



PEPTIDE DOSING GUIDE

Find your Peptide Then Use The Dosing Calculator

Peptide	Benefit	Vial Size	How Much BAC to Add	Dosing	Frequency	Cycle	Note
Retatrutide	Weight Loss	10 mg	3 ml	0.5–3.0 mg	Microdose every Other Day	8 - 16 weeks	Triple agonist; microdose for fewer side effects
Tirzepatide	Weight Loss	10 mg	3 ml	500 mcg–15 mg	Microdose Or Weekly	8-16 weeks	Dual GIP/GLP-1 agonist
Semaglutide	Weight Loss	18 mg pen	3Ml or Pen	0.25–2.5 mg	Weekly	16 + weeks	Long-acting GLP-1
AOD-9604	Weight + Fat Loss	10 mg	2 mL BAC+ 1ML acetic Acid	500 mcg	Daily	8 weeks	HGH fragment that promotes fat burning
Sermorelin	Muscle Growth	5 mg	3 mL	500 mcg	2-3x/week	8 weeks	Growth hormone release
BPC-157	Recovery & Repair	10 mg	3 ml	250–500 mcg	Everyday	Take as much as needed	Accelerates tissue healing
TB-500	Recovery & Repair	10 mg	3 ml	1–2 mg	Every 2 days	4–6 weeks	Regenerates tissue, reduces inflammation
Thymosin Alpha-1	Immune & Gut	5 mg	2 ml	1.5 mg's	Weekly (2x)	6–12 weeks	The BPC-157 of immunity. Great for immune system



PEPTIDE DOSING GUIDE

Find your Peptide Then Use The Dosing Calculator

Peptide	Benefit	Vial Size	How Much BAC to Add	Dosing	Frequency	Cycle	Note
Tesamorelin	Fat Loss / Muscle	10 mg	3 ml	500 mcg's – 2 mg	5 days on / 2 days off	8–12 weeks	Reduces visceral fat, improves metabolism
CJC-1295	Fat Loss / Muscle	10 mg	3 ml	100–250 mcg	5 days on / 2 days off	8–12 weeks	Short-acting GHRH analog for GH pulses
KPV	Immune & Gut	10 mg	2 ml	200–500 mcg	5 days on / 2 days off	8 weeks	Anti-inflammatory, gut repair (subQ)
Ipamorelin	Fat Loss / Muscle	10 mg	3 ml	300 mcg	5 days on / 2 days off (night, two hours fasted)	8–12 weeks	GH secretagogue with minimal side effects
MOTS-C	Longevity & Anti-Aging	10 mg	3 ml	500 mcg to 5 mg	2×/week	4 weeks	Metabolic regulator, mimics exercise
NAD+	Longevity & Anti-Aging	500/1000 mg	5-7 mL	50–100 mg	2-3 days per week	Ongoing	Cell energy coenzyme
GHK-Cu	Longevity & Anti-Aging	50/100 mg	3-4 mL	2 mg	5 days on / 2 days off	6–8 weeks	Enhances skin regeneration
GLOW and KLOW	Longevity & Anti-Aging	Blends of 35mg+	3–5 mL	1 to 3 mg (use GHKCu to calculate)	5 day on / 2 off	6–8 weeks	Skin and repair