

Peptide	Purpose	Dosing	Frequency	5mg Vial	10mg Vial	30mg Vial	Notes:
Weight Loss Peptides:							
<u>Semaglutide</u>	GLP-1 Agonist	(2-4 weeks at each)	Weekly		2ml bacteriostatic water		
	Weight loss	0.25mg	Week 1 - 4		5 units = .25mg		When desired weight is reached, used lowest dosage for maintenance
	Insulin Sensitivity	0.5mg	Week 5 - 8		10 units = .50mg		
		1mg	Week 9 - 12		20 units = 1.0mg		Best for those who want to loose less than <30 lbs
		1.7mg	Week 13 - 16		34 units = 1.7mg		
		2mg	Rarely reach this dose		48 = 2.4mg		
<u>Tirzepatide</u>	GLP-1 and GIP Agonist	(2-4 weeks at each)	Weekly	1ml bacteriostatic water	2ml bacteriostatic water	2ml bacteriostatic water	I will provide a MONTHLY link to purchase Tirz. Purchase enough for 4-6 weeks.
	Weight Loss	2.5mg	Week 1 - 4	50 units = 2.5mg	50 units = 2.5mg	16.7 units = 2.5mg	
	Insulin Sensitivity	5mg	Week 5 - 8	100 units = 5mg	100 units = 5mg	33.3 units = 5mg	When desired weight is reached, used lowest dosage for maintenance
		7.5mg	Week 9 - 13	150 units = 7.5mg	150 units = 7.5mg	50 units = 7.5mg	Best for those who want to loose more than >30 lbs
		10mg	Week 14 - 18	200 units = 10mg	200 units = 10mg	66.7 units = 10mg	
		12.5mg	Rarely reach this dose	250 units = 12.5mg	250 units = 12.5mg		
<u>CagriSema 5-5mg</u>	GLP-1 Agonist	(2-4 weeks at each)	Weekly		2ml bacteriostatic water		
	Weight loss	0.25mg	Week 1 - 4		5 units = .25mg		When desired weight is reached, used lowest dosage for maintenance
	Insulin Sensitivity	0.5mg	Week 5 - 8		10 units = .50mg		
		1mg	Week 9 - 12		20 units = 1.0mg		Best for those who want to loose less than <30 lbs
		1.7mg	Week 13 - 16		34 units = 1.7mg		
		2mg	Rarely reach this dose		48 = 2.4mg		
<u>Cagrilintide 10mg</u> Personally, I recommend CagriSema for Weight Loss: Results showed that in terms of weight loss, CagriSema injection significantly outperformed simepaglutide (5.1%) and cagrilintide (8.1%) by 15.6% of body weight loss.							
<u>Retatrutide</u>	GLP-1 and GIP Glucagon Receptor Agonism		Weekly		2ml bacteriostatic water		When desired weight is reached, used lowest dosage for maintenance
	Weight Loss	2.5mg	Week 1 - 4		50 units = 2.5mg		Best for those who want to loose more than >30 lbs
	Insulin Sensitivity	5mg	Week 5 - 8		100 units = 5mg		
		7.5mg	Week 9 - 13		150 units = 7.5mg		
		10mg	Week 14 - 18		200 units = 10mg		
		12.5mg	Rarely reach this dose		250 units = 12.5mg		
<u>BPC 157</u>	Healing soft tissue		Daily AM/PM		2ml bacteriostatic water		Treatment length: Not for long term 30 days to 8 weeks, followed by a 2-week,rest. Can repeat another cycle if needed
		3mg	Ideally 2x a day		12 units = 3mg. (6 units 2x a day)		

TB 500	Healing soft tissue	0.75mg	Daily AM for 20 days		2ml bacteriostatic water 15 units = .75mg		
GHK Cu	Skin, hair and nails improved		Daily		2ml bacteriostatic water with 50mg vial		Use with BPC-157 to lessen burning from the injection
		2mg			12 units = 2mg		1. Draw up 1mL bacteriostatic water and inject into a 10mg BPC-157 vial. 2. Draw up 3mL bacteriostatic water and inject into a 50mg GHK-cu vial. 3. Once reconstituted, draw 3 units of BPC-157 into a syringe + draw 12 units of GHK-cu into the same syringe before injecting. (I like using 0.3ml syringe for injections, it is easier to read the lines on the syringe) Doses: • 300mcg/0.3mg BPC-157 (3 units on all syringes). • 2000mcg/2mg GHK-CU (12 units on all syringes). • Draw BCP-157 into a syringe 1st, then draw GHK-cu into the same syringe.
CJC 1295/Ipamorelin	Muscle Growth		5 days on 2 days off for 30 days, PM		3ml bacteriostatic water w 5/5 vial		
	Fatloss	0.25mg	Week 1		7.5 units = 0.25mg		
	Recovery	0.3mg	After Week 1		9 units = 0.3mg		
Melanotan 2	Sun Tan	0.25-1mg	Daily (or 3x/week)		2ml bacteriostatic water		
	Libido				5 units = 0.25mg 10 units = 0.5mg		
MOTS-C	Weight Loss	5mg-10mg	Every 5-7 days		1ml bacteriostatic water		
Epithalon	Energy increase	1mg daily	Daily		50 units = 5mg		
	Anti Aging	or			100 units = 10mg		
	Fountain of Youth	10mg 3x per week for 3 weeks			1ml bacteriostatic water 10 units = 1mg		
DSIP	Delta Sleep Inducing Peptide	200mcg (0.2mg)	Daily (1-3 hrs before bed)	2.5ml bacteriostatic water	N/A		
				10 units = 200mcg			
Semax	Cognitive memory retention	500-1000mcg (0.5-1mg)	Daily	N/A	2ml bacteriostatic water 10 units = 500mcg		
	anti anxiety						
Selank	Cognitive Enhancement	100-300mcg	Daily	2.5ml bacteriostatic water			
	Emotional Balance	(0.1-0.3mg)		5 units = 100mcg 15 units = 300mcg			
PT 141	Sexual Enhancement	1-2mg	As needed		1ml bacteriostatic water 10 units = 1mg 20 units = 2mg		