5 Days on 2 Days Off	6-8 weeks	Enhances skin regeneration
GLOW And KLOW	Longevity & Anti Aging	Blends Of 35mg+	3-5ML	1 to 3mg use GHK-CU to calculate	5 Day on 2 Off	6-8 Weeks	Skin and Repair
DSIP	Longevity & Anti-Aging	5 mg	2 mL	100-300 mcg	Nightly	4-8 weeks	Alternative to DSIP; enhances deep sleep

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FOXO4-DRI	Longevity & Anti-Aging	10 mg	3 mL	2-10 mg	Bi-weekly	4 weeks	Experimental senolytic; rare and costly.
Humanin	Longevity & Anti-Aging	10 mg	3 mL	10 mg	1-2x/week	4-6 weeks	Cell protective mitochondrial peptide
MOTS-c	Longevity & Anti-Aging	10 mg	3 mL	500mcg to 5mg	2x/week	4 weeks	Metabolic regulator, mimics exercise
NAD+	Longevity & Anti-Aging	500/100 0 mg	4-6 mL	50-100 mg	2 - 3 Days Per Week	Ongoing	Cell energy coenzyme
SS-31	Longevity & Anti-Aging	10 mg	3 mL	500 mcg to 5 mg	Daily	4-8 weeks	Mitochondrial support
Vesugen	Longevity & Anti-Aging	20 mg	3 mL	1-5 mg	Daily	4 weeks	Supports vascular health
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NMN	Longevity & Anti-Aging	Capsules	N/A	500mg to 1000mg	Daily	8 Weeks	Precursor For NAD and Mitochondria Function
Hexarelin	Muscle Growth	2 mg	1 mL	100 mcg	1–2× daily	4 weeks on / 4 off	Strong GH release, desensitizes quickly (subQ).
IGF-1 LR3	Muscle Growth	1 mg	1 mL	20–50 mcg	Daily	3–4 weeks	Anabolic; promotes muscle growth (subQ/IM).
Mechano Growth Factor (MGF)	Muscle Growth	2 mg	1 mL	200–400 mcg	2×/week	4–6 weeks	Stimulates muscle repair post-exercise (subQ/IM).
PEG-MGF	Muscle Growth	2 mg	1 mL	200–400 mcg	2×/week	4–6 weeks	Supports muscle repair post-workout (subQ/IM).
KPV	Immune & Gut	10 mg	2 mL	200–500 mcg	5 Days On 2 Days Off	8 weeks	Anti-inflammatory, gut repair (subQ).
LL-37	Immune & Gut	5 mg	2 mL	100 mcg	Daily	4–6 weeks	Antimicrobial and healing peptide (subQ).
Thymalin	Immune & Gut	20 mg	2 mL	10 mg	Daily	5–10 days	Restores immune balance (subQ).
Thymosin Alpha-1	Immune & Gut	10 mg	2 mL	1.5 mg's	Weekly (2×)	6–12 weeks	Boosts T-cell response (subQ).

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Hexarelin	Muscle Growth	2 mg	1 mL	100 mcg	1–2× daily	4 weeks on / 4 off	Strong GH release, desensitizes quickly (subQ).
IGF-1 LR3	Muscle Growth	1 mg	1 mL	20–50 mcg	Daily	3–4 weeks	Anabolic; promotes muscle growth (subQ/IM).
Mechano Growth Factor (MGF)	Muscle Growth	2 mg	1 mL	200–400 mcg	2×/week	4–6 weeks	Stimulates muscle repair post-exercise (subQ/IM).
PEG-MGF	Muscle Growth	2 mg	1 mL	200–400 mcg	2×/week	4–6 weeks	Supports muscle repair post-workout (subQ/IM).
KPV	Immune & Gut	10 mg	2 mL	200–500 mcg	5 Days On 2 Days Off	8 weeks	Anti-inflammatory, gut repair (subQ).
LL-37	Immune & Gut	5 mg	2 mL	100 mcg	Daily	4–6 weeks	Antimicrobial and healing peptide (subQ).
Thymalin	Immune & Gut	20 mg	2 mL	10 mg	Daily	5–10 days	Restores immune balance (subQ).
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Pinealon	Cognitive	20 mg	3 mL	2 mg	Daily	10–20 days	Neuroprotective peptide
Selank	Cognitive	20 mg	3 mL	500–1000 mcg	Daily	4–6 weeks	Anxiolytic and nootropic
Semax	Cognitive	20 mg	3 mL	500–1000 mcg	Daily	4–6 weeks	Enhances memory and focus
Kisspeptin	Sexual Health	5 mg	3 mL	100 mcg	Daily	4 weeks on 4 weeks off	Boosts GnRH and fertility
Oxytocin	Sexual Health	10 mg	2 mL	20–50 mcg	As needed	As needed	Enhances bonding/intimacy
PT-141	Sexual Health	10 mg	3 mL	500–1000 mcg	As needed	As needed	Boosts libido via MC-4R
Melanotan I	Skin and UV Protectin	10 mg	2 mL	250–500 mcg	Daily (initial)	2–4 weeks	Induces tanning, UV protection
Epitalon Amidate	Longevity & Anti-Aging	10 mg	3 mL	1-3 mg	Daily	10–20 days	Modified Epitalon;
Glutathione	Longevity & Anti-Aging	600 mg	4 mL	100mg	2 to 3x weekly	8-12 weeks	Detox, Inflammation, Skin