

THE PEPTIDE CHEAT SHEET

NOTE: For timing, AM/PM means you can do either AM AND PM or AM OR PM. Use your discretion based on your needs.

Peptide	Purpose	Amount In Vial	BAC Water To Reconstitute Whole Vial	Recommended Dosage	Units on 1ml Syringe / Dose	Timing	Frequency	Duration
Ipamorelin	Fat Loss	10 mg	3ml	300 mcg	9	AM/PM	5 days on, 2 days off	8 wks on, 8 wks off
Tesamorelin	Fat Loss	10 mg	2ml	1mg	20	AM/PM	5 days on, 2 days off	8 wks on, 8 wks off
AOD-9604	Fat Loss	5 mg	2ml	300mcg	11	AM	5 days on, 2 days off	8 wks on, 8 wks off
Semaglutide	Fat Loss	3 mg	2ml	250mcg	17	AM	Once Per Week	8 wks on, 8 wks off
Tirzepatide	Fat Loss	10 mg	2ml	0.5mg	10	AM	3x per week	8 wks on, 8 wks off or until goal weight reached
Retatrutide	Fat Loss	10 mg	2ml	0.5mg-1mg	10-20	AM	3-4x per week	8 wks on, 8 wks off or until goal weight reached
MOTS-C	Fat Loss	10 mg	2ml	1mg	20	AM	5 days on, 2 days off	8 wks on, 8 wks off
Ipamorelin/ CJC-1295 No DAC	Fat Loss	5mg/5mg	2ml	250mcg/ 250mcg	10	AM/PM	5 days on, 2 days off	8 wks on, 8 wks off

Peptide	Purpose	Amount In Vial	BAC Water To Reconstitute Whole Vial	Recommended Dosage	Units on 1ml Syringe / Dose	Timing	Frequency	Duration
CJC-1295 No DAC	Longevity	10 mg	3ml	200mcg	6	PM	5 days on, 2 days off	8 wks on, 8 wks off
Epitalon	Longevity	20 mg	2 ml	2mg	20	PM	Every day	20 days in a row, 3x per year
Thyamlin or Thymogen	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 wks on, 8 wks off
GHK-CU	Healing	50 mg	3 ml	1.7mg	10	AM	Every day	8 wks on, 8 wks off
Thymosin-Alpha 1	Immunity	10 mg	2 ml	1.5mg	30	AM	5 days on, 2 days off	8 wks on, 8 wks 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 wks on, 8 wks off
TB-500	Healing	10 mg	2 ml	500mcg	10	AM	Every Day	8 wks on, 8 wks off

Peptide	Purpose	Amount In Vial	BAC Water To Reconstitute Whole Vial	Recommended Dosage	Units on 1ml Syringe / Dose	Timing	Frequency	Duration
PT-141	Sexual Health	10 mg	2ml	500mcg	10	30 min 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 wks on, 8 wks 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 hrs before bed	5 days on, 2 days off	8 wks on, 8 wks off
Kisspeptin	Sexual Health	5 mg	2 ml	125mcg	5	1 hr before bed	Every day	30 days on, 30 days off
VIP	Immunity	5 mg	5 ml	50 mcg	5	AM/PM	Every day	8 wks on, 8 wks off
KPV	Immunity	10 mg	2 ml	500 mcg	10	AM	5 days on, 2 days off	8 wks on, 8 wks off
NAD+	Longevity	500mg	5 ml	100mg	100	AM	2-3 days per week	As needed
Semax / NA Semax Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 wks on, 8 wks off
Selank / NA Selank Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 wks on, 8 wks off

Peptide	Purpose	Amount In Vial	BAC Water To Reconstitute Whole Vial	Recommended Dosage	Units on 1ml Syringe / Dose	Timing	Frequency	Duration
BPC-157/TB-500 5mg/5mg blend	Healing	5mg/5mg	2ml	250mcg/ 250mcg	10	AM/PM	Every Day	8 wks on, 8 wks off
ARA-290	Healing/ Neuropathy	15mg	1 ml	1.5mg	10	AM	5 days on, 2 days off	8 wks on, 8 wks off
FOXO4-DRI	Longevity	10 mg	2 ml	1mg	20	AM	5 days on, 2 days off	2 weeks, repeat 2–3x per year
L-Carnitine	Muscle Building	600mg/ml 20ML btl	N/A	200–600mg	33–100	AM	Every Day	As needed
Cagrilintide	Appetite Suppression	5 mg	2 ml	250mcg	10	AM	3 days per week	8 wks on, 8 wks off or as needed
Follistatin 344	Muscle Building	1mg	2 ml	50mcg	10	30 min pre workout IM	Training Days	8 wks on, 8 wks off
Tesamorelin/ Ipamorelin Blend	Fat Loss/ Muscle	6mg/2mg	2ml	300mcg/ 100mcg	10	AM/PM	5 days on, 2 days off	8 wks on, 8 wks off
Triple Threat Blend (NAD+, MOTS-c, 5-Amino-1MQ)	Fat Loss/ Energy	100mg/10mg/ 10mg	2ml	10mg/1mg/ 1mg	20	AM	3–4 days per week	8 wks on, 8 wks off
GLOW Blend (GHK-cu, BPC-157, TB-500)	Healing/ Beauty	50mg/10mg/ 10mg	2ml	2.5mg/500mcg/ 500mcg	10	AM or PM	5 days on, 2 days off	8 wks on, 8 wks off
KLOW Blend (GHK-cu, BPC-157, TB-500, KPV)	Healing/ Recovery	50mg/10mg/ 10mg/10mg	2ml	2.5mg/500mcg/ 500mcg/500mcg	10	AM or PM	5 days on, 2 days off	8 wks on, 8 wks off
5-Amino-1MQ	Fat Loss/ Energy	10mg	2ml	1mg	20	AM	5 days on, 2 days off	8 wks on, 8 wks off
P21	Cognition/ Neuro	10 mg	2ml	250mcg	5	AM	3–4x per week	8 wks on, 8 wks off
PE-22-28	Cognition/ Mood	10 mg	2ml	250mcg	5	AM	3–4x per week	8 wks on, 8 wks off
Sermorelin	Hormonal Support/GH	10 mg	2ml	250mcg	5	PM (before bed)	Monday–Friday	8 wks on, 8 wks off
HCG	Hormonal Support	5000 iu	2ml	250–500 iu	10–20	AM	2–3x per week	As needed
HMG	Hormonal Support	75 iu	0.5ml	75 iu	50	AM	3x per week	As needed

BioRegulators

Bioregulator	Purpose	Amount In Vial	BAC Water To Reconstitute Whole Vial	Recommended Dosage	Units on 1ml Syringe / Dose	Timing	Frequency	Duration
Bronchogen	Lungs	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Cardiogen	Heart	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Cartalax	Joint Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Chonluten	Respiratory Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Cortagen	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Livagen	Liver Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Ovagen	Liver/Stomach Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Pancragen	Pancreas Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Pinealon	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Prostamax	Prostate Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year
Testagen	Male Hormones	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 mo on, 2 mo off, 2-3x per year

BioRegulators

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

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

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