

The Peptide Cheat Sheet

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Peptide	Purpose	Amount In Vial	BAC Water (ml)	Dosage	Units (1ml Syringe)	Timing	Frequency	Duration
Ipamorelin	Fat Loss	10mg	3ml	300mcg	9	AM	5d on, 2d off	8w on, 8w off
Tesamorelin	Fat Loss	5mg	2ml	1mg	40	AM	5d on, 2d off	8w on, 8w off
AOD-9604	Fat Loss	5mg	2ml	300mcg	11	AM	5d on, 2d off	8w on, 8w off
Semaglutide	Fat Loss	10mg	2ml	250mcg	17	AM	Once/week	8w on, 8w off
Tirzepatide	Fat Loss	10mg	2ml	2.5mg	80	AM	Once/week	8w on, 8w off
Ipamorelin/CJC-1295	Fat Loss	12mg	3ml	300mcg	7.5	AM/PM	5d on, 2d off	8w on, 8w off
CJC-1295 No DAC	Fat Loss	12mg	3ml	200mcg	5	AM/PM	5d on, 2d off	8w on, 8w off
Epitalon	Longevity	100mg	3ml	10mg	30	AM	3d/year	3 weeks/year
Thymalin	Longevity	100mg	3ml	5mg	15	AM	20d straight	Every 6 months
Melanotan 1	Cognitive	10mg	3ml	250mcg	7.5	AM	2d/week	8w on, 8w off
Thymosin Alpha-1	Immunity	10mg	3ml	1.5mg	45	AM	2d/week	8w on, 8w off
LL-37	Immunity	5mg	2ml	125mcg	5	AM	50d straight	8w off
BPC-157	Healing	10mg	3ml	250mcg	7.5	AM/PM	Every day	8w on, 8w off
TB-500	Healing	10mg	3ml	2mg	60	AM	Every other day	8w on, 8w off