



TARGET DOSING RECONSTITUTION

Prime Life Consultation is not a medical clinic and does not provide medical advice, diagnosis, or treatment, including guidance on medications. This chart is for informational and example purposes only.

All protocols should be reviewed and discussed with a qualified healthcare professional before use.

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DOSING DEFINITIONS (CHEAT SHEET)

SIMPLE SUMMARY

1. **Dose** = how much
2. **Dosage** = how you use it
3. **Cycle** = how long
4. **Units** = how you measure it

DOSE: The amount of a substance taken at one time. Example: 500 mcg per injection

DOSAGE: The plan of how a substance is taken, including:

- amount (dose)
- frequency (how often)
- duration (how long)

Example: 500 mcg daily for 4 weeks

FREQUENCY: How often the dose is taken. Examples:

- Once daily
- Twice daily
- Weekly

CYCLE: The length of time a compound is used, often followed by a break. Example: 8 weeks on, 4 weeks off

TITRATION: Gradually increasing or adjusting the dose over time. Used to reduce side effects or find optimal level

LOADING DOSE: A higher initial dose used to reach effects faster. Followed by lower maintenance dosing

MAINTENANCE DOSE: The ongoing dose used after initial phase. Keeps results stable

MICRODOSE: A very small dose, often below standard levels. Used for subtle or gradual effects

THERAPEUTIC RANGE: The dose range where effects are beneficial without excessive side effects

STACKING: Using multiple compounds together for combined effects

RECONSTITUTION: Adding liquid (BAC water) to a powder to prepare it for use

CONCENTRATION: How much substance is in each volume. Example: 5 mg/mL

UNITS (INSULIN SYRINGE): Measurement on a syringe:

- 100 units = 1 mL
- 10 units = 0.1 mL

MG (MILLIGRAM): 1/1000 of a gram. Common for peptides and medications

MCG (MICROGRAM): 1/1000 of a milligram. 1000 mcg = 1 mg

UNIVERSAL FORMULA

5 units = 0.05 mL

10 units = 0.10 mL

20 units = 0.20 mL

50 units = 0.50 mL

100 units = 1.00 mL

| Mixing | |
|--------|-----------|
| Vial | BAC Water |
| 10 mg | 1 ml |
| 20 mg | 2 ml |
| 30 mg | 3 ml |
| 50 mg | 5 ml |

HERE IS A SIMPLE CALCULATOR

Particle Peptide¹ is an excellent resource for mixing peptides.

[Particle Peptides](#)

PRO TIP: Keep same concentration across all peptides

Makes everything:

- easier to track
- harder to mess up
- faster to use

FULLY STRUCTURED PROTOCOL REFERENCE CHART

Please note that all information provided is intended strictly for qualified laboratory research professionals; these materials are not approved for human or animal consumption. Effective research often requires precise cycling and dedicated "wash-out" periods to maintain subject stability. Because biological signaling is complex, it is essential to consult with a healthcare professional before integrating

¹ (Peptides Calculator, 2026)

any new elements into a wellness or research protocol. The tables below are based on research and not intended as a guide.

CORE PEPTIDES:

| Product | Vial | BAC Water | Frequency | Common Dose | Units (U-100) |
|---------------------|----------|------------|---------------|----------------|----------------|
| 5-amino-1MQ | 20 mg | 2 mL | Daily | 150–300 mcg | 1.5–3 units |
| BPC-157 | 10 mg | 2 mL | Daily | 250–500 mcg | 5–10 units |
| TB-500 | 10 mg | 2 mL | 3 x week | 500 mcg (2 mg) | 10 units |
| BPC + TB Stack | 10/10 mg | 2 mL total | Daily | 250 mcg each | 10 units |
| KLOW | 10 mg | 2 mL | 3 x week | 500 mcg | 10 units |
| GHK-Cu | 50 mg | 5 mL | Daily | 1–2 mg | 10–20 units |
| KPV | 10 mg | 2 mL | Daily | 250–500 mcg | 5–10 units |
| MT-2 (Melanotan II) | 10 mg | 2 mL | 3 x week | 250–500 mcg | 5–10 units |
| MOTS-c | 20 mg | 2 mL | 1 x week | 5000 mcg | 50 units |
| Retatrutide | 10 mg | 1 mL | 1 x week | Increase | 15 units start |
| Selank | 10 mg | 2 mL | Daily | 250–500 mcg | 5–10 units |
| Semax | 10 mg | 2 mL | Daily | 250–500 mcg | 5–10 units |
| Tesamorelin | 5 mg | 1.25 mL | 1xDaily/5days | 2 mg | 25 units |

LIQUID (NO MIX)

| Product | Concentration | Dose Example | Units |
|-------------|---------------|--------------|-----------|
| Clen | 100 mcg/mL | 40 mcg | 40 units |
| L-Carnitine | 500 mg/mL | 500 mg | 100 units |
| Kybella | 10 mg/mL | varies | — |
| PDRN | 6 mg/mL | varies | — |
| Placenta | 60 mg/mL | varies | — |

IMPORTS (⚠️ 20% LESS POTENCY ADJUSTMENT) INCREASE DOSE ~20% IF ACCOUNTING FOR LOSS

| Product | Vial Size | BAC Water | Concentration | Typical Range | Adjusted Units |
|----------------|-----------|-----------|---------------|---------------|----------------|
| BPC-157 | 10 mg | 2 mL | 5 mg/mL | 250–500 mcg | 6–12 units |
| Ipamorelin | 10 mg | 2 mL | 5 mg/mL | 200–300 mcg | 6–8 units |
| Ipamorelin/CJC | 10 mg | 2 mL | 5 mg/mL | 200–300 mcg | 6–8 units |
| Epithalon | 10 mg | 2 mL | 5 mg/mL | 1–2 mg | 24–48 units |
| Pinealon | 20 mg | 4 mL | 5 mg/mL | 1–2 mg | 24–48 units |
| DISP | 15 mg | 3 mL | 5 mg/mL | ~1 mg | 24 units |
| CJC-1295 | 5 mg | 1 mL | 5 mg/mL | 1–2 mg | 24–48 units |
| CJC-1295 | 10 mg | 2 mL | 5 mg/mL | 1–2 mg | 24–48 units |

STACKING

Stacking refers to combining multiple compounds or therapies in a coordinated way to achieve a more effective overall result than using a single product alone². The idea is that each component in the stack serves a different role such as improving metabolism, supporting recovery, or enhancing energy so they work together synergistically rather than redundantly.

The research supports the idea that coordinated "vertical wellness plans" which align nutrition and mechanical stress with targeted peptide signaling and offer a more sophisticated and effective approach to longevity and performance than traditional, single-track supplementation³.

When done thoughtfully, stacking can help target multiple pathways at once, but it also requires careful planning to avoid overlap, excessive dosing, or unwanted interactions. For that reason, stacks should always be kept simple at first and reviewed with a qualified healthcare professional.

| Product | Typical Mix | Example BAC Water | Example Dose | Cycle Timing | Stack Notes |
|-------------------|--------------|-------------------|-------------------|------------------------|-------------------|
| Samino-1mq | 5 mg/mL | 21mg → 4.2 mL | 0.1 mL (500 mcg) | Daily (4–8 wks) | Stack with GLP-1s |
| BPC-157 | 5 mg/mL | 5mg → 1 mL | 0.04–0.1 mL | Daily (2–6 wks) | Stack TB500 |
| BPC+TB | 5 mg/mL each | Varies | 0.05–0.1 mL each | 4–8 wks | Injury repair |
| TB500 | 5 mg/mL | 5mg → 1 mL | 0.2–0.5 mL weekly | 4–6 wks | With BPC |
| GHK-Cu | 5 mg/mL | 50mg → 10 mL | 0.1–0.2 mL | Daily | Skin/hair |
| KPV | 5 mg/mL | 5mg → 1 mL | 0.05–0.1 mL | Daily | Gut/skin |
| MOTS-c | 5 mg/mL | 10mg → 2 mL | 0.2–0.5 mL | Daily (2 wks on/off) | Fat loss stacks |
| NAD+ | 50 mg/mL | 500mg → 10 mL | 0.2–1 mL | 2–3x weekly | Energy stack |
| Selank | 5 mg/mL | 5mg → 1 mL | 0.05–0.1 mL | Daily | Nootropic |
| PT-141 | 5 mg/mL | 10mg → 2 mL | 0.2–0.4 mL | As needed | Libido |
| MT2 | 5 mg/mL | 10mg → 2 mL | 0.05–0.1 mL | Daily then maintenance | Tanning |

² (Dias, 2025)

³ (Luke A. Turnoci, 2025)

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