

Research and Utilization Guidance

Research for specific compounds is widely available online. One of the simplest and most effective methods is to utilize ChatGPT (or similar AI tools) to gather and summarize available research.

Best practices for using AI to explore peptide usage include:

1. Identify the **compound name** clearly (e.g., Tirzepatide, Tesamorelin).
2. Note the **amount of compound per vial** – this is usually listed in milligrams (e.g., 10mg, 20mg).
3. Determine the **volume of bacteriostatic water used to reconstitute** – typically 3cc (3 milliliters).
4. Clearly define your **personal goals** (e.g., fat loss, muscle growth, anti-aging, GH release).

Then, prompt the AI with something like:

'Please give me recommended dosing protocols and best practices for [compound name], XXmg vial diluted with 3cc of bac water. Goal: [insert goal]. What does the research say? Please ask any clarifying questions prior to generating recommendations'

This method provides detailed, goal-specific responses while helping you understand the latest research without violating any usage policies or assuming clinical advice.