








Muscle +Brawn

Peptides Dosage Chart: Timing + Location + Stacks (40 Top); Medically reviewed by Dr. Mohammed Fouda; Written by Kumar Rathi; Updated On May 24, 2023

We spent 20+ hours reading research papers, perusing clinical websites and browsing research peptide brands to come up with the ULTIMATE express guide to current up-to-date medical literature on peptide usage, dosage, cycles timing, indications, forms, and studies.

For first time peptide users we know its daunting and intimidating, hopefully this gives you a better idea of what the f*** is going on with most peptides, but remember to exercise caution and consult with your doctor prior to any usage.

Below the individual peptides we’ve added sections on stacks, and we’ve also explained what all the columns mean below. If you want to learn more about an individual peptides click on it or view all our peptide guides below the peptide chart!

Peptides	 Studied Dosage	 Injection Site	 Typical Cycle Length	 Timing of Dose	 Use/Indication	 Forms	 Recent Studies
Click on peptide for full breakdown	*In accordance with the limited clinical trials and Reddit discussions*		*In accordance with the limited clinical trials and Reddit discussions*	*Based purely on user experiences*	*In accordance with the limited clinical trials and Reddit discussions*	*Based on what Peptide Vendors offer*	*Pubmed and Google Scholar*
Individual Peptides							
A							
Anamorelin	100 mcg/day	Not Applicable	12 Weeks	Before Meals	Cancer Cachexia, Appetite	Oral	[1] [2] [3]
ARA 290	5 mg/day	Subcutaneous (multiple skin sites)	4-5 Weeks	Variable	Neuropathic Pain	Injectable	[1] [2]
AOD 9604	300 mcg/day	Subcutaneous (multiple skin sites)	20 Days	In Morning- 30 mins prior to eating	Body Fat	Powders, Spray	[1] [2]
B							
BPC-157	1-10 mcg/kg of bodyweight	Subcutaneous, IM	4-12 Weeks	Before meal and before bed	Anti-inflammatory, Wound healing	Capsules, Injections, Sublingual and dermal Patches	[1] [2] [3]
C							
Cerebrolysin	Depends on the purpose of intake	IM, IV	Variable	No Specific Timing	Senile/Vascular Dementia, Cerebrovascular disorder	Injectable	[1] [2]
CJC 1295	30-60 mcg/day	Subcutaneous (multiple skin sites)	12 Weeks	Before bed- 2 hrs after last meal	Muscle growth, Fat loss	Injectable	[1] [2]
D							
DSIP	100-200 mcg/day	Subcutaneously, IV, IM	Variable	1-3 hours before bed	Irregular Circadian Rhythm, Insomnia	Powder	[1] [2] [3]

E							
Epitalon	5-10 mg	Subcutaneously, IV, IM	2-3 Weeks	Morning- 30 mins prior to eating	Anti-Aging	Capsule, Injectable Nasal Spray	[1] [2] [3]
F							
Follistatin 344	50-100 mcg/day	Subcutaneously, IV, IM	10-30 days	No Specific Timing	Muscle Growth, Endurance	Powder, Liquid	[1] [2] [3]
G							
GHK-CU	0.2 ml/day	Subcutaneous (multiple skin sites)	Variable	No Specific Timing	Wound Healing, Anti-inflammatory	Injectable, Transdermal	[1] [2]
GHRP-2	150-300 mcg/day	Subcutaneous(Abdomen)	12-14 Weeks	An hour before Meal	Muscle Growth, Rapid Healing	Injectable, Capsules	[1] [2] [3]
GHRP-6	100-150 mcg/day	Subcutaneous(Abdomen)	12-14 Weeks	30 Minutes Before Meal	Muscle Growth, Rapid Healing	Injectable, Capsules	[1] [2]
H							
Hexarelin	200-300 mcg/day	Subcutaneous(Abdomen)	12-16 Weeks	Before Meals	Muscle building, Fat loss, rapid recovery	Injectable, Tablets	[1] [2]
HGH Frag	200 mcg/day	Subcutaneous, IV	4-8 Weeks	Before Workout	Obesity, Muscle Mass	Injectable, Tablets	[1] [2] [3]
I							
IGF-1	20-100 mcg/day	Subcutaneous (multiple skin sites)	4 Weeks	After Workout	Lean Muscle Mass, Fat loss	Injectable	[1] [2] [3]
IGF-1 LR3	20-40 mcg/day	Subcutaneous (multiple skin sites)	4 Weeks	Before Workout	Muscle Mass, Bodybuilding	Injectable	[1] [2] [3]
Ipamorelin	200 mcg/day	Subcutaneous, IM	60-90 Days	Before bed- 2 hrs after last meal	Muscle growth, Fat loss	Injectable	[1] [2] [3]
K							
KPV	200-400 mcg/day	Subcutaneous (multiple skin sites)	4 Weeks	No Specific Timing	Anti-inflammatory, Wound healing	Injectable, Oral Sprays, Creams, Capsules	[1] [2]
Kisspeptin 10	5-10 mg/day	IV	4 Months	No Specific Timing	Infertility	Injectable, Capsules	[1] [2] [3]
L							
ll-37	100 mcg/day	Subcutaneous (multiple skin sites)	2-4 Weeks	No Specific Timing	Anti-microbial	Injectable	[1] [2]
Lenomorelin	7.5 mcg/kg of body weight	Subcutaneous (multiple skin sites)	10-12 Weeks	Before Meal	Appetite, Strength	Injectable	[1] [2] [3]
M							
Macimorelin	0.5 mg/kg of body weight	Not Applicable	Usually a single dose	8 hours of fasting before use	Fat loss, Muscle Mass	Oral Granules	[1] [2] [3]

Melanotan I	0.25-2 mg/day	Subcutaneous, IM	Variable	No Specific Timing	Skin tanning, Erythropoetic Protoporphyrria	Injectable, Nasal Sprays	[1] [2]
Melanotan II	0.25-2 mg/day	Subcutaneous, IM	Variable	No Specific Timing	Erectile Dysfunction & Skin Tanning	Injectable, Nasal Sprays	[1] [2] [3]
Mots-c	1ml/thrice weekly	Subcutaneous (multiple skin sites)	4 Weeks	No Specific Timing	Metabolic Felxibility, Osteroporosis	Injectable	[1] [2]
MGF	200 mcg/day	Subcutaneous (multiple skin sites)	4 Weeks	Before Workout	Muscles growth, Tissue Repair	Injectable	[1] [2]
P							
Peg MGF	5 mg/day	Subcutaneous (multiple skin sites)	4 Weeks	No Specific Timing	Endurance, Boosts Immune System	Injectable	[1]
Pentosan	100-250 mg/day	IM, Intra-auricular	1-6 Months	1-2 hrs after Meals	Cardiovascular Complications, Joint Pain	Injectable, Capsules, Oral Suspensions	[1] [2] [3]
PTD-DMB	30 ml/day	Not Applicable	Variable	No Specific Timing	Hair loss, Hair Regeneration	Hair Sprays	[1]
PT-141	1-2 mg	Subcutaneous (multiple skin sites)	8 times/month	1-5 hrs before intercourse	Libido & Erectile dysfunction	Injectable, Nasal Sprays, Pills	[1] [2] [3]
R							
RU 58841	50 mg/day	Not Applicable	Variable	After Showering- On dry hair	Hair Loss, Male Pattern Baldness	Powder, Liquid (Topical application)	[1] [2] [3]
S							
Semaglutide	0.25 mg/week	Subcutaneous (multipe skin sites)	4 Weeks	No Specific Timing	Weight Loss, Appetite	Injectable	[1] [2] [3]
Sermorelin	10-20 mcg/kg of body weight	Subcutaneous, IV	3-6 Months	Before bed	Muscle Mass, Fat Loss	Injectable	[1] [2] [3]
Semax	0.3-1 ml/twice weekly	Subcutaneous (multipe skin sites)	Variable	No Specific Timing	Neuroprotective, Stress-protective	Injectable	[1] [2] [3]
T							
TB 500	7.6 mg/week	IM, IV, Subcutaneous	2-6 Weeks	Once a Week	Anti-inflammatory & Muscle Growth	Capsules, Injectable, Patches	[1] [2] [3]
Tesamorelin	2 mg/day	Subcutaneous (multipe skin sites)	2 Months	Before bed- 2 hrs after last meal	HIV- lipodystrophy	Injectable	[1] [2] [3]
Thymosin Alpha-1	0.8-6.4 mg/twice weekly	Subcutaneous (multipe skin sites)	6-12 Months	No Specific Timing	Immunocomproised disorders, autoimmune diseases	Injectable, Nasal Sprays	[1] [2] [3]
Thymosin Beta-4	2-12 mg/day	IM, Subcutaneous	3-6 Months	Injected close to the site of injury	Wound healing, Anti-inflammatory	Powder, Injectable	[1] [2] [3]
V							

Vasoactive Intestinal Peptide	Depends on the purpose of intake	IV, Intracavernously	Variable	No Specific Timing	Anti-inflammatory, COPD, Pulmonary Arterial HTN	Injectable	[1] [2] [3]
Z							
Zn-Thymulin	1 ml/day	Subcutaneous, IM	Variable	At Night	Hair Loss, Hair pigmentation	Topical Use	[1] [2]
Peptide Stacks							
BPC-157= 500 mcg/day, TB-500= 5 mg/twice weekly	Subcutaneous, IM	4 Weeks	Before Meal	Healing, Protein Formation, Muscle Mass	Injectable		
Ipamorelin and CJC-1295	Ipamorelin= 150mcg/day, CJC-1295= 150mcg/day	Subcutaneous (multiple skin sites)	4 Weeks	Before Bed	Muscles Growth, Fat loss	Injectable	
Melanotan I and Melanotan II	Melanotan I= 0.25-2 mg/day, Melanotan II= 0.25-2 mg/day	Subcutaneous, IM	Variable	No Specific Timing	Skin Tanning, Erectile Dysfunction	Injectable, Nasal Sprays	
Ipamorelin and Sermorelin	Ipamorelin= 200-300mcg/day, Sermorelin= 200 mcg/day	Subcutaneous (multiple skin sites)	2-3 Months	Before Bed	Muscles Growth, Fat loss	Injectable	
GHRP-6, Sermorelin	GHRP-6= 100 mcg/day, Sermorelin= 100 mcg/day	Subcutaneous(Abdomen)	3 Months	Before Meal	Fat burn, Endurance, Muscle Mass	Injectable	
GHRP6 and CJC-1295	GHRP-6= 100 mcg/day, CJC-1295= 150mcg/day	Subcutaneous(Abdomen)	12 Weeks	Before Meal/Bed	Fat loss, Endurance, Strength	Injectable	
Semaglutide and AOD 9604	Semaglutide= 0.25 mg/week, AOD 9604= 300 mcg/day	Subcutaneous (multipe skin sites)	4 Weeks	Morning	Body Fat, Appetite, Muscle Mass	Injectable	
Epitalon and Thymalin	Epitalon= 5-10 mg/day, Thymalin= 10 mg/day	Subcutaneously, IV, IM	2-3 Weeks	Morning	Strong Immune system, Anti-aging, Anti-inflammatory	Injectable	



What Does Studied Dosage Mean?

The studied dose is the amount of a drug/agent which is proven most efficacious through multiple clinical trials. These trials help evaluate the optimum amount of a given drug that has maximum bioavailability and minimum to induce any negligible side effects.

It is therefore extremely crucial to abide by the correct dosage in order to mitigate the risk of developing any significant adverse effects at the expense of availing maximum benefits.

How Did We Find Typical Cycle Length?

Every peptide is cycled differently by various people. Cycle Length usually indicates the time period during which the drug starts showing its effects in the human body. For peptides, we referred to several clinical trials and user reviews to find the exact cycle length of each peptide.

How Did We Calculate the Timing of Dose?

There's always a specific time for the intake of the drug alongside certain other precautions. With right timings, you can ensure a drug/supplement's maximum bioavailability. In order to come up with the right time, we referred to user experiences/reviews as well as scientifically proven research.

What Does Use/Indication Mean?

Use/Indication highlights the purpose behind the intake of the chosen peptide. This is helpful for people to identify the most suitable peptide that would work for them and avoid the rest.

What Are the Recommended Forms to Use?

Recommended forms of peptides depend on the vendor as well as on its half life and bioavailability. Some drugs are only synthesized in injectable or capsule forms. Others can come in creams, skin patches, sprays etc.

While there may be different forms of peptide, it is usually the injectable form that provides the maximum bioavailability. However, injectable form is a strong contraindication in people with bleeding disorders or skin infections.

In general, the recommended form highly depends on the peptide that is being used.