

CJC / Sermorelin Injection Instructions

- Administer for 5 consecutive days or nights each week (5 days on, 2 days off).
- Ensure the injection is done on an empty stomach.
- Avoid eating for 1-2 hours after the injection.
- Recommended Injection Sites: Abdomen, Biceps, or Outer Thigh (refer to the diagram below).

Step 1

Clean the chosen area with an alcohol swab. Gently pinch a fold of skin at your selected injection site.

Step 2

Position the syringe at a 90-degree angle to the injection site.

Step 3

Swiftly insert the needle fully into the pinched-up fold of skin. Press the plunger down completely to administer the injection.

Step 4

Withdraw the needle at the same angle it was inserted. Release the skin fold. If there is minor bleeding, apply pressure to the area with a cotton ball or gauze. To minimize bruising, avoid rubbing the injection site.

Refer to the diagram below for the recommended injection sites.

TRT PEP

