



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	2–3×/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 (2×)	6–12 weeks	The BPC-157 of immunity. Great for immune system



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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