

Peptide Reconstitution Guide

How to mix any peptide vial with bacteriostatic water. Print this card and keep it next to your supplies.

$$\text{mg in vial} \div \text{mL BAC water} = \text{concentration (mg/mL)}$$

Then: desired dose (mcg) $\div$ concentration (mcg/mL) $\times$ 100 = syringe units to draw

Skip the math: peptideschedule.com/tools/reconstitution-calculator

Step-by-Step

- 1 Clean the vial stopper with an alcohol swab.
- 2 Draw your chosen BAC water volume into the syringe.
- 3 Insert needle into vial. Inject water slowly down the side.
- 4 Gently roll or swirl. Never shake: it denatures the peptide.
- 5 Wait until fully dissolved. Solution should be clear, no particles.
- 6 Refrigerate immediately at 2-8°C. Store upright, away from light.

Units to Draw

VIAL + BAC	MCG/ML	250	500	1000	2000
5 mg / 1 mL	5,000	5	10	20	40
5 mg / 2 mL	2,500	10	20	40	80
10 mg / 1 mL	10,000	2.5	5	10	20
10 mg / 3 mL	3,333	7.5	15	30	60
15 mg / 2 mL	7,500	3.3	6.7	13.3	26.7
30 mg / 5 mL	6,000	4.2	8.3	16.7	33.3

Dose in mcg across the top. Numbers are units on a U-100 syringe. Same concentration means the same draw: a 10 mg vial in 2 mL matches a 5 mg vial in 1 mL.

Safety Checklist

- ☐ Wash hands before handling vials and syringes
- ☐ Use a new sterile syringe for reconstitution
- ☐ Use a separate syringe for injection
- ☐ Swab injection site with alcohol
- ☐ Rotate injection sites daily (abdomen, thigh)
- ☐ Store reconstituted peptide refrigerated (2-8°C)
- ☐ Discard if cloudy, discolored, or past its stability window
- ☐ Never reuse needles or share vials

Insulin Syringe Types

SYRINGE	UNITS	BEST FOR
U-100 (1mL)	100	Standard, most common for peptides
0.5mL U-100	50	Mid-range doses, easier to read
0.3mL U-100	30	Precision, best for low mcg doses

Storage

Before mixing: Room temperature or refrigerated. Keep the powder dry and sealed.

After mixing: Refrigerate at 2-8°C (36-46°F). Keep upright, away from light.

Never: Freeze reconstituted peptides. Heat and light degrade them.

How long it lasts: Stability varies by compound, from hours to months. Look yours up at peptideschedule.com/peptides before relying on a date.

Free Tools

Reconstitution Calculator
peptideschedule.com/tools/reconstitution-calculator

Dosage Calculator (150 peptides)
peptideschedule.com/calculator

Unit Converter (mcg/mg/IU)
peptideschedule.com/tools/unit-converter

Half-Life Chart
peptideschedule.com/tools/half-life-chart

For educational and reference purposes only. This is not medical advice. Consult a qualified healthcare provider before starting any peptide protocol. All dosing data is cross-referenced against published research and community protocols.