

THE PEPTIDE CHEAT SHEET

LEARN PEPTIDES A-Z WITH PEPTIDES DEMYSTIFIED: [HTTPS://JAYCAMPBELL.COM/PEPTIDES-DEMYSTIFIED-COURSE/](https://jaycampbell.com/peptides-demystified-course/)

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
Ipamorelin	Fat Loss	10 mg	3ml	300 mcg	9	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Tesamorelin	Fat Loss	5 mg	2ml	1mg	40	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off
AOD-9604	Fat Loss	5 mg	2ml	300mcg	11	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
Semaglutide	Fat Loss	3 mg	2ml	250mcg	17	AM	Once Per Week	8 weeks on, 8 weeks off
Tirzepatide	Fat Loss	10 mg	1ml	2.5mg	25	AM	Once Per Week	8 weeks on, 8 weeks off
Retatrutide	Fat Loss	5 mg	1ml	2mg	40	AM	Once Per Week	8 weeks on, 8 weeks off
MOTS-C	Fat Loss	5 mg	2ml	2mg	80	AM	Every 3rd day	2 weeks
Ipamorelin/CJC-1295 No DAC	Fat Loss	12mg/6mg	3ml	300mcg/150mcg	7.5	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
CJC-1295 No DAC	Longevity	10 mg	3ml	200mcg	6	PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Epitalon	Longevity	100 mg	3 ml	10mg	30	AM	3 days per week	3 weeks straight, once per year
Thyamlin	Longevity	100 mg	3 ml	5mg	15	AM	20 days straight	Once every 6 months
Melanotan 1	Cognitive Enhancement	10 mg	3 ml	250mcg	7.5	AM	2 days per week	8 weeks on, 8 weeks off
GHK-CU	Healing	100mg	3 ml	1.5mg	5	AM	Every day	8 weeks on, 8 weeks off
Thymosin-Alpha 1	Immunity	10 mg	3 ml	1.5mg	45	AM	2 days per week	8 weeks on, 8 weeks off
LL-37	Immunity	5 mg	2 ml	125mcg	5	AM	Every day	50 days straight, 4 weeks off
BPC-157	Healing	10 mg	3 ml	250mcg	7.5	AM/PM	Every day	8 weeks on, 8 weeks off
TB-500	Healing	10 mg	3ml	2mg	60	AM	Every other day	8 weeks on, 8 weeks off

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
PT-141	Sexual Health	10 mg	2ml	500mcg	10	30 minutes before sexual activity	As needed	As needed
Oxytocin	Sexual Health	10 mg	10 ml	50mcg	5	AM	As needed	As needed
SS-31	Longevity	10 mg	2 ml	500mcg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
IGF-1 LR3	Muscle Building	1mg	1 ml	50mcg	5	AM	10 days in a row	10 days on, 4 weeks off
DSIP	Sleep	5 mg	3 ml	100mcg	6	1-3 hours before bed	5 days on, 2 days off	8 weeks on, 8 weeks off
Kisspeptin	Sexual Health	5 mg	3 ml	100mcg	6	1 hour before bed	Every day	30 days on, 30 days off
VIP	Immunity	5 mg	5 ml	50 mcg	5	AM/PM	Every day	8 weeks on, 8 weeks off
KPV	Immunity	10 mg	3ml	250 mcg	7.5	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
NAD+	Longevity	500mg	2ml	100mg	40	AM	2-3 days per week	As needed
Semax OR NA Semax Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 weeks on, 8 weeks off
Selank or NA Selank Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 weeks on, 8 weeks off

Links and More

Get Peptides Demystified, my course made for beginners on how to use peptides with the amazing Jay Campbell:

- <https://jaycampbell.com/peptides-demystified-course/>

Get your leanest physique ever with the 30 Days 2 Shredz Video Masterclass, my course on fat loss with Jay Campbell:

- <https://jaycampbell.com/30d2s-masterclass/>

Get discounts on your favorite peptides and research chemicals:

- Limitless Life Nootropics (use code hunter15 for 15% off): <https://www.limitlesslifenootropics.com/?ref=njrh2m>
- Limitless Life Nootropics VIP Peptides FREE Account to purchase Tirzepatide, Semaglutide, Retatrutide, Tesamorelin, SS-31, PT-141, Tesofensine and Melanotan 1 (use code hunter15 for 15% off): <https://www.limitlesslifenootropics.com/vip-club-registration/?ref=njrh2m>
- Amino Asylum (use code hunter20 for 20% off): <https://aminoasylum.shop/shop/>

Hire me as your 1 on 1 optimization coach:

- <https://hunterwilliamscoaching.carrd.co/>

Schedule a 1-1 Call With Me:

- <https://hunterwilliamscall.carrd.co/>

Get A Custom Peptide Program Built By Me For Your Specific Goals

- <https://personalizedpeptideprotocol.carrd.co/>

Join the Fully Optimized Health private membership group with Jay Campbell and myself:

- <https://www.fullyoptimizedhealth.com/start-here>

Submit A Video Topic For My Next YouTube Video:

- <https://hunterwilliamsvideotopic.carrd.co/>