

# Reconstituion Guide



## **How to Reconstitute Peptides**

### **What You Need:**

- Peptide vial (powder)
- Bacteriostatic Water
- 1–3 mL syringe with a mixing needle for injecting BAC Water
- Alcohol wipes
- Insulin syringe (for subcutaneous dosing on researcher)



### **Step 1: Clean Up**

1. Wash your hands.
2. Pop top off of BAC Water and Peptide Vial
3. Clean the tops of both with alcohol pad.



### **Step 2: Add BAC Water to Peptide**

1. Use the larger syringe to draw up bacteriostatic water.
2. Slowly inject the water into the peptide vial, aiming the stream down the side (not directly onto the powder).
3. Let it sit and gently swirl until the powder fully dissolves.

 **DO NOT SHAKE.**



### **Step 3: Drawing a Dose (NOT injecting into your body yet)**

1. Wipe the top of the peptide vial with an alcohol pad.
2. Use an insulin syringe to draw your dose
3. Pull back slowly and check for bubbles. Tap them out if needed. (bubbles are not harmful if there are a few)





#### ♥ **Step 4: Inject the Peptide (Subcutaneously)**

1. Clean a small section of your skin with alcohol pad
2. Pinch a small section of skin on your lower belly (or thigh).
3. Insert the insulin needle at a 45–90° angle depending on body fat.
4. Slowly push the plunger all the way down.
5. Withdraw the needle and apply a small piece of gauze or alcohol pad if needed.

Dispose of the needle in a sharps container or a safe hard container (never throw in the trash directly).



#### 🧊 **Step 5: Storing the Reconstituted Peptide**

- Immediately refrigerate the mixed peptide vial after reconstituting.
- Store between 36°F–46°F (2°C–8°C) — the typical fridge range.
- Avoid freezing or leaving it out for extended periods.
- Shelf life is usually 30 days once mixed
- Keep the vial upright and avoid unnecessary shaking or movement.

