Peptide Reconstitution Guide

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

mg in vial ÷ mL BAC water = concentration (mg/mL)

Then: desired dose (mcg) ÷ concentration (mcg/mL) × 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.