

## ChatGPT for Peptide Help (Made Simple)

You got peptides. You need to know how to dose them. Cool. Here's how to get ChatGPT (or any AI) to generate simple, clear plan that makes sense.

### Just Copy/Paste This:

Hey ChatGPT — you're a peptide coach with access to real science.  
Give me a simple, safe protocol for [insert peptide name].

Tell me:

- How to mix it (assume I'm using 3ml bac water unless I say otherwise)
- How much to take (in mg, mcg, or insulin syringe units)
- When to take it (time of day, days per week)
- How long to take it
- What it stacks well with
- Any side effects I should know about

About me:

- Age: [your age]
- Weight: [your weight]
- Sex: [M/F]
- Goals: [fat loss, muscle, healing, skin, anti-aging, etc.]
- Experience level: [beginner, intermediate, advanced]
- Other stuff I'm taking: [list it or say "none"]

Make it easy to read — bullet points, not science class.

### Example (Don't overthink it):

I'm 42, female, 145 lbs. I want fat loss and skin benefits. I'm using BPC-157 already.  
Beginner with peptides. What's a safe dose for GHK-Cu?

### Pro Tips:

- Short is fine — give ChatGPT the basics, it'll fill in the rest.
- Ask follow-ups!

### Real Talk

ChatGPT isn't a doctor. This is based on published research and real-world protocols. You're responsible for what you put in your body. Be smart.