

# Hunter Williams

## PEPTIDE AND BIOREGULATORS CHEAT SHEET

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	10 mg	2ml	1mg	20	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	2ml	0.5mg	10	AM	3x per week	8 weeks on, 8 weeks off or until goal weight is reached
Retatrutide	Fat Loss	10 mg	2ml	0.5mg	10	AM	3x per week	8 weeks on, 8 weeks off or until goal weight is reached
MOTS-C	Fat Loss	10 mg	2ml	1mg	20	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
Ipamorelin/CJC-1295 No DAC	Fat Loss	5mg/5mg	2ml	250mcg/250mcg	10	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	20 mg	2 ml	2mg	20	PM	Every day	20 days in a row, 3x per year
Thyamlin	Longevity	20 mg	2 ml	2mg	20	PM	Every Day	20 days in a row, 3x per year
Melanotan 1	Cognitive Enhancement	10 mg	2 ml	250mcg	5	AM	2 days per week	8 weeks on, 8 weeks off
GHK-CU	Healing	50 mg	3 ml	1.7mg	10	AM	Every day	8 weeks on, 8 weeks off
Thymosin-Alpha 1	Immunity	10 mg	2 ml	1.5mg	30	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
LL-37	Immunity	5 mg	2 ml	125 mcg	5	AM	Every day	50 days straight, 4 weeks off
BPC-157	Healing	10 mg	2 ml	500 mcg	10	AM/PM	Every day	8 weeks on, 8 weeks off
TB-500	Healing	10 mg	2 ml	500mcg	10	AM	Every 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	2 ml	250mcg	10	1-3 hours before bed	5 days on, 2 days off	8 weeks on, 8 weeks off
Kisspeptin	Sexual Health	5 mg	2 ml	125mcg	5	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	2 ml	500 mcg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
NAD+	Longevity	500mg	5 ml	100mg	100	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

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
BPC-157/TB-500 5mg/5mg blend	Healing	5mg/5mg	2ml	250mcg/250mcg	10	AM/PM	Every Day	8 weeks on, 8 weeks off
ARA-290	Healing/Neuropathy	15mg	1 ml	1.5mg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
FOXO4-DRI	Longevity	10 mg	2 ml	1mg	20	AM	5 days on, 2 days off	2 weeks, repeat 2-3 times per year
L-Carnitine	Muscle Building	600mg/ml in a 20ML bottle	N/A	200-600mg	33-100	AM	Every Day	As much as you want or need
Cagrilintide	Appetite Suppression	5 mg	2 ml	250mcg	10	AM	3 days per week	8 weeks on, 8 weeks off or as needed for appetite suppression
Follistatin 344	Muscle Building	1mg	2 ml	50mcg	10	30 minutes pre workout IM (intramuscular)	Training Days	8 weeks on, 8 weeks off
Tesamorelin/Ipamorelin Blend	Fat Loss/Muscle Building	6mg/2mg	2ml	300mcg/100mcg	10	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off

# Injectable BioRegulators

Bioregulator	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
Bronchogen	Lungs	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cardiogen	Heart	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cartalax	Joint Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Chonluten	Joint Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cortagen	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Livagen	Liver Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Ovagen	Liver/Stomach Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Pancragen	Pancreas Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Pinealon	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Prostamax	Prostate Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Testagen	Male Hormones	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year

# Injectable BioRegulators

Bioregulator	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
Testagen	Male Hormones	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Thymagen	Immune Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vesugen	Blood Flow/Vascular Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vesilute	Bladder/Prostate Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vilon	Thymus Health/Inflammation	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year

**NOTE: It is not recommended to use more than 5 bioregulators together at once**

# 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:

- BioLongevity Labs (use code Hunter10 for 10% off): <https://biolongevitylabs.com/>
- 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/>

Get The Bioregulator Cheat Sheet:

- [https://drive.google.com/file/d/1wRQpaAqtF9G1-hioVgAabqNY6JF0pZdZ/view?usp=drive\\_link](https://drive.google.com/file/d/1wRQpaAqtF9G1-hioVgAabqNY6JF0pZdZ/view?usp=drive_link)