

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.