THE ULTIMATE PEPTIDE
CHEAT SHEET

BY CRAIG BROCKIE, AUTHOR OF "ULTIMATE HEALTH"

Peptide: *a compound consisting of two or more amino acids linked together.*

Amino acids: *the building blocks of proteins that combine to form hormones, neurotransmitters, enzymes, bone, muscle, collagen, and more.*

DISCLAIMER

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Let's Get Started

1 RECONSTITUTION

One of the most common questions about peptides relates to reconstitution, which is the primary focus of this cheat sheet.

A general guideline is to use as little reconstitution solution as needed to fully dissolve the contents of your peptide vial, as minimizing the volume of injections can improve comfort.

To reconstitute vials, 3ml syringes are faster, but smaller syringes can also be used.

2 NEEDLES

For injection, these 0.5ml syringes are great for single peptides, or this 1ml syringe along with these removable needles when taking multiple peptides at once or in-jecting sensitive areas.

3 STERILIZATION

Alcohol wipes are important to use to wipe any surface before penetrating it with a needle.

4 AIR BUBBLES

Air bubbles are difficult to avoid completely without wasting some peptides. However, you can reduce air bubbles by holding the needle end up and flicking the syringe with your fingernail, then pushing out the excess air.

You can drive yourself crazy trying to get injections accurate to the exact unit. Wearing reading glasses can help. If you want even greater accuracy, consider using 0.3ml syringes.

5 VARIATIONS

If the number of milligrams in your vial varies from the chart below or the contents fail to fully dissolve, the PepCalc phone app can help you make the necessary adjustments.

Save 20% on all peptides at Limitless Biotech using promo code **CB20** at checkout.

Peptide	Purpose	Common Amount in Vial	Amount of Reconstruction Solution to Use	Typical Starting Dose	Units on Syringe for 1 Dose	Timing	Frequency	Duration
ARA-290	Nerve Pain	8mg	2ml	1-4mg	25 to 100	Anytime	Every day	30 days
AOD-9604	Fat Loss	5mg	2ml	250mcg	10	Twice Daily	5 days on, 2 days off	8 weeks on, 8 weeks off
BPC-157	Healing	10mg	3ml	250mcg	7.5	AM & PM	Daily	No set limit
Cerebrolysin	Cognitive Enhancement	1076mg	5ml	215mg	100	Anytime	Daily	4 weeks
DSIP	Sleep	5mg	3ml	100mcg	3	1-3 hours Before Bed	As needed	8 weeks on, 8 weeks off
Epitalon	Longevity	60 caps	N/A	3 caps	N/A	AM & PM	Daily	10 days, once per year
5-Amino 1MQ	Body Compos-ition & Energy	N/A	N/A	50-150mg	N/A	Anytime	Daily	30 days
FOX04-DRI	Energy/Longevity	10 mg	2ml	3mg	60	Anytime	Every 2nd day	6 days
GHK-CU (Copper Peptides)	Hair & Skin Health	100mg	3ml	1-2mg	3 to 6	Anytime	Daily	6 weeks on 3-4 times per year
Glutathione	Liver Health	500mg	2.5ml	100mg	50	Anytime	Up to 5x weekly	No set limit
Ipamorelin	Growth Hormone	5mg	3ml	100mcg	6	AM & PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Ipamorelin/CJC -1295 (No DAC)	Growth Hormone	12/6mg	3ml	200/100mcg	5	AM & PM	5 days on, 2 days off	8 weeks on, 8 weeks off
KPV	Inflammation, Skin & Gut Health	10mg	3ml	200-500mcg	6 to 15	Anytime	Daily	No set limit
LL-37	Antibiotic	5mg	2ml	100mcg	4	AM & PM	Every day	4-6 weeks
Melanotan 1	Skin Tan	10mg	3ml	200mcg	6	Anytime	Daily	As needed
MOTS-C	Fat Loss	5mg	2ml	2mg	80	AM	Every 3rd day	2 weeks
NAD+	Energy/Longevity	100mg	2ml	25mg	50	PM	Daily	4-5 weeks

Peptide	Purpose	Common Amount in Vial	Amount of Reconstruction Solution to Use	Typical Starting Dose	Units on Syringe for 1 Dose	Timing	Frequency	Duration
NMN	Energy/Longevity	N/A	N/A	500mg orally	N/A	Anytime	Daily	No set limit
Oxytocin	Empathy/ Recovery	10mg	10ml	100-200mcg	1-2 sprays	20 mins before intimacy & after workouts	1-2 daily	No set limit
PT-141	Sexual Arousal	10mg	2ml	2mg	40	1 hour before intercourse	Once every 3 days	No set limit
Selank	Anxiety/ Depression	30mg	10ml	900mcg	2 sprays	AM & PM	Twice daily	No set limit
Semaglutide	Fat Loss	5mg	3ml	250mcg	15	Anytime	Weekly	No set limit
Semax	Cognitive Enhancement	30mg	10ml	900mcg	3-sprays	AM	Daily	No set limit
Sermorelin	Growth Hormone	10mg	3ml	300mcg	9	Bedtime	5 days on, 2 days off	8 weeks on, 8 weeks off
SS-31	Metabolism	10mg	2ml	4mg	80	AM	Daily	4 weeks
TB-500	Healing	10mg	3ml	1mg	30	Anytime	Daily	Up to 3 months
Tesamorelin	Growth Hormone	10mg	2ml	1mg	20	AM & PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Tesofensine	Fat Loss, Mood	N/A	N/A	500mcg orally	N/A	AM	Daily	No data
Thymalin	Longevity	100mg	3mg	10mg	30	Anytime	Daily	10 days straight, every six months
Thymosin Alpha-1	Immunity	10mg	3ml	1.5mg	45	Anytime	Every 3rd day	No set limit
Tirzepatide	Fat Loss	10mg	2ml	2.5mg	50	Anytime	Weekly	No set limit
VIP	Many Benefits	5mg	10ml	100mcg	2 sprays	Anytime	Up to 4X daily	1-3 months

IMPORTANT: Always follow your health practitioner's directions for peptide use. The data above are only general guidelines based on available studies and protocols.

Some peptides are available by prescription. Others are only available as "research chemicals" and labeled "not for human consumption." These products are unregulated, and suppliers legally cannot provide direction for their use.

Look for peptides with third-party lab testing for purity and strength, evidenced by a valid certificate of analysis.

Rather Not Inject Yourself? Consider Peptide Capsules...

Learn about them by watching this video and clicking the product links below.

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Brain & Nervous

- Brain
- Vessels
- Liver

Cardiovascular System

- Heart
- Vessels
- Liver

Digestive System

- Stomach
- Pancreas
- Liver

Endurance & Immune

- Thymus
- Vessels
- Bone Marrow

Immune System

- Thymus
- Pineal Gland
- Bone Marrow

Men's Health

- Testes
- Prostate
- Adrenal

Musculoskeletal System

- Thymus
- Cartilage
- Parathyroid Gland

Respiratory System

- Vessels
- Thymus
- Bronchi

Sports/Recovery

- Vessels
- Cartilage
- Brain
- Thymus
- Muscles

Urinary System

- Urinary Bladder
- Kidney
- Thymus

Visual System

- Eyes
- Brain
- Vessels

Women's Health

- Ovarian
- Thyroid Gland
- Vessels

Directions: Take one capsule twice daily with or without food.

- For general health and longevity, take 1 or 2 of these products at a time for 10 consecutive days, repeating them every 3-6 months.
- For full body optimization, follow the above protocol to address all organs.
- To address a known condition, one product can be taken for 30 days or longer.

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