




















MODDO LABS

Protocol Master Reference

Research Use Only — Not for Human or Animal Use

DAILY DOSING SCHEDULE

Compound	Units	Volume	Dose	Timing
 AOD-9604	10 units	0.1 mL	250 mcg	Morning (fasted)
 Tesamorelin	20 units	0.2 mL	1 mg	Morning (fasted)
 MOTS-c	10 units	0.1 mL	1 mg	Morning (fasted)
 Semax	10 units	0.1 mL	500 mcg	Morning
 Selank	10 units	0.1 mL	500 mcg	Morning
 Wolverine (BPC+TB)	20 units	0.2 mL	1 mg	Post-workout
 GHK-Cu	10 units	0.1 mL	1 mg	Post-workout
 AICAR	50 units	0.5 mL	5 mg	Pre-workout (training days)
 NAD+	50 units	0.5 mL	100 mg	Midday
 SS-31	10 units	0.1 mL	0.5 mg	Midday
 KPV	10 units	0.1 mL	0.5 mg	Midday
 Glutathione	20 units	0.2 mL	300 mg	Midday
 Adamax	10 units	0.1 mL	0.5 mg	Midday
 Retatrutide	50 units	0.5 mL	10 mg	Sunday (weekly)
 Cagrilintide	20 units	0.2 mL	1 mg	Wed/Thu (weekly bridge)
 HCG	10 units	0.1 mL	250 IU	2–3x per week
 HGH	20 units	0.2 mL	2.4 IU	Before bed
 Epithalon	50 units	0.5 mL	5 mg	Before bed (cycled)
 DSIP	10 units	0.1 mL	250 mcg	Before bed

* AICAR: Training days only — pre-workout. Not daily.



RECONSTITUTION GUIDE (All use 2 mL BAC unless noted)

Compound	Vial Size	BAC Water	Concentration	10u = 0.1mL	Dose Units
Wolverine Blend	20 mg	4 mL	5 mg/mL	0.5 mg	20 units
AOD-9604	5 mg	2 mL	2.5 mg/mL	250 mcg	10 units
NAD+	1000 mg	5 mL	200 mg/mL	20 mg	50 units
HGH	24 IU	2 mL	12 IU/mL	1.2 IU	20 units
GHK-Cu	50 mg	5 mL	10 mg/mL	1 mg	10 units
Selank	10 mg	2 mL	5 mg/mL	500 mcg	10 units
Semax	10 mg	2 mL	5 mg/mL	500 mcg	10 units
Epithalon	10 mg	1 mL	10 mg/mL	1 mg	50 units
HCG	5000 IU	2 mL	2500 IU/mL	250 IU	10 units
Retatrutide	30 mg	1.5 mL	20 mg/mL	2 mg	50 units
Cagrilintide	10 mg	2 mL	5 mg/mL	500 mcg	20 units
AICAR	50 mg	2 mL	25 mg/mL	2.5 mg	50 units = 5mg*
MOTS-c	20 mg	2 mL	10 mg/mL	1 mg	10 units
SS-31	10 mg	2 mL	5 mg/mL	500 mcg	10 units
KPV	10 mg	2 mL	5 mg/mL	500 mcg	10 units
Adamax	10 mg	2 mL	5 mg/mL	500 mcg	10 units
Tesamorelin	10 mg	2 mL	5 mg/mL	500 mcg	20 units
Glutathione	1500 mg	5 mL	300 mg/mL	30 mg	20 units = 300mg
DSIP	5 mg	2 mL	2.5 mg/mL	250 mcg	10 units

* AICAR 50mg vial: 2 mL BAC = 25 mg/mL. 50 units = 0.5 mL = 5 mg per session (training days).

* HCG: 5000 IU vial + 2 mL BAC = 2500 IU/mL. 10 units = 0.1 mL = 250 IU.

⚡ EASY SHOT SYSTEM

Units	Compounds	Doses
10 UNITS	AOD / GHK-Cu / Selank / Semax / MOTS-c / SS-31 / KPV / Adamax / DSIP / HCG	AOD→250mcg GHK-Cu→1mg Selank→500mcg Semax→500mcg MOTS-c→1mg SS-31→500mcg KPV→500mcg Adamax→500mcg DSIP→250mcg HCG→250IU
20 UNITS	Wolverine / HGH / Cagrilintide	Wolverine→1mg HGH→2.4IU Cagrilintide→1mg
50 UNITS	NAD+ / Epithalon / Retatrutide / AICAR	NAD→100mg Epithalon→5mg Retatrutide→10mg AICAR→5mg (training days)

🔄 CYCLING & FREQUENCY GUIDE

Compound	Frequency	Cycle On	Notes
Retatrutide	Weekly	Ongoing	Sunday dose — do not stop mid-cycle
Cagrilintide	Weekly	Ongoing	Wed/Thu bridge for Reta fade
HCG	2–3x/week	Ongoing	Consistent day each week
HGH	5 on / 2 off	Ongoing	Always before bed
AOD-9604	5 on / 2 off	8–12 wk on, break	Cycle off for equal time
Wolverine	5 on / 2 off	Ongoing	Daily during injury/acute phase ok
GHK-Cu	5 on / 2 off	Ongoing	
NAD+	5 on / 2 off	Ongoing	Morning/midday only
Semax	5 on / 2 off	Ongoing	5/2 prevents tolerance
Selank	5 on / 2 off	Ongoing	
Epithalon	Cycled	10–20 days on	Long break of weeks/months after
AICAR	Training days	4–6 wk on, break	Pre-workout only — mTOR consideration
MOTS-c	5 on / 2 off	Ongoing	Pairs well with AOD
SS-31	5 on / 2 off	Ongoing	
KPV	5 on / 2 off	Ongoing	
Adamax	5 on / 2 off	4 wk on / 2 off	Consider longer cycle breaks
Tesamorelin	5 on / 2 off	Ongoing	Morning fasted — potent GH releaser
Glutathione	5 on / 2 off	Ongoing	Midday subQ — antioxidant/detox
DSIP	5 on / 2 off	As needed	Can use PRN for sleep

