

THE PEPTIDE CHEAT SHEET

Learn Peptides A-Z With Peptides Demystified:

<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 | 10mg | 3ml | 300mcg | 9 | AM/PM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| Tesamorelin | Fat Loss | 5mg | 2ml | 1mg | 40 | AM/PM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| AOD - 9604 | Fat Loss | 5mg | 2ml | 300mcg | 11 | AM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| Semaglutide | Fat Loss | 3mg | 2ml | 250mcg | 17 | AM | Once Per Week | 8 weeks on, 8 weeks off |
| Tirzepatide | Fat Loss | 10mg | 1ml | 2.5mg | 25 | AM | Once Per Week | 8 weeks on, 8 weeks off |
| Retatrutide | Fat Loss | 5mg | 1ml | 2mg | 40 | AM | Once Per Week | 8 weeks on, 8 weeks off |
| MOTS - C | Fat Loss | 5mg | 2ml | 2mg | 80 | AM | Every 3rd day | 2 weeks |
| Ipamorelin / CJC - 1295 No DAC | Fat Loss | 12mg | 3ml | 300mcg | 7.5 | AM/PM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| CJC - 1295 No DAC | Longevity | 10mg | 3ml | 200mcg | 6 | PM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| Epitalon | Longevity | 100mg | 3ml | 10mg | 30 | AM | 3 days per week | 3 weeks straight, once per year |
| Thyamin | Longevity | 100mg | 3ml | 5mg | 15 | AM | 20 days straight | Once every 6 months |

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| Melanotan 1 | Cognitive Enhancement | 10mg | 3ml | 250mcg | 7.5 | AM | 2 days per week | 8 weeks on, 8 weeks off |
| GHK-CU | Healing | 100mg | 3ml | 1.5mg | 5 | AM | Every day | 8 weeks on, 8 weeks off |
| Thymosin - Alpha 1 | Immunity | 10mg | 3ml | 1.5mg | 45 | AM | 2 days per week | 8 weeks on, 8 weeks off |
| LL - 37 | Immunity | 5mg | 2ml | 125mcg | 5 | AM | Every day | 50 days straight, 4 weeks off |
| BPC - 157 | Healing | 10mg | 3ml | 250mcg | 7.5 | AM/PM | Every day | 8 weeks on, 8 weeks off |
| TB - 500 | Healing | 10mg | 3ml | 2mg | 60 | AM | Every other day | 8 weeks on, 8 weeks off |
| PT-141 | Sexual Health | 10mg | 2ml | 500mcg | 10 | 30 minutes before sexual activity | As needed | As needed |
| Oxytocin | Sexual Health | 10mg | 10ml | 50mcg | 5 | AM | As needed | As needed |
| SS-31 | Longevity | 10mg | 2ml | 500mcg | 10 | AM | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| IGF-1 LR3 | Muscle Building | 1mg | 1ml | 50mcg | 5 | AM | 10 days in a row | 10 days on, 4 weeks off |

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| DSIP | Sleep | 5mg | 3ml | 100mcg | 6 | 1-3 hours before bed | 5 days on, 2 days off | 8 weeks on, 8 weeks off |
| Kisspeptin | Sexual Health | 5mg | 3ml | 100mcg | 6 | 1 hour before bed | Every day | 30 days on, 30 days off |
| VIP | Immunity | 5 mg | 5ml | 50mcg | 5 | AM/PM | Every day | 8 weeks on, 8 weeks off |
| KPV | Immunity | 10 mg | 3ml | 250mcg | 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.limitlesslifenuootropics.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.limitlesslifenuootropics.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/>**



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