



Regenerative Education

Peptide Lab Book

Masterclass Addition



Respecting & Understand Regenerative Education

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Table of Contents

(Click to go to page)

Lab Creation

Lab Supplies

Lab Application

Reconstitution

Peptides For Fat Loss

AOD-9604

2 MG

5 MG

6 MG

10MG

Semaglutide

3 MG

5 MG

6 MG

10 MG

15 MG

Retatrutide

5 MG

6 MG

10 MG

12 MG

16 MG

Peptides For Building Muscle

Ipamorelin

2 MG

5 MG

10 MG

Tesamorelin

2 MG

5 MG

10 MG

IGF-1 LR3

100 MCG

1 MG

Peptides For Recovery

BPC-157

5 MG

10 MG

TB-500

2 MG

5 MG

10 MG

Thymosin-Alpha 1

3 MG

5 MG

10 MG

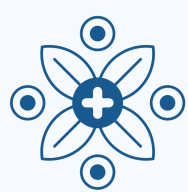
Want more? Click Here For More



Peptide Lab Book

Part 1

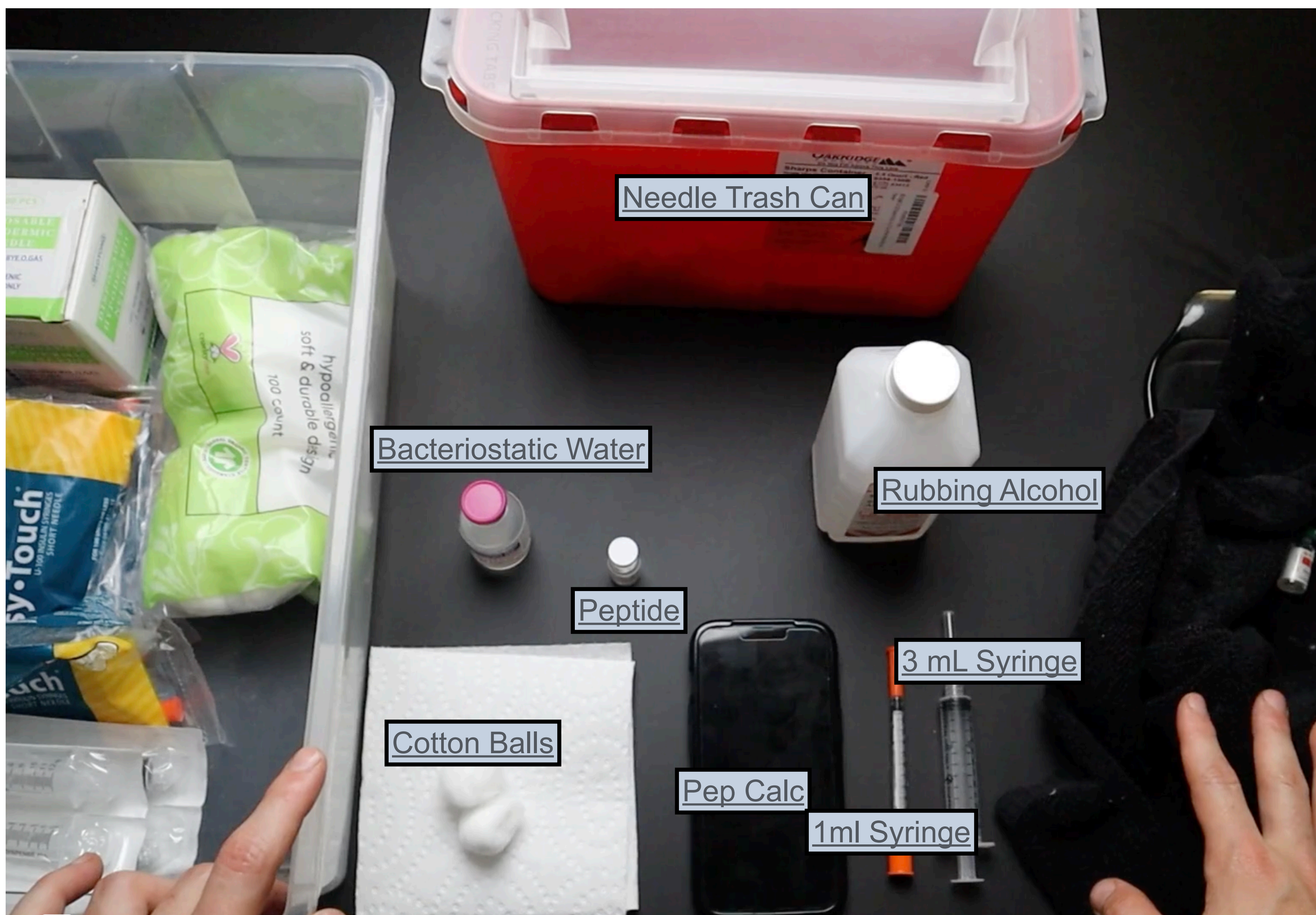
Lab Creation



Lab Supplies

(Some links may not work for those in certain states and/or outside the USA)

- [Cotton Balls](#)
- [Rubbing Alcohol](#)
- [3 mL syringe with needle head](#)
- [31G-.5/16inch needles \(1 mL Syringe\)](#)
- [Needle Trash Can](#)
- [Bacteriostatic Water](#)
- [Pep Calc App](#)
- [Research Peptides](#)





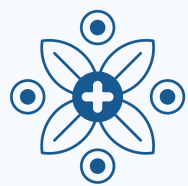
Lab Application

Step 1- Purchase Lab Supplies

- **Review the lab supplies and purchase and organize all the materials you will need for you're research**

Step 2 - Peptide Selection

- **Based on your research, pick the peptide/s that best align with your goals**
- **Use this book, masterclass video and the quick dosing sheet to quickly learn about different peptides to aid in your research**



Step 3 - Reconstitution

- **Use the reconstitution quick guides in this lab book**
- **Select the peptide and bottle amount**
- **Follow the diagram instruction**

1st - Add bacteriostatic water with a 3ml syringe

2nd - Add the desired dose to an insulin syringe

Optional Step (Advanced)

- **Use the app pep-calc to customize the dosing**

Referring to the needle used for injecting

How many milliliters of bacteriostatic water you want to add to the peptide bottle

The amount of units needed in the syringe to get the desired dose

The screenshot shows the PepCalc app interface. At the top, it says 'PepCalc'. Under 'Syringe Details', it lists 'Type: U-100 INSULIN SYRINGE', 'Units: 100', 'Tick Marks: 100', and 'Volume (mL): 1'. Under 'Vial Details', it lists 'Peptide Amount (mg): 10', 'Water Amount (mL): 4', and 'Desired Dose: Peptide Amount (mcg): 300'. At the bottom, a purple box displays 'Draw 12 Units' above a syringe scale from 0 to 100, with '12 Tick Marks' indicated. Navigation icons for 'Dose Calculator' and 'Info' are at the very bottom.

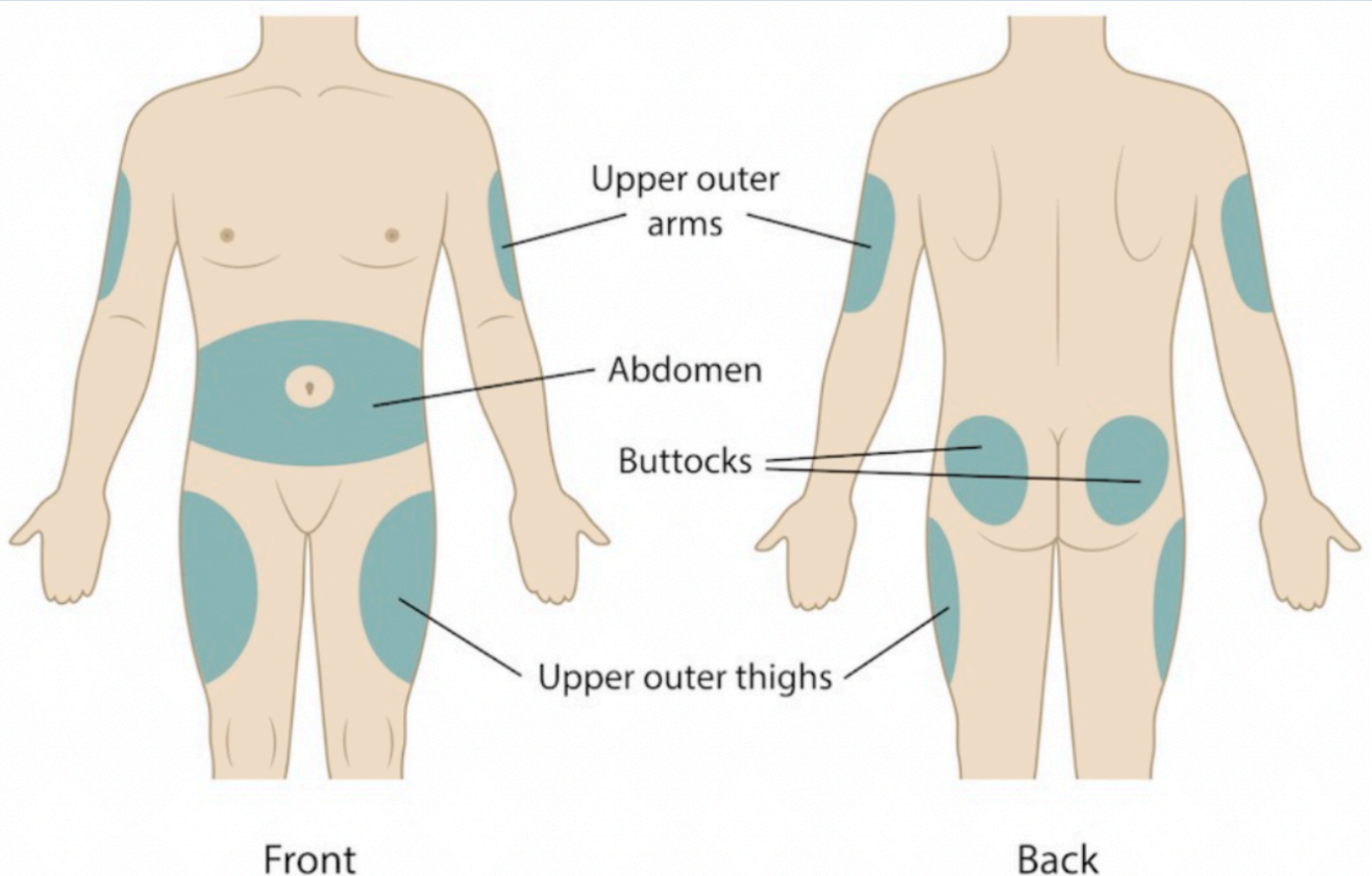
How many milligrams of the peptide is in the bottle

The number of micrograms of the peptide you want for a dose



Step 4 - Injection

- 1. Use a cotton ball dipped in rubbing alcohol and clean the surface of injecting surface and peptide bottle.**
- 2. Withdraw the desired amount of peptide into the 1ml syringe**
- 3. Injection locations: side glute and abdominal region. Find the area with the most adipose (fat)**
- 4. Slowly insert the needle. Once the needle is firmly in, slowly release the peptide**
- 5. Slowly withdraw and then use a cotton ball dipped in rubbing alcohol to clean the area. It can be helpful to apply deep pressure and massage the area**
- 6. Dispose of needle safely**





Peptide Lab Book

Part 2

Reconstitution



Best Peptides For Fat Loss *Reconstitution*

- AOD-9604
- Semaglutide
- Retatrutide



AOD-9604

Overview

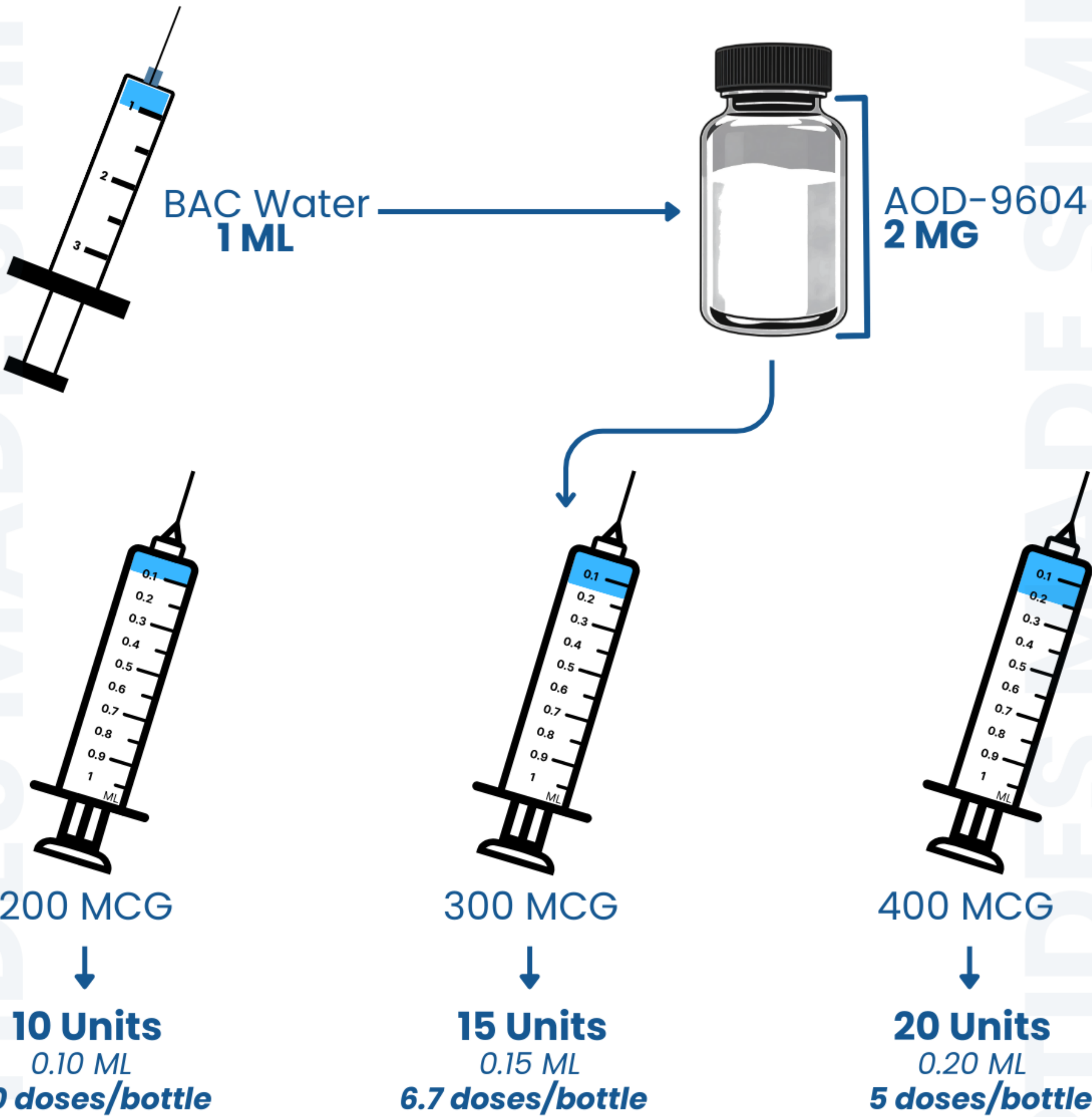
- **Anti-Obesity Drug-9604 (AOD-9604) is a synthetic growth hormone amino acid fragment.**
- **It contains similar but more potent fat-burning effects than growth hormone.**

Dosing & Cycling

- **250-300 mcg, 1-2x daily through a subcutaneous injection**
- **It can be taken for 6 weeks or up to 6 months at a continuous dose**
- **It is best to take this peptide on an empty stomach in the morning or before a workout to maximize the fat-burning effects**
- **Some theorize injecting to the area where you want to reduce fat for more local benefits**

AOD-9604
2 MG

RECONSTITUTION



More Options

- 100 MCG → **5 units**

150 MCG → **8 units**

250 MCG → **13 units**

350 MCG → **18 units**

450 MCG → **23 units**
- 500 MCG → **25 units**

550 MCG → **28 units**

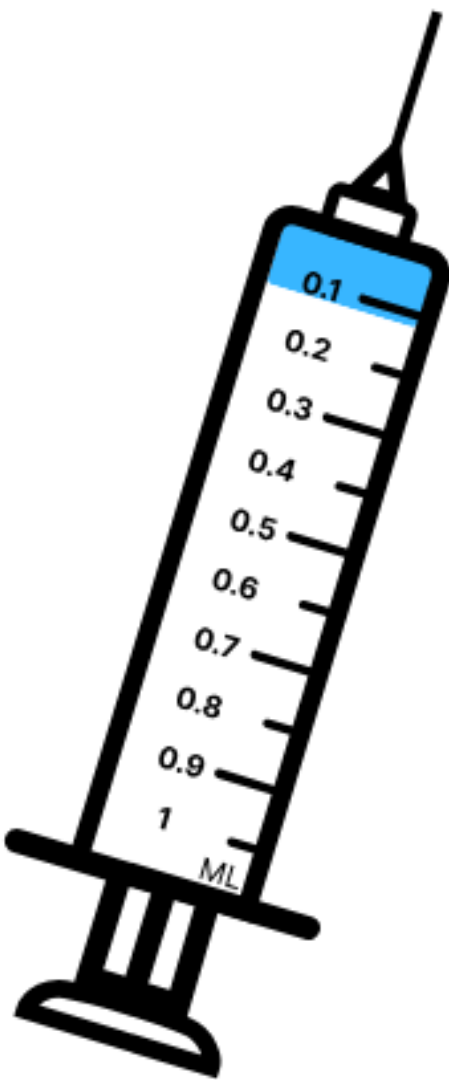
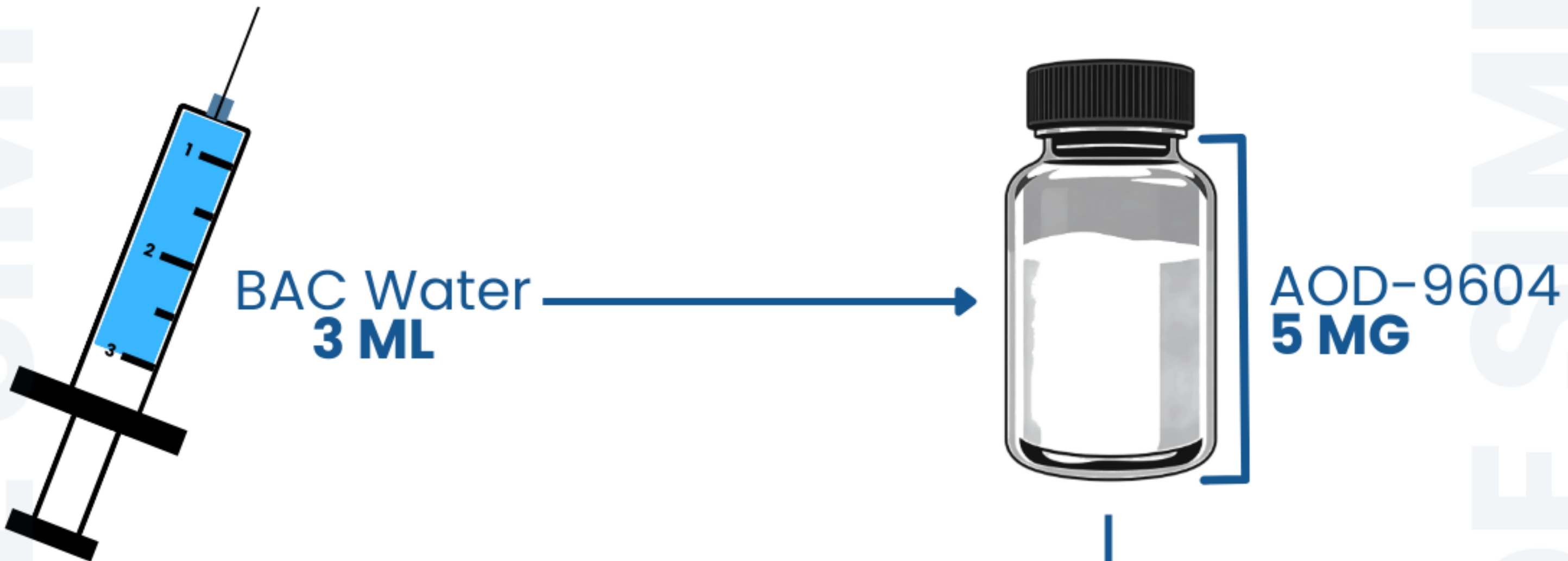
600 MCG → **30 units**

Key

- ML -> Milliliter
- MG -> Milligram
- MCG -> Microgram
- BAC Water -> Bacteriostatic Water

AOD-9604
5 MG

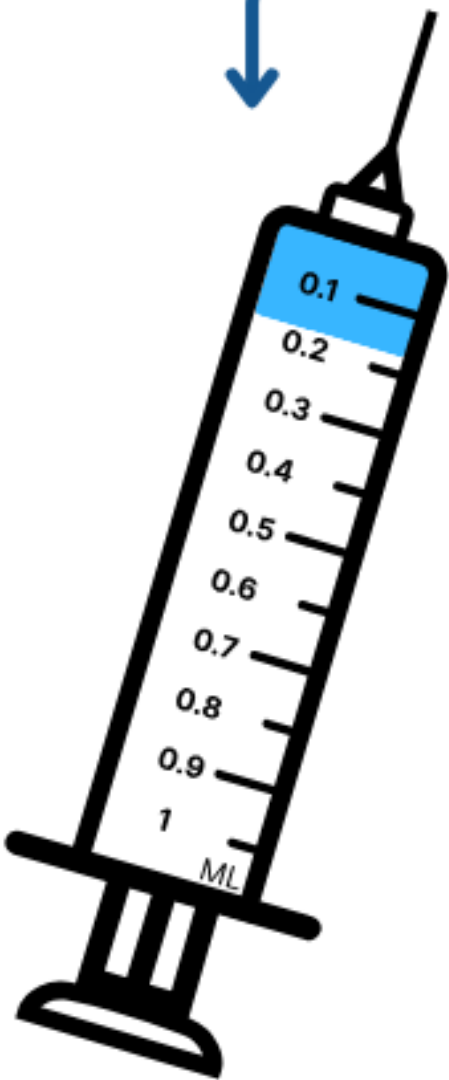
RECONSTITUTION



200 MCG

↓

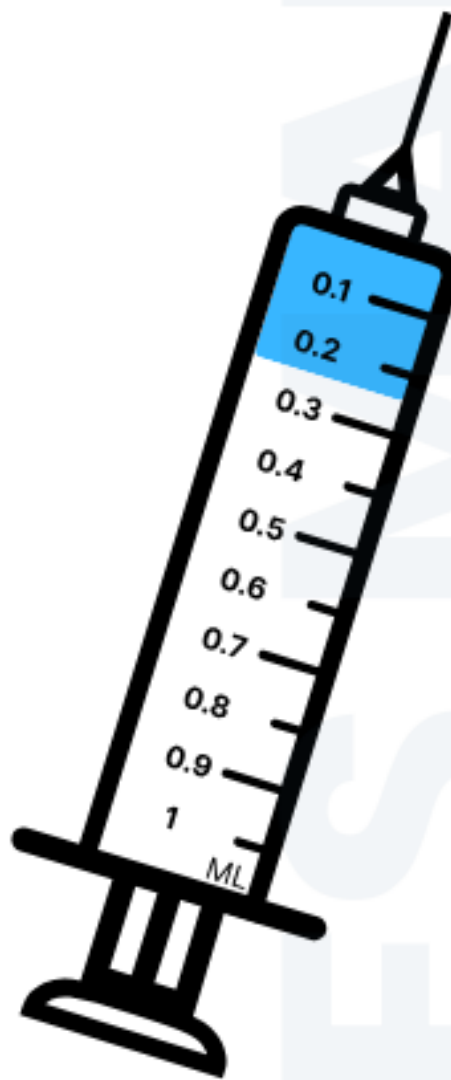
12 Units
0.12 ML
25 doses/bottle



300 MCG

↓

18 Units
0.18 ML
16.7 doses/bottle



400 MCG

↓

24 Units
0.24 ML
12.5 doses/bottle

More Options

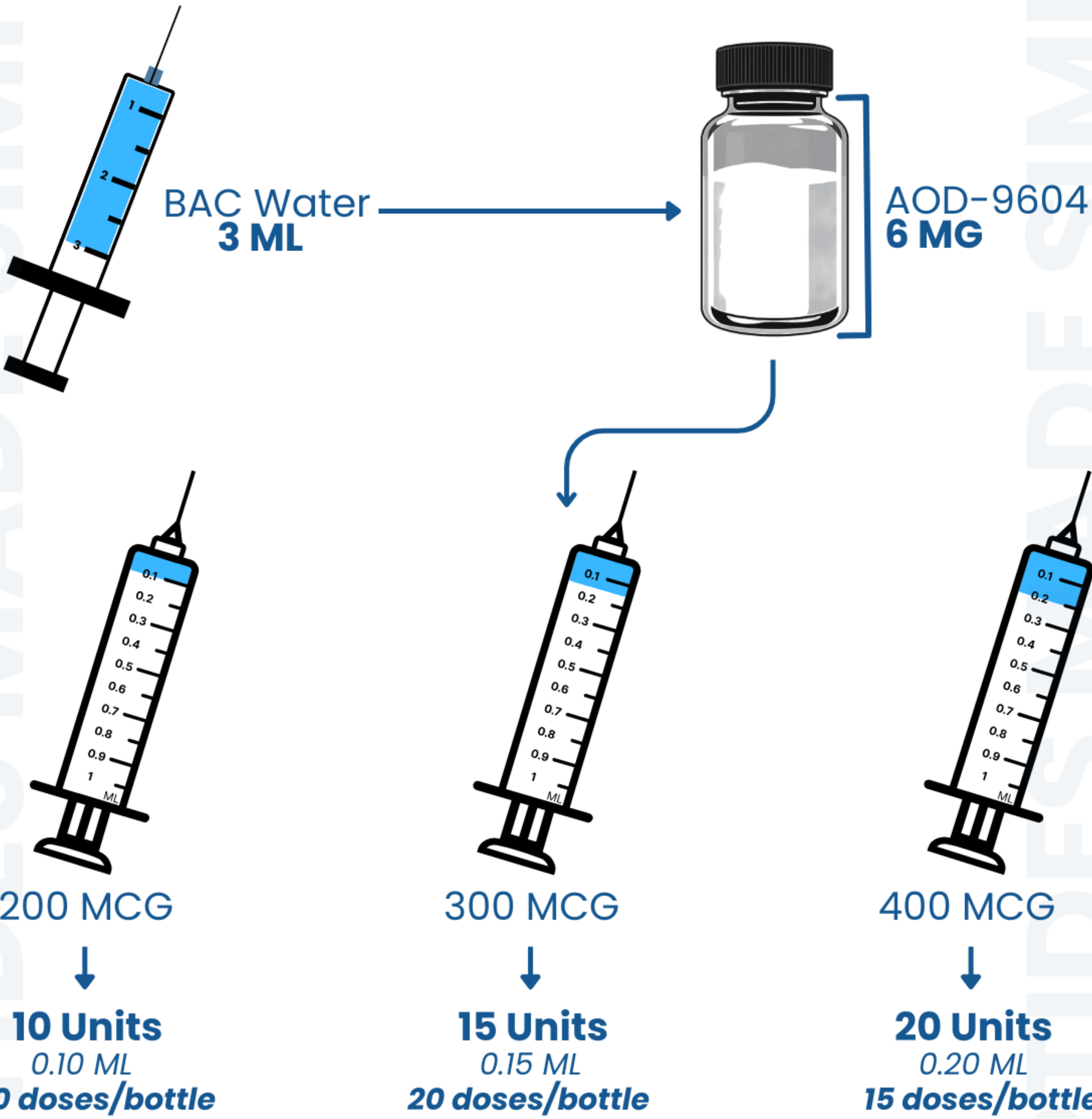
- | | |
|---------------------------|---------------------------|
| 100 MCG → 6 units | 500 MCG → 30 units |
| 150 MCG → 9 units | 550 MCG → 33 units |
| 250 MCG → 15 units | 600 MCG → 36 units |
| 350 MCG → 21 units | |
| 450 MCG → 27 units | |

Key

- ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

AOD-9604
6 MG

RECONSTITUTION



More Options

- 100 MCG → **5 units**

150 MCG → **8 units**

250 MCG → **13 units**

350 MCG → **18 units**

450 MCG → **23 units**
- 500 MCG → **25 units**

550 MCG → **43 units**

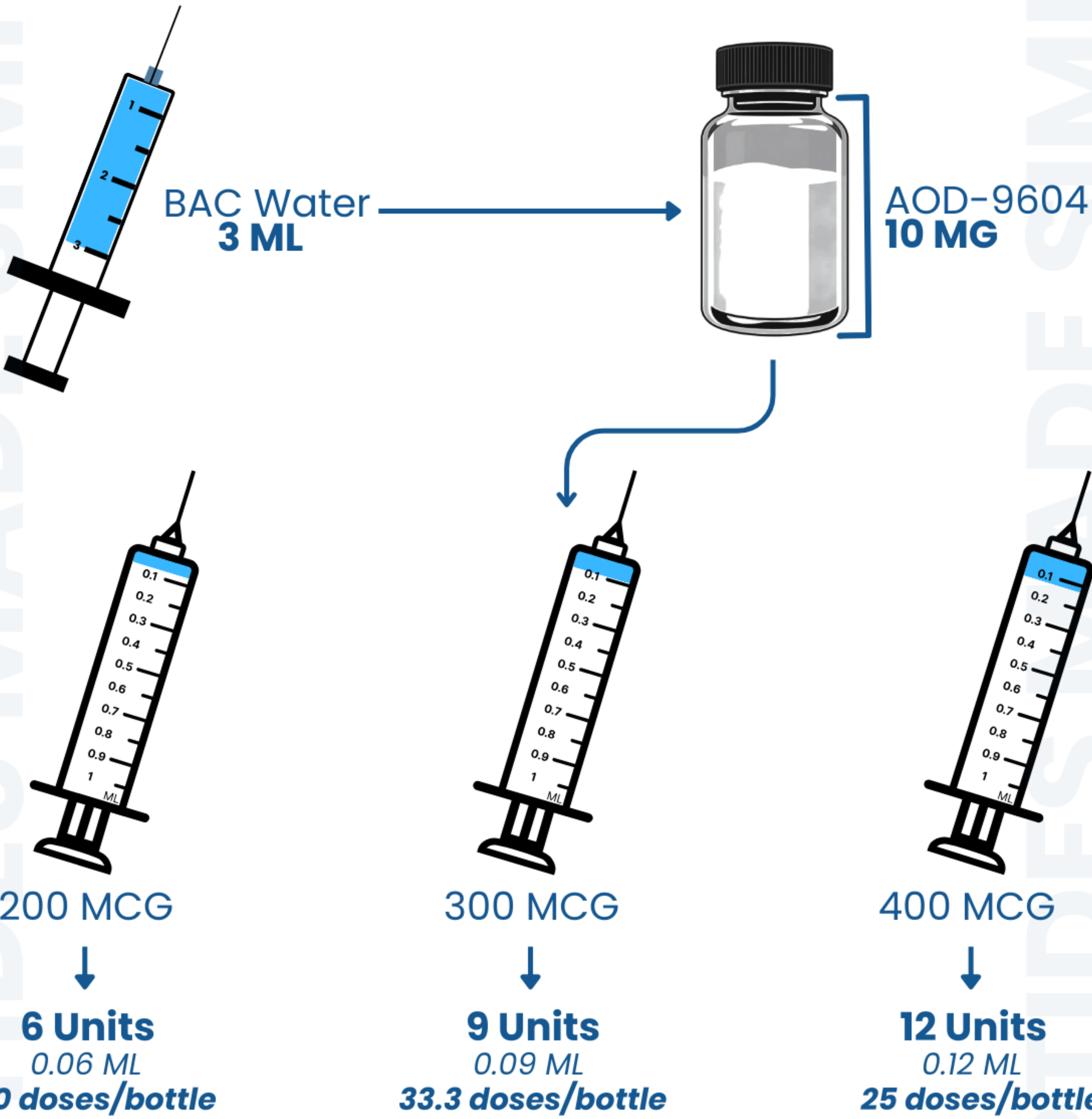
600 MCG → **30 units**

Key

- ML -> Milliliter
- MG -> Milligram
- MCG -> Microgram
- BAC Water -> Bacteriostatic Water

AOD-9604
10 MG

RECONSTITUTION



More Options

- 100 MCG → **3 units**

150 MCG → **5 units**

250 MCG → **8 units**

350 MCG → **11 units**

450 MCG → **14 units**
- 500 MCG → **15 units**

550 MCG → **17 units**

600 MCG → **18 units**

Key

- ML -> Milliliter
- MG -> Milligram
- MCG -> Microgram
- BAC Water -> Bacteriostatic Water



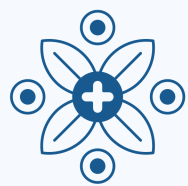
Semaglutide

Overview

- **Semaglutide was originally researched for type-2 diabetes**
- **Semaglutide falls into the category of a glucagon-like-peptide-1 receptor agonist (GLP-1 RA)**
- **At higher doses, Semaglutide promotes fat loss and helps suppress appetite.**

Dosing & Cycling

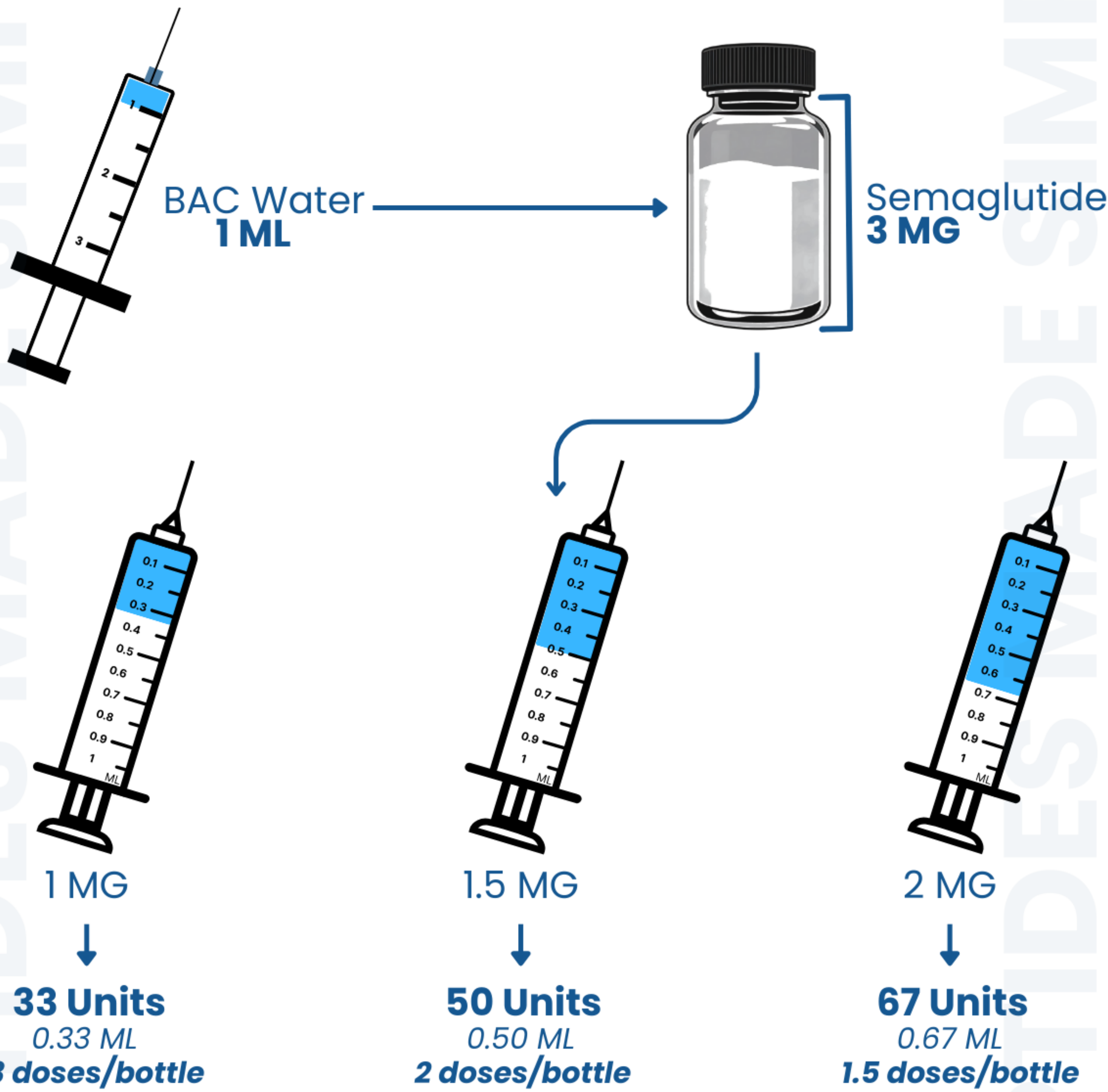
- **250 mcg, 1x a week for the first 4 weeks**
- **Increasing the dose 250 mcg every 4 weeks**
- **Do not exceed 2400 mcg per dose**
- **More is not always better**



Semaglutide

3 MG

RECONSTITUTION



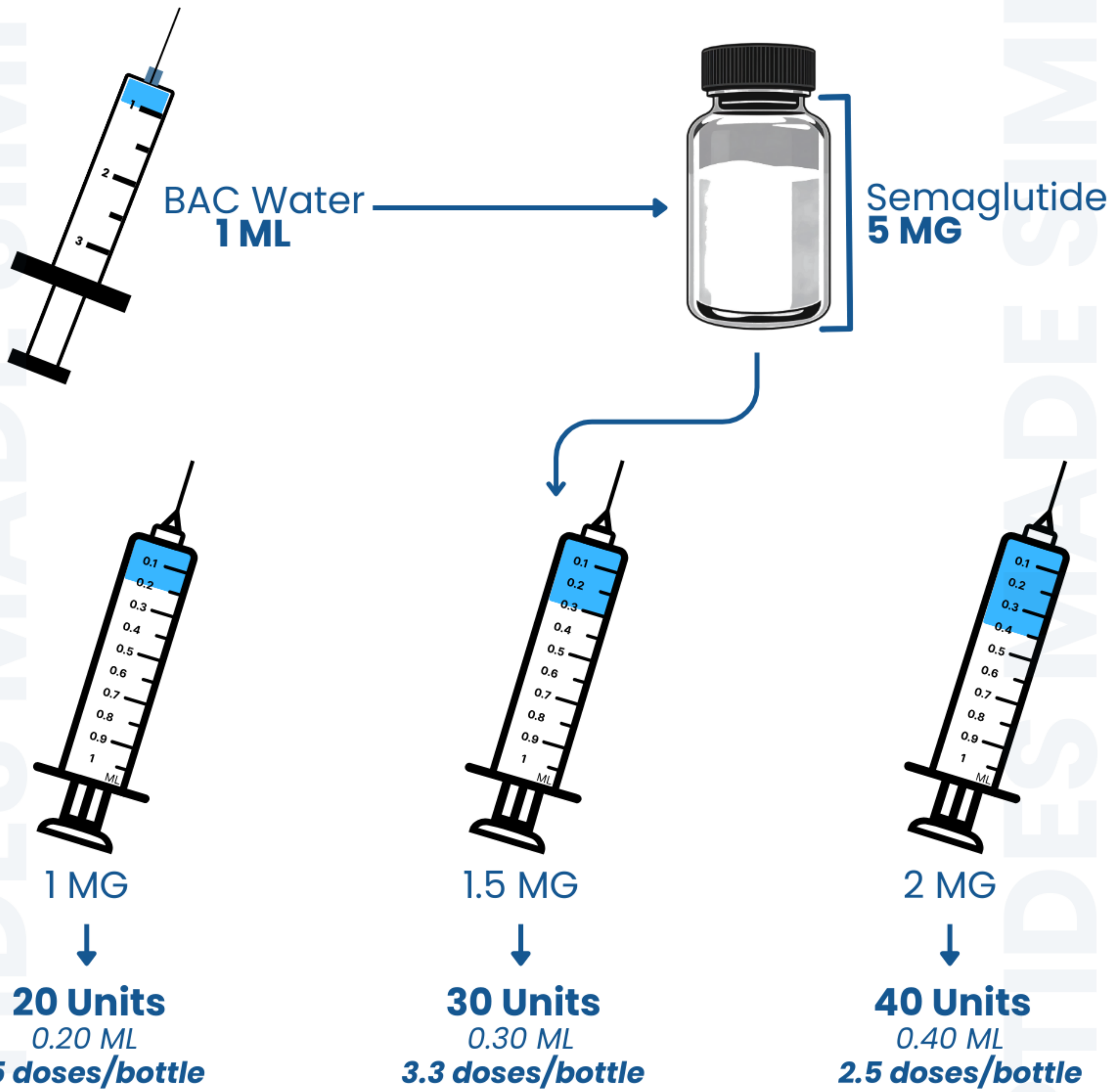
More Options

250 MCG → **8 units** 2.25 MG → **75 units**
500 MCG → **17 units** 2.5 MG → **83 units**
750 MCG → **25 units**
1.25 MG → **42 units**
1.75 MG → **58 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Semaglutide 5 MG RECONSTITUTION

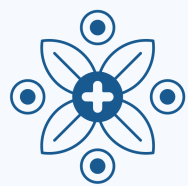


More Options

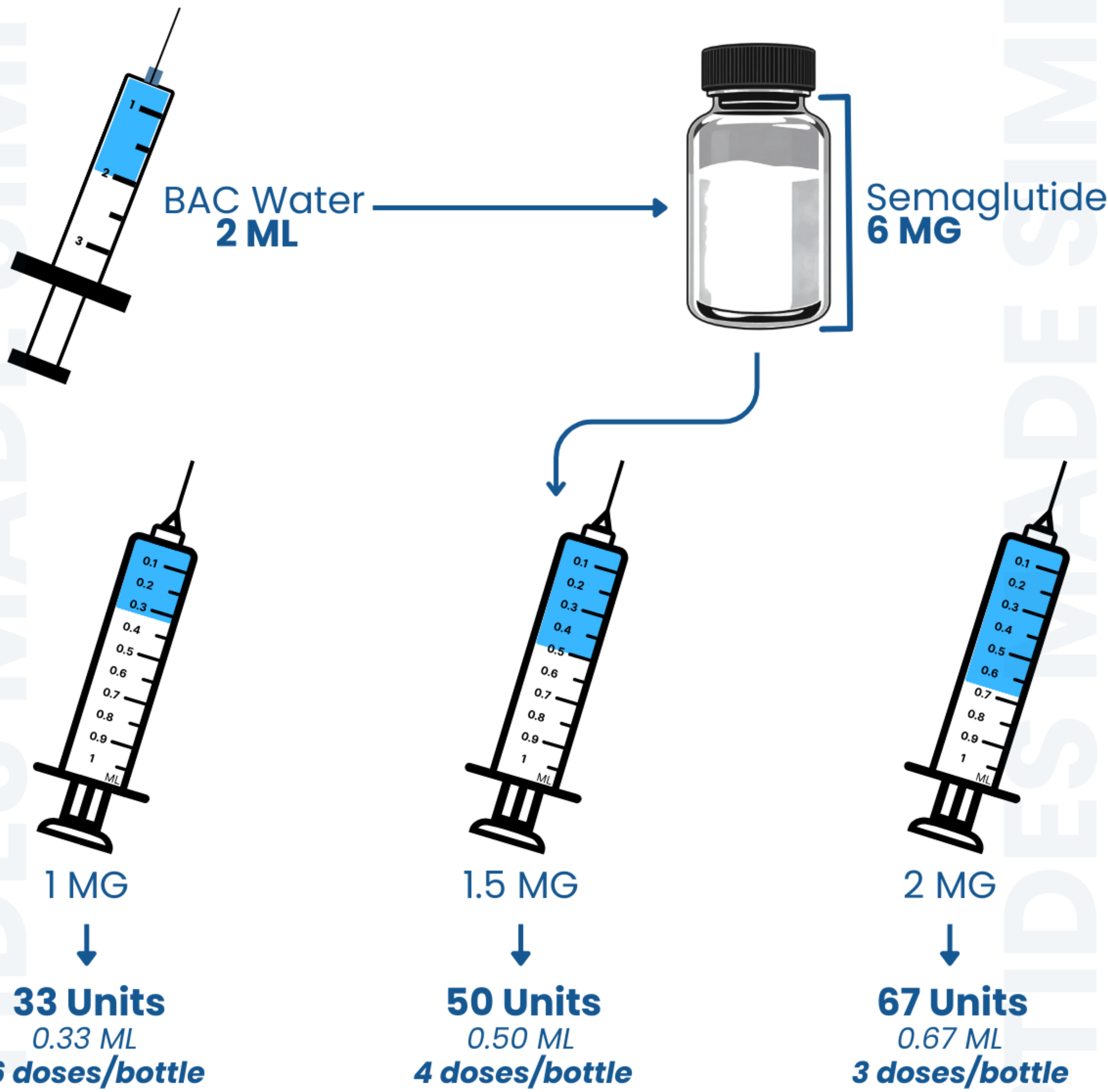
250 MCG → **5 units**
500 MCG → **10 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**
2.25 MG → **45 units**
2.5 MG → **50 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water



Semaglutide 6 MG RECONSTITUTION



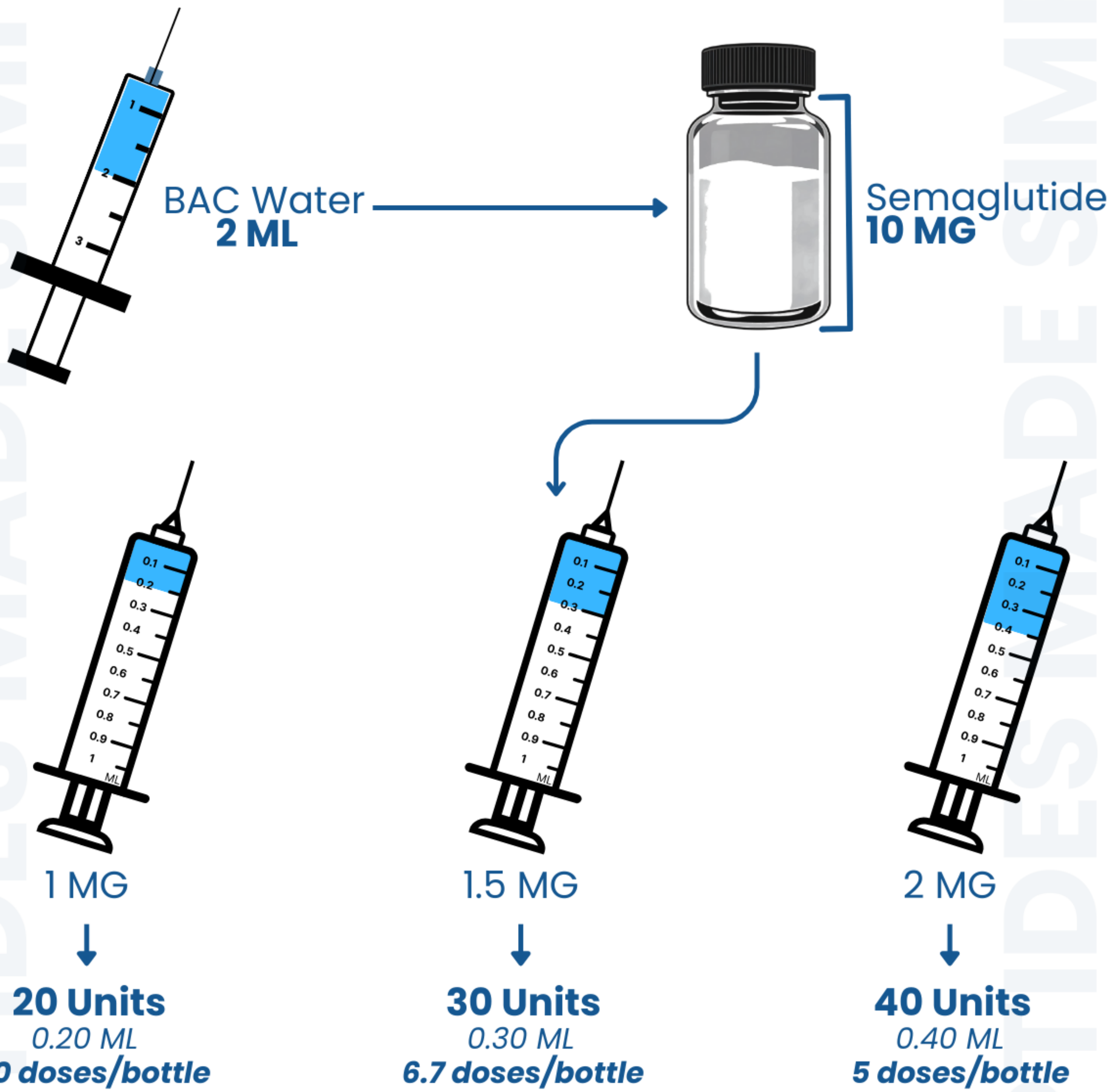
More Options

250 MCG → 8 units	2.25 MG → 75 units
500 MCG → 17 units	2.5 MG → 83 units
750 MCG → 25 units	
1.25 MG → 42 units	
1.75 MG → 58 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Semaglutide 10 MG RECONSTITUTION

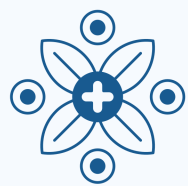


More Options

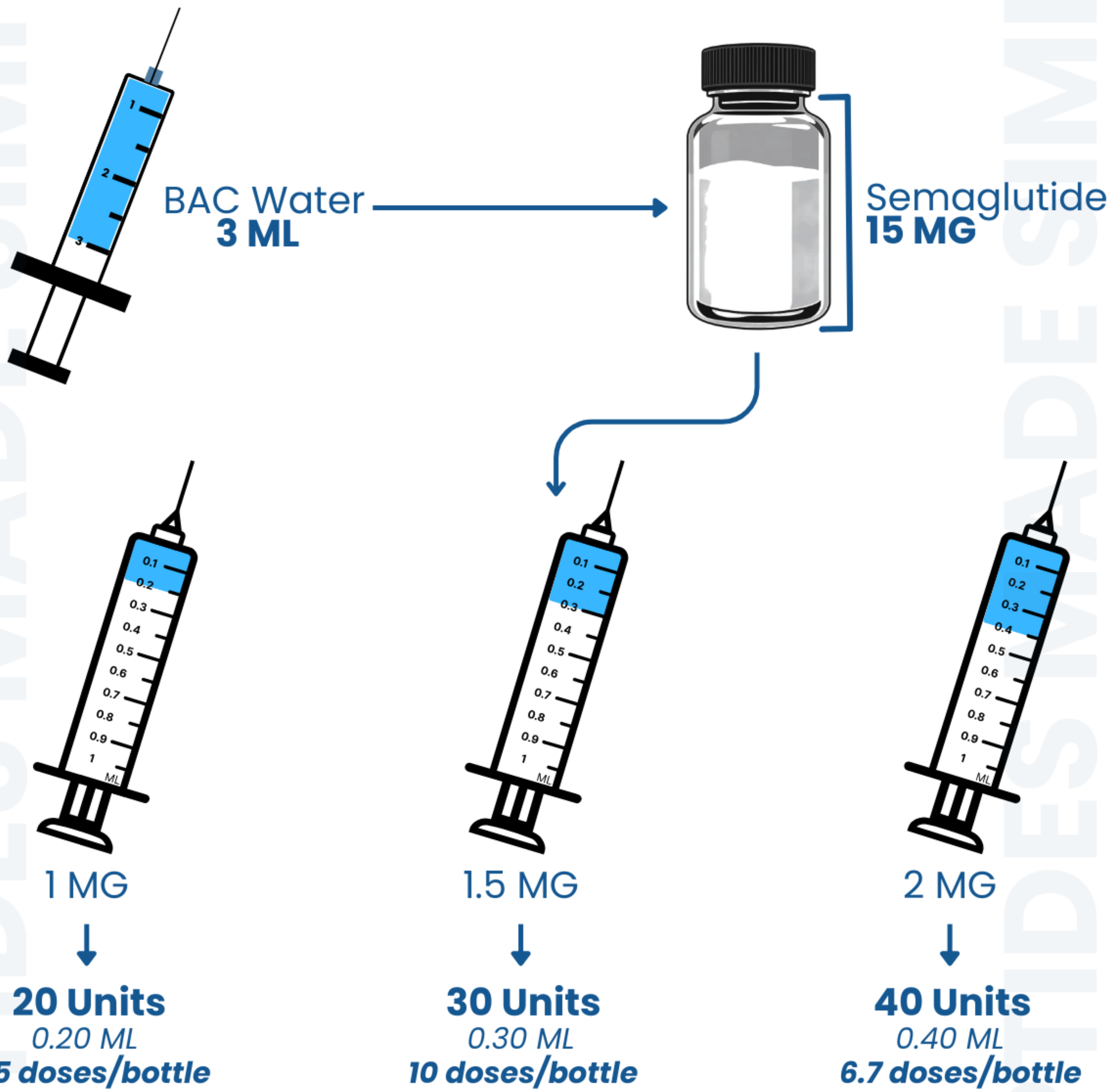
250 MCG → **5 units** 2.25 MG → **45 units**
500 MCG → **10 units** 2.5 MG → **50 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water



Semaglutide 15 MG RECONSTITUTION



More Options

250 MCG → **5 units**
500 MCG → **10 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**
2.25 MG → **45 units**
2.5 MG → **50 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Retatrutide

Overview

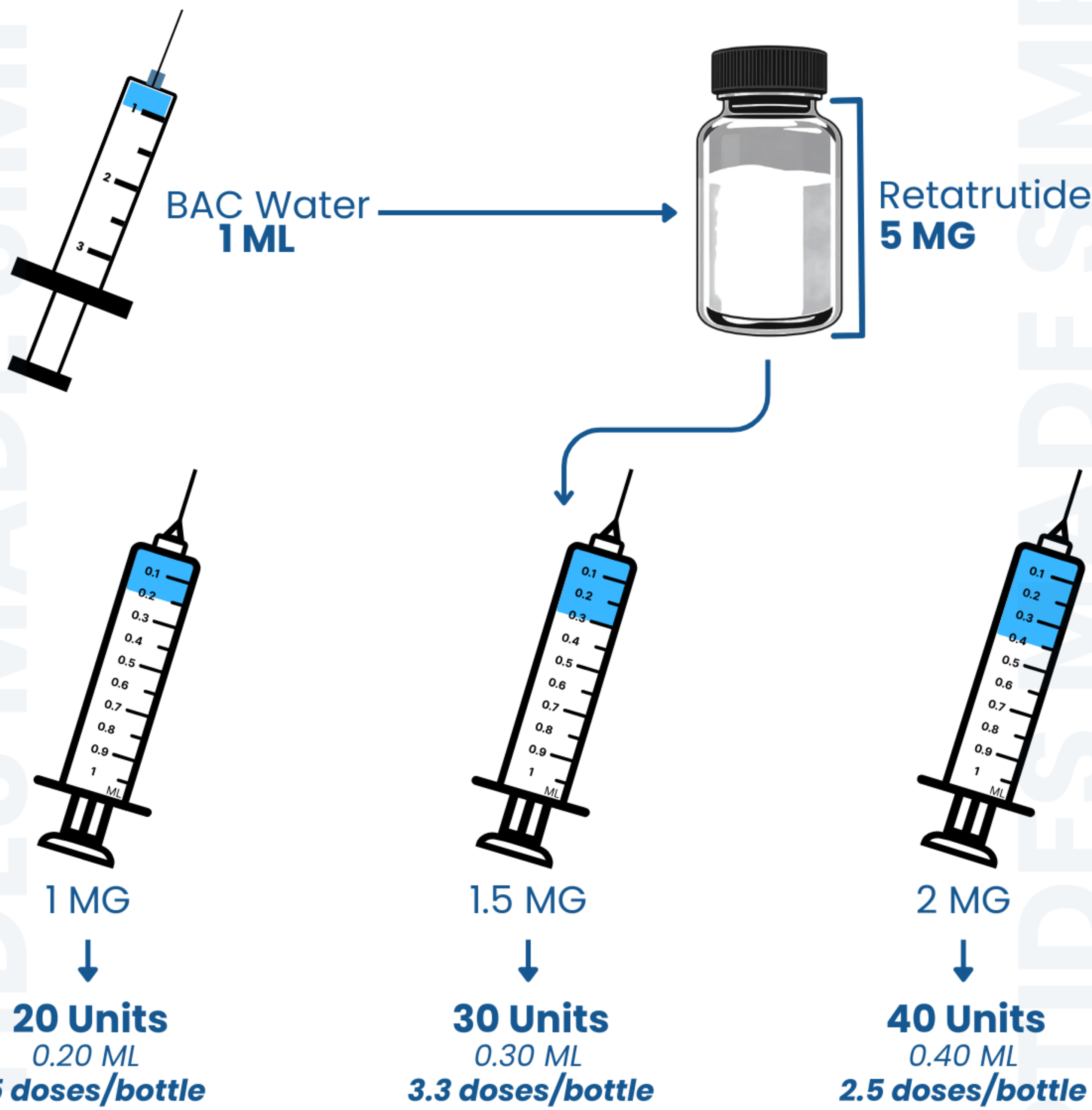
- **Retatrutide is a peptide that works on multiple hormone receptors to help with metabolism and weight control**
- **It aids in weight loss by increasing the body's energy expenditure while simultaneously reducing appetite**

Dosing & Cycling

- **2-12 mg per dose, 1x weekly**
- **Increasing the dose 2mg every 4 weeks**
- **Do not exceed 12mg mg per doseMore is not always better**
- **Cycled in 3 months intervals, 2-3x a year until desired outcome is reached**

Retatrutide 5 MG

RECONSTITUTION

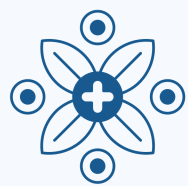


More Options

500 MCG → **10 units** 4.5 MG → **90 units**
2.5 MG → **50 units** 5 MG → **100 units**
3 MG → **60 units**
3.5 MG → **70 units**
4 MG → **80 units**

Key

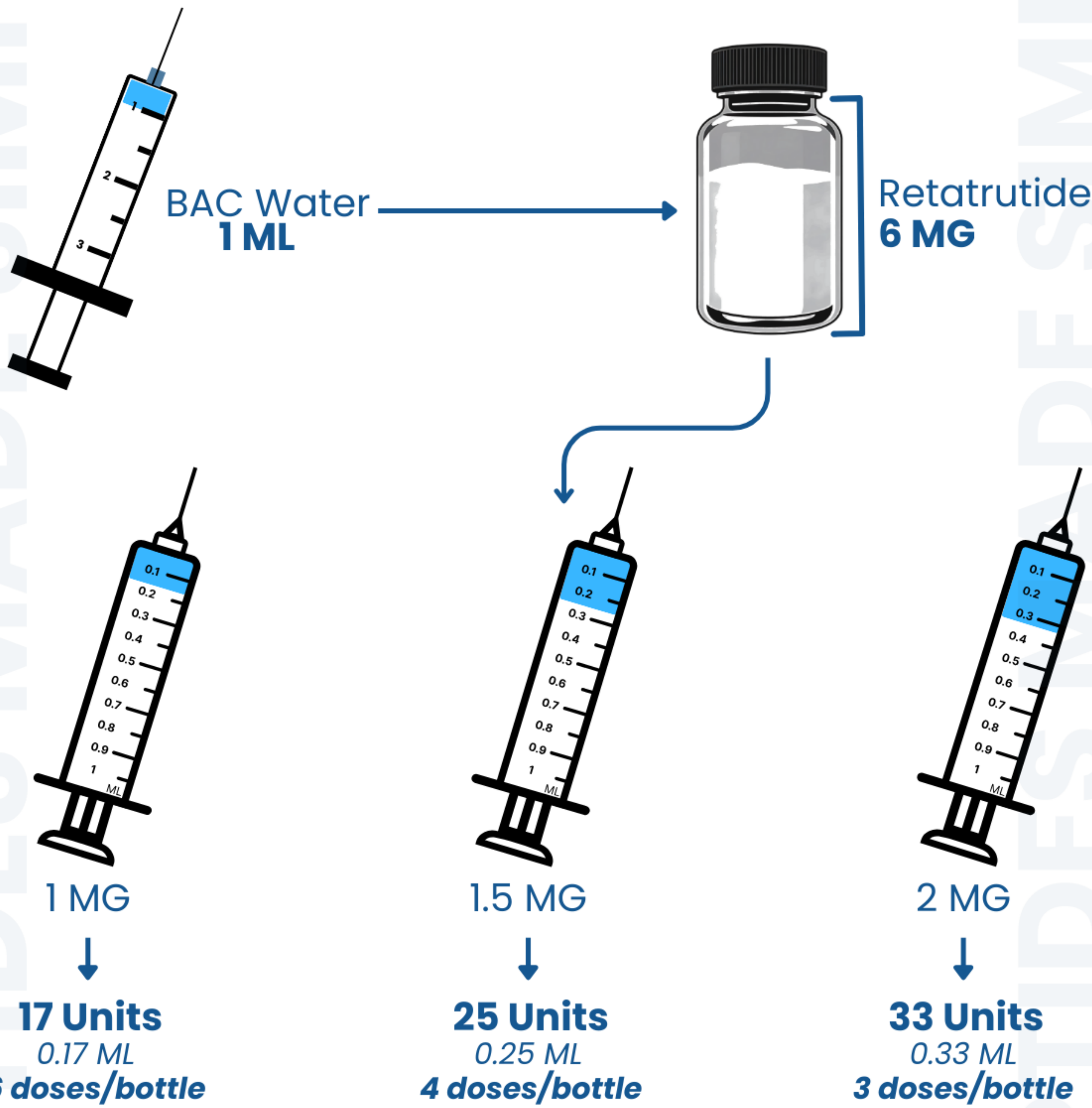
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Retatrutide

6 MG

RECONSTITUTION

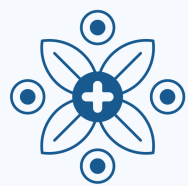


More Options

500 MCG → 8 units	4.5 MG → 75 units
2.5 MG → 42 units	5 MG → 83 units
3 MG → 50 units	5.5 MG → 92 units
3.5 MG → 58 units	6 MG → 100 units
4 MG → 67 units	

Key

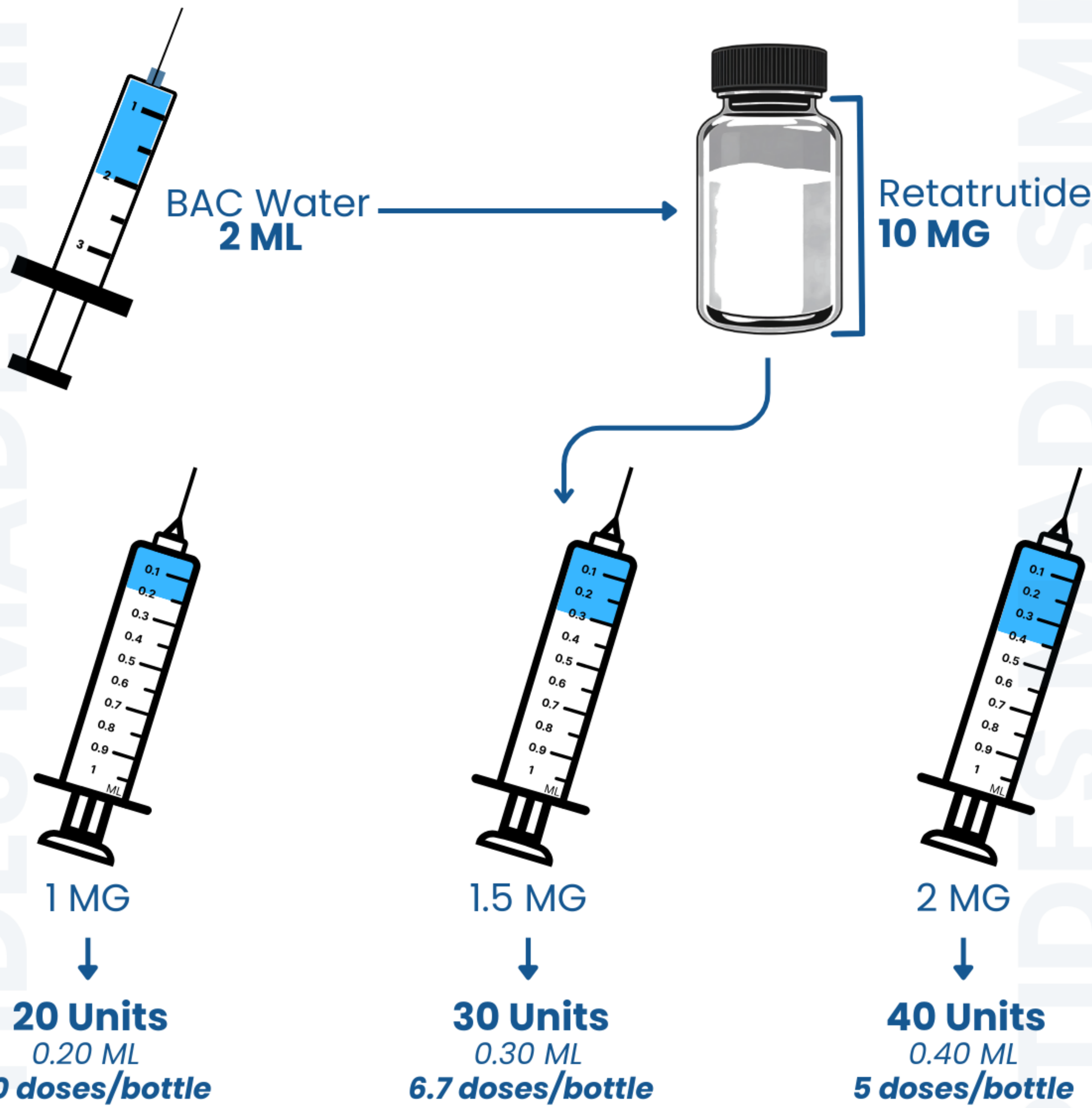
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Retatrutide

10 MG

RECONSTITUTION

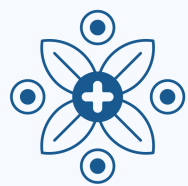


More Options

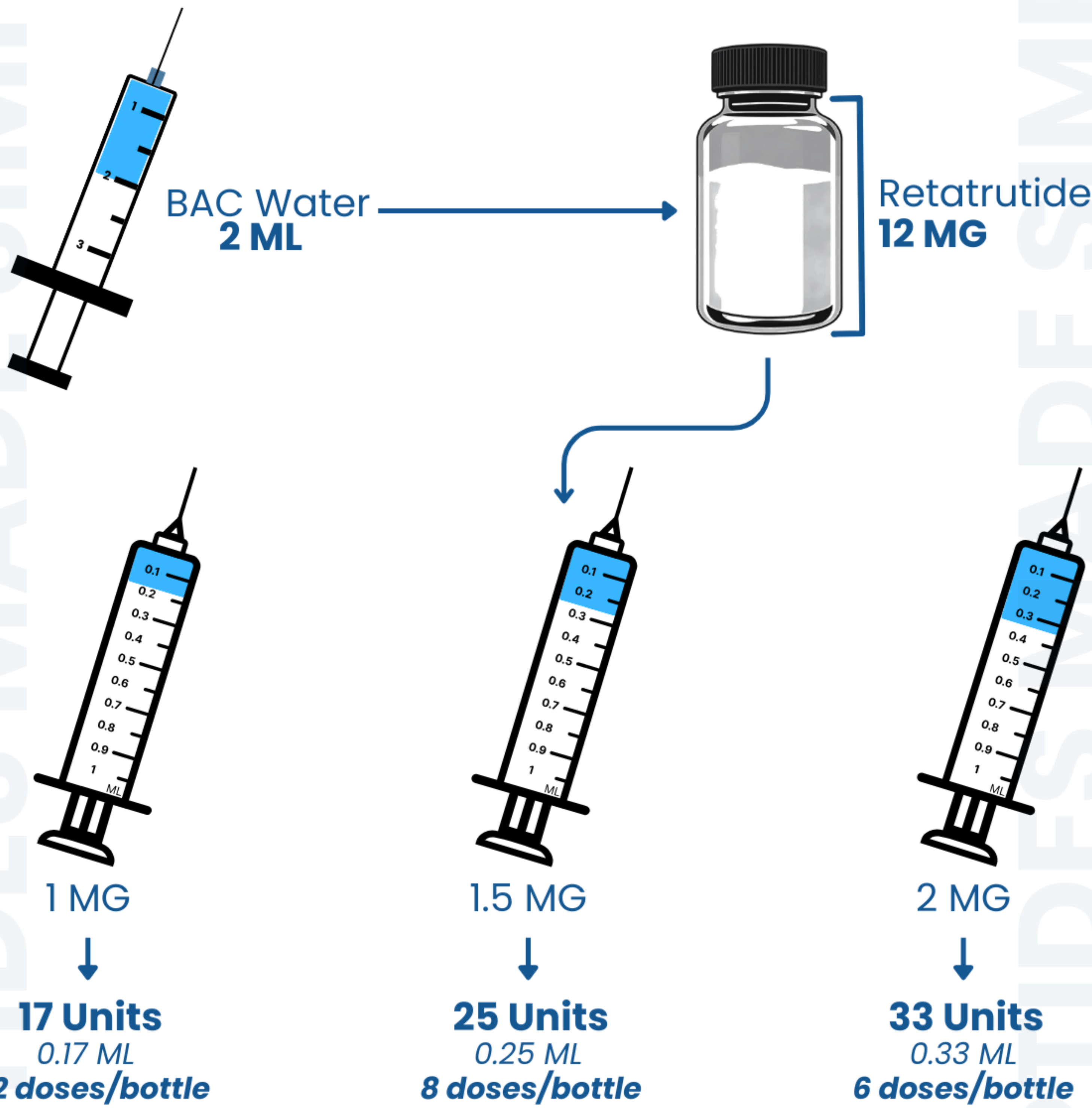
500 MCG → **10 units** 4.5 MG → **90 units**
2.5 MG → **50 units** 5 MG → **100 units**
3 MG → **60 units**
3.5 MG → **70 units**
4 MG → **80 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Retatrutide 12 MG RECONSTITUTION

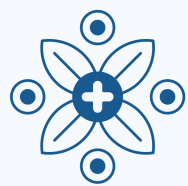


More Options

500 MCG → 8 units	4.5 MG → 75 units
2.5 MG → 42 units	5 MG → 83 units
3 MG → 50 units	5.5 MG → 92 units
3.5 MG → 58 units	6 MG → 100 units
4 MG → 67 units	

Key

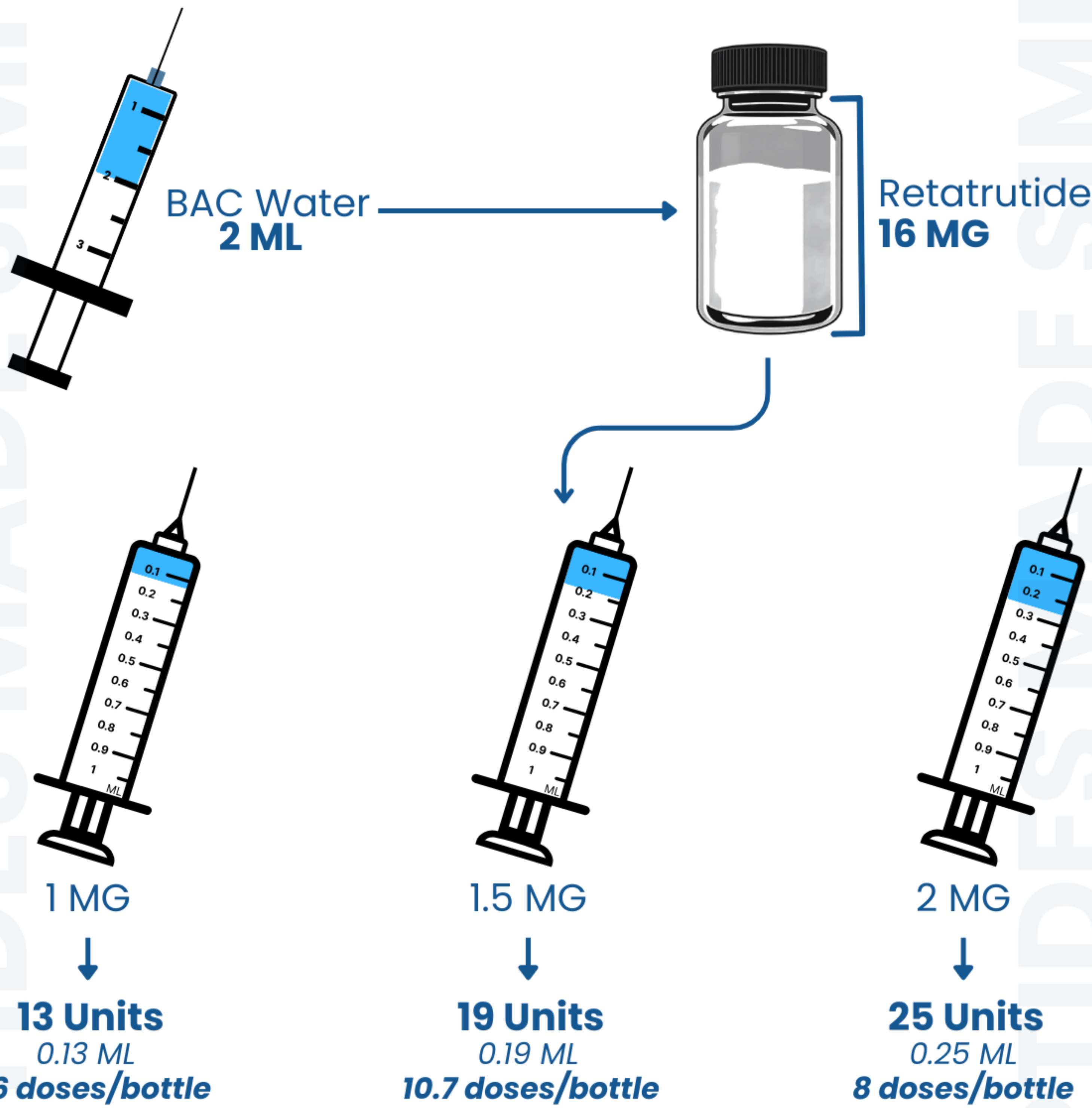
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Retatrutide

16 MG

RECONSTITUTION



More Options

500 MCG → 6 units	4.5 MG → 56 units
2.5 MG → 31 units	5 MG → 63 units
3 MG → 38 units	5.5 MG → 69 units
3.5 MG → 44 units	6 MG → 75 units
4 MG → 50 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Best Peptides For Building Muscle *Reconstitution*

- Ipamorelin
- Tesamorelin
- IGF-1 LR3



Ipamorelin

Overview

- **Ipamorelin is the mildest of GHRPs (Growth Hormone Releasing Peptide)**
- **Stimulates the release of growth hormone without an increase in appetite, cortisol, or prolactin**
- **Higher doses do not lead to desensitization**

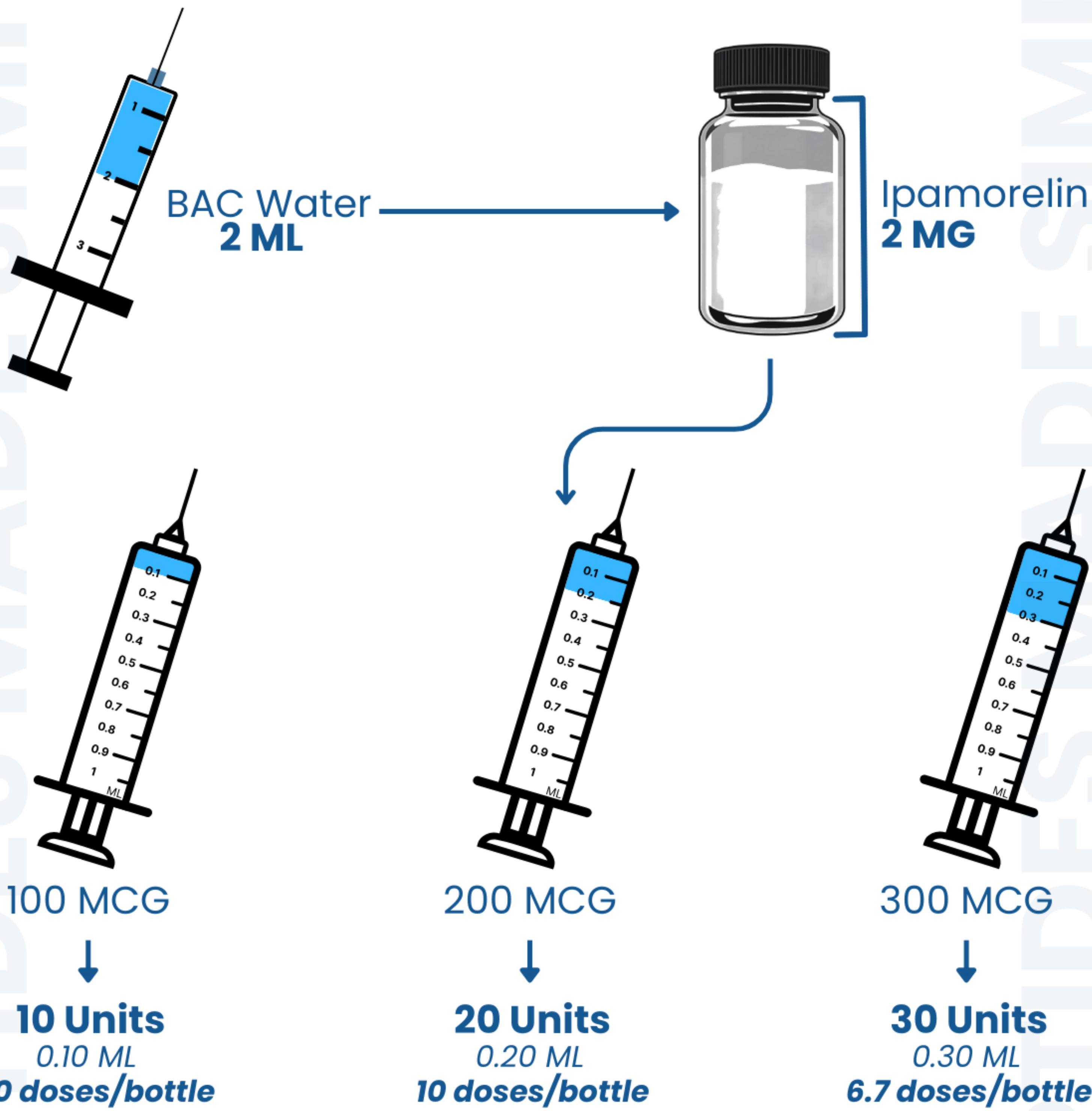
Dosing & Cycling

- **100-500 mcg per injection**
- **Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding**
- **8-12 weeks on, 4-8 weeks off**
- **Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating**

Ipamorelin

2 MG

RECONSTITUTION



More Options

50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

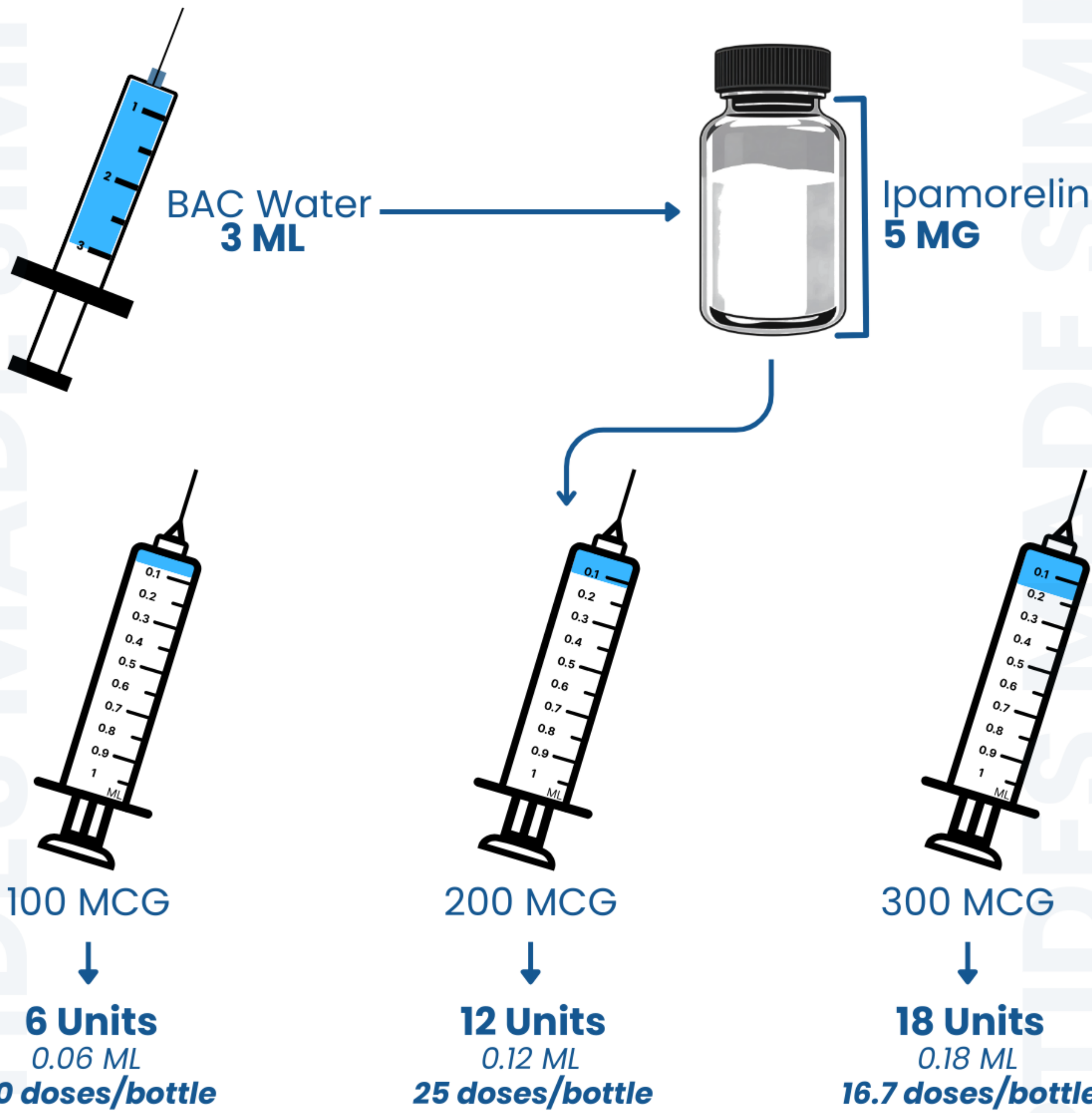
Key

ML -> Milliliter
MG -> Milligram
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BAC Water -> Bacteriostatic Water

Ipamorelin

5 MG

RECONSTITUTION



More Options

50 MCG → **3 units**
150 MCG → **9 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

450 MCG → **27 units**
500 MCG → **30 units**

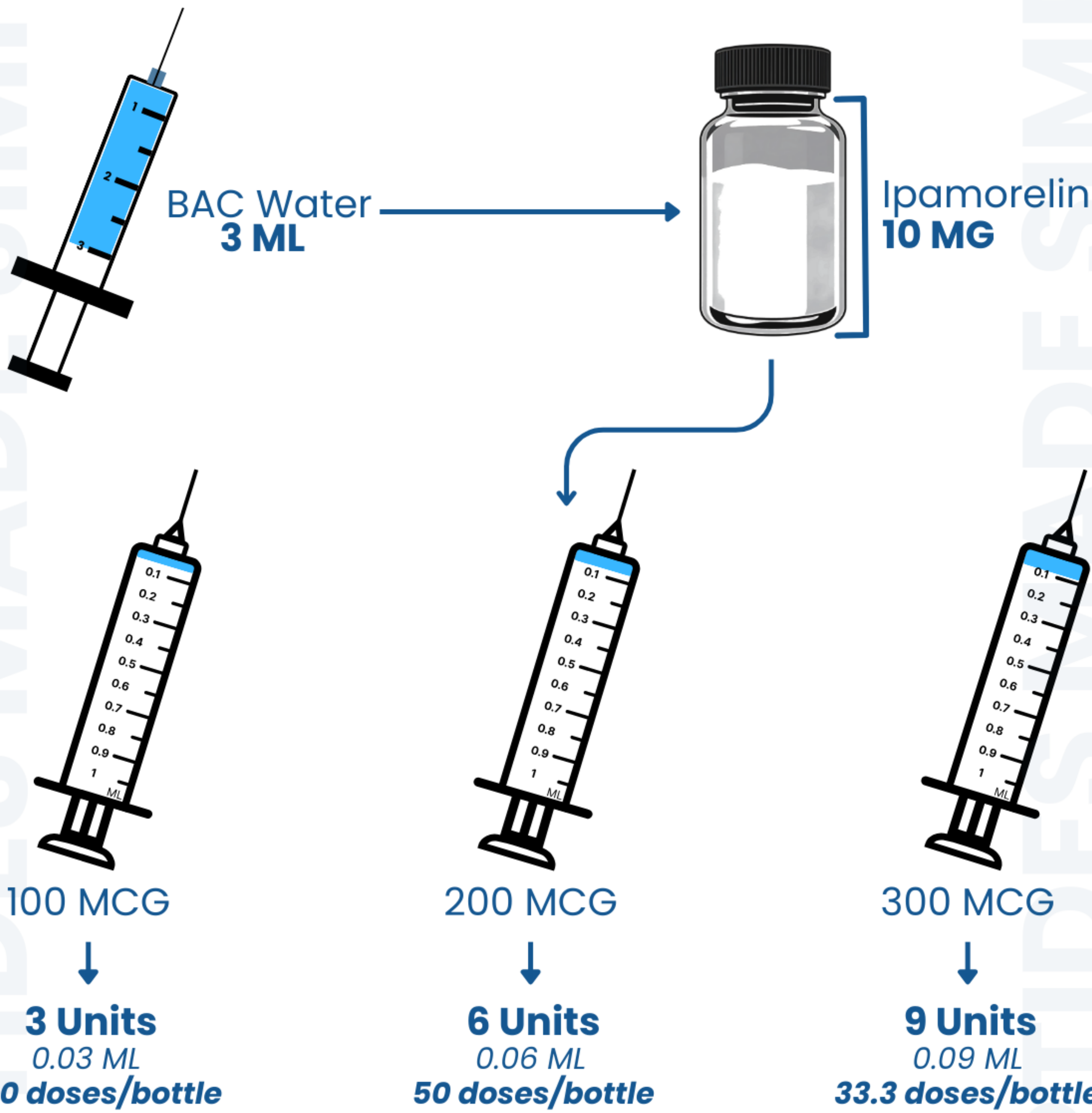
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
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Ipamorelin

10 MG

RECONSTITUTION



More Options

50 MCG → **2 units**
150 MCG → **5 units**
250 MCG → **8 units**
350 MCG → **11 units**
400 MCG → **12 units**

450 MCG → **14 units**
500 MCG → **15 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Tesamorelin

Overview

- **Tesamorelin is a growth hormone-releasing hormone (GHRH) that was FDA-approved in 2010 for treating HIV-associated lipodystrophy (abnormal fat accumulation)**
- **Tesamorelin is the strongest GHRH**

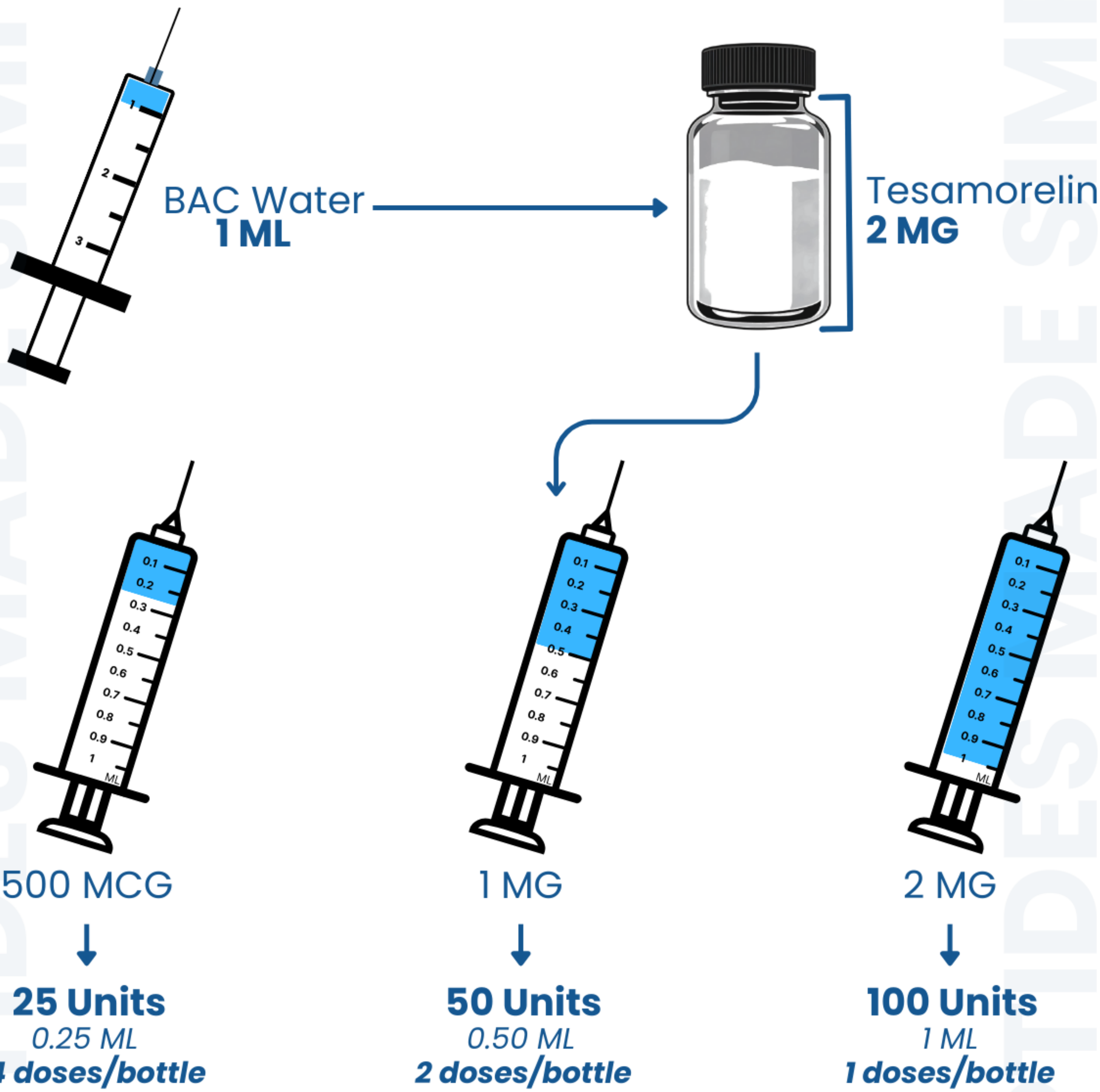
Dosing & Cycling

- **500-2000 mcg per injection**
- **8-12 weeks on, 4-8 weeks off**
- **Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding**
- **Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating**

Tesamorelin

2 MG

RECONSTITUTION



More Options

250 MCG → **13 units**
750 MCG → **38 units**
1.25 MG → **63 units**
1.5 MG → **75 units**
1.75 MG → **88 units**

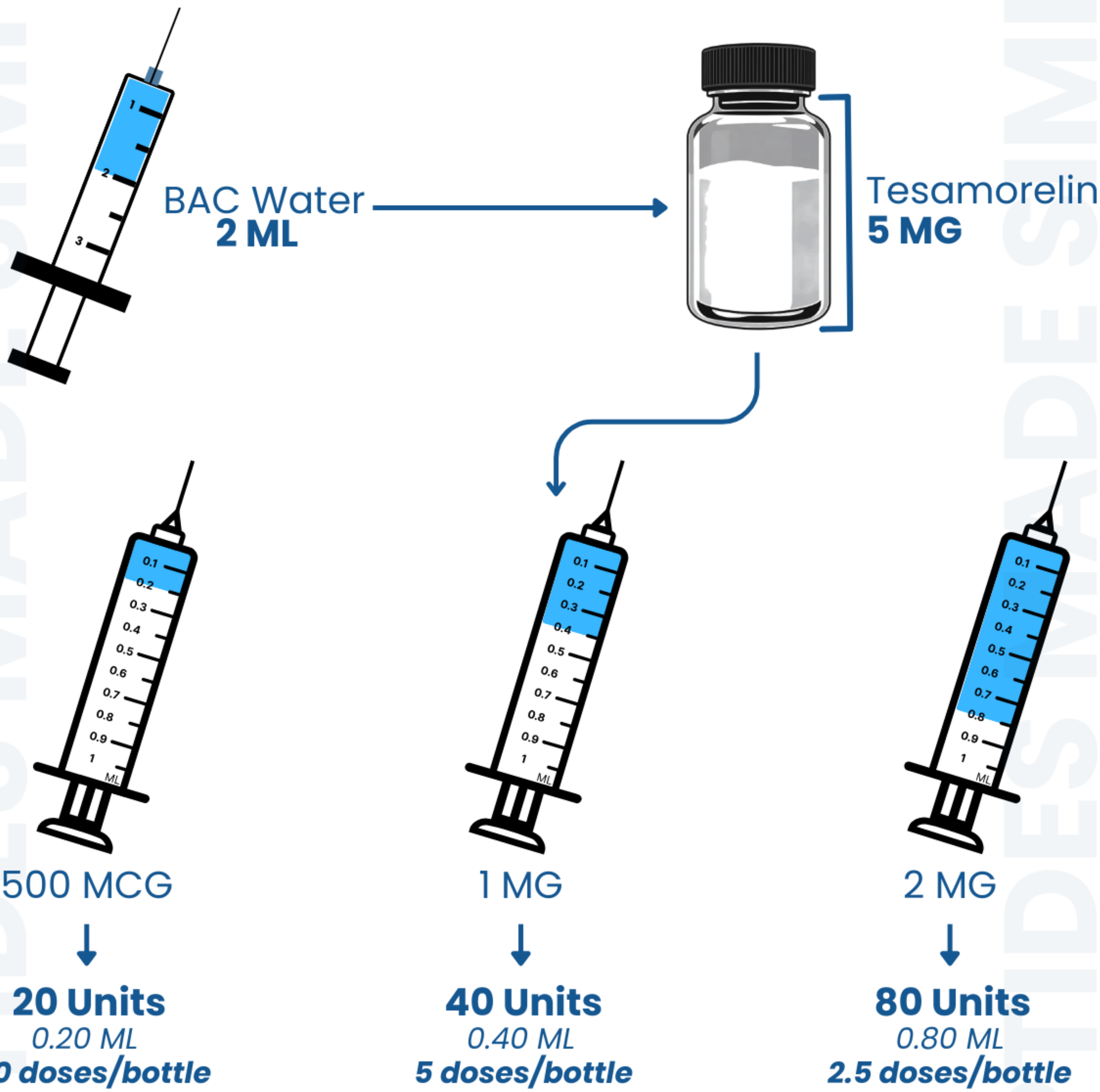
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Tesamorelin

5 MG

RECONSTITUTION



More Options

250 MCG → **13 units** 2.25 MG → **90 units**
750 MCG → **38 units** 2.5 MG → **100 units**
1.25 MG → **63 units**
1.5 MG → **75 units**
1.75 MG → **88 units**

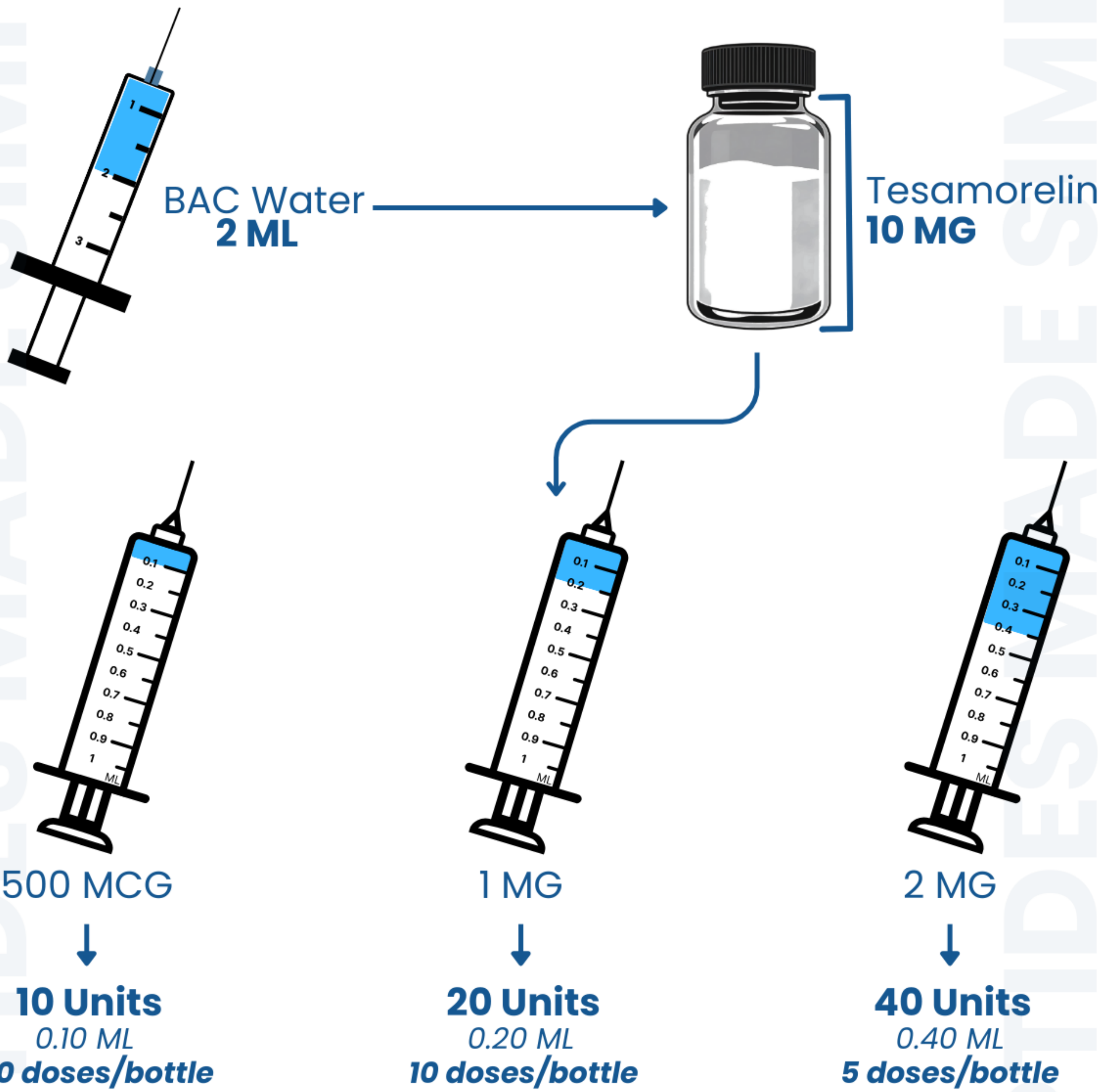
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Tesamorelin

10 MG

RECONSTITUTION



More Options

250 MCG → **5 units** 2.25 MG → **45 units**
750 MCG → **15 units** 2.5 MG → **50 units**
1.25 MG → **25 units**
1.5 MG → **30 units**
1.75 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
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IGF-1 LR3

Overview

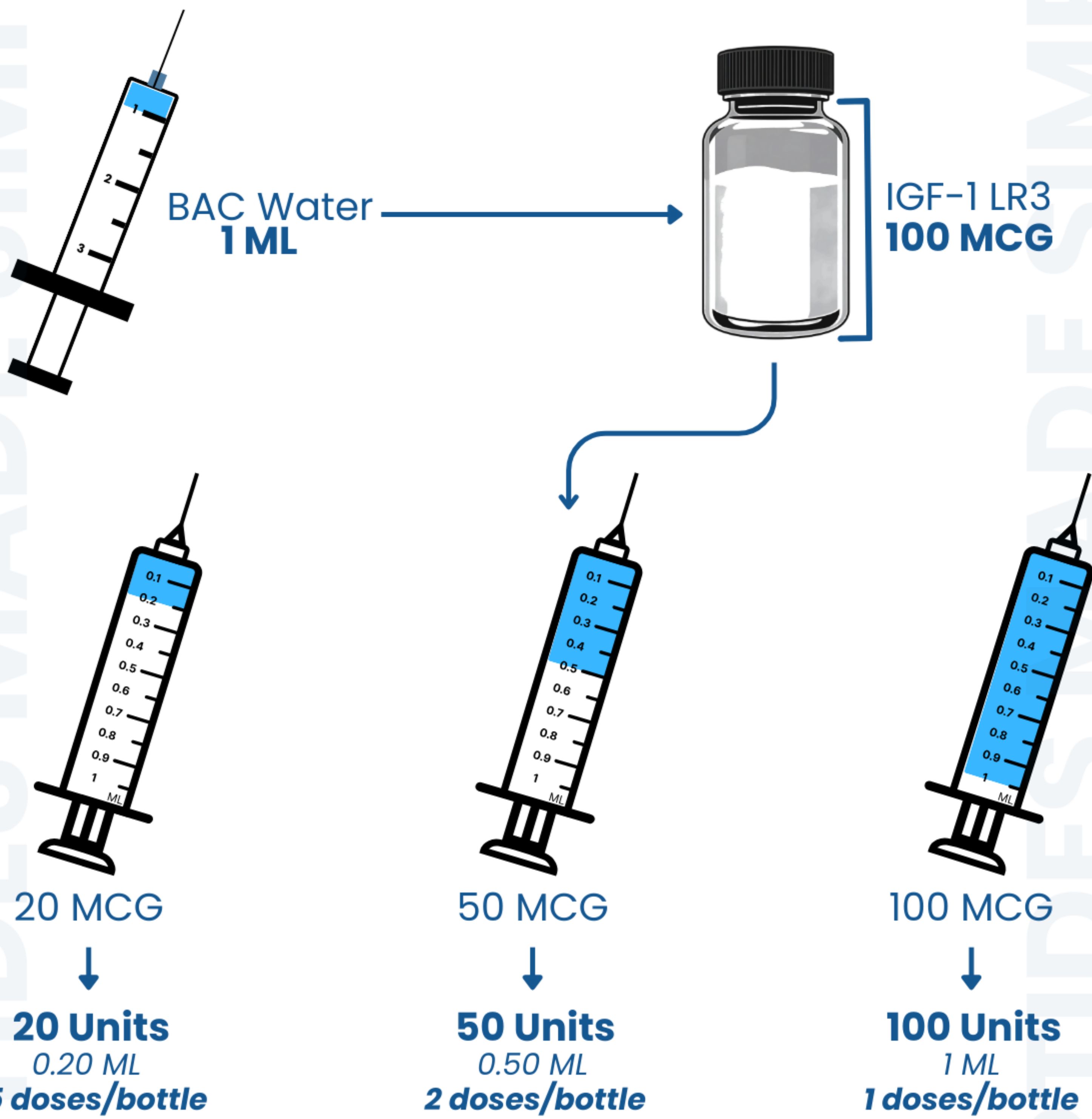
- **IGF1-LR3 is a modified version of insulin-like growth factor-1 (IGF-1)**
- **IGF1-LR3 doesn't bind as strongly to IGF binding proteins, allowing it to stay in the bloodstream up to 120 times longer.**
- **It stimulate muscle growth, improve recovery from injuries, and support overall metabolic processes**

Dosing & Cycling

- **20-100 mcg per injection**
- **3-6 weeks on, 3-6 weeks off**
- **Best taken with food**

IGF-1 LR3 100 MCG

RECONSTITUTION



More Options

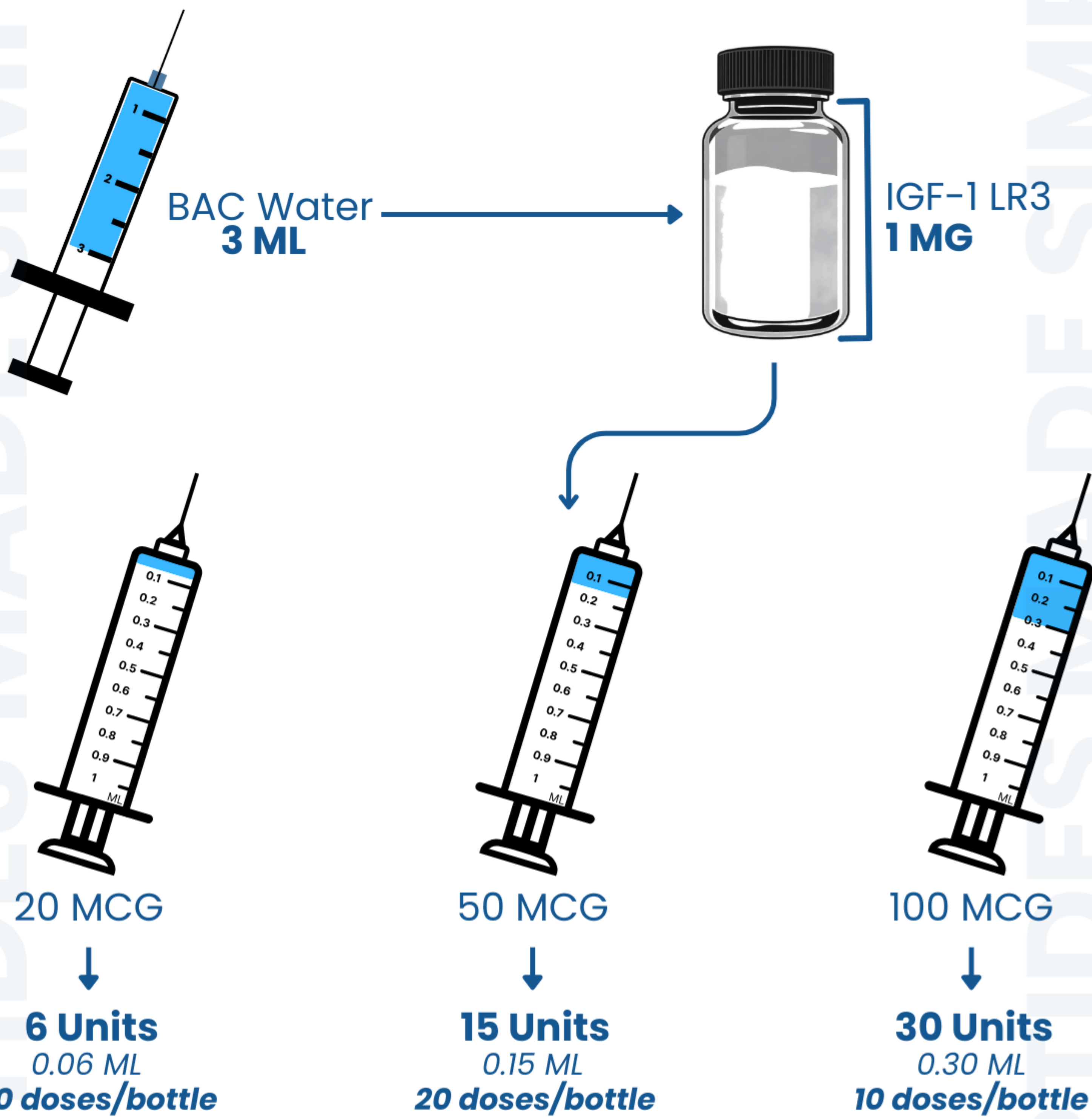
10 MCG → **10 units**
35 MCG → **35 units**
75 MCG → **75 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

IGF-1 LR3 1 MG

RECONSTITUTION



More Options

- | | |
|---------------------------|---------------------------|
| 10 MCG → 3 units | 175 MCG → 53 units |
| 35 MCG → 11 units | 200 MCG → 60 units |
| 75 MCG → 23 units | |
| 125 MCG → 38 units | |
| 150 MCG → 45 units | |

Key

- ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Best Peptides For Recovery *Reconstitution*

- BPC-157
- TB-500
- Thymosin Alpha-1



BPC-157

Overview

- **BPC-157 stands for body-protective compound. It was discovered in the human gastric juice**
- **BPC-157 is neuroprotective (brain), cardioprotective (heart), gastroprotective (stomach), and musculoskeletal protective (joints, ligaments, and muscles)**

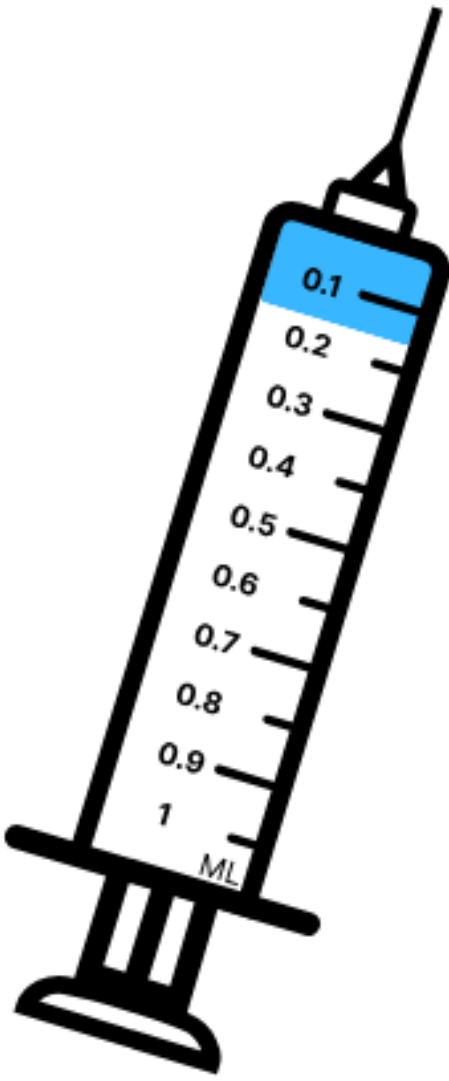
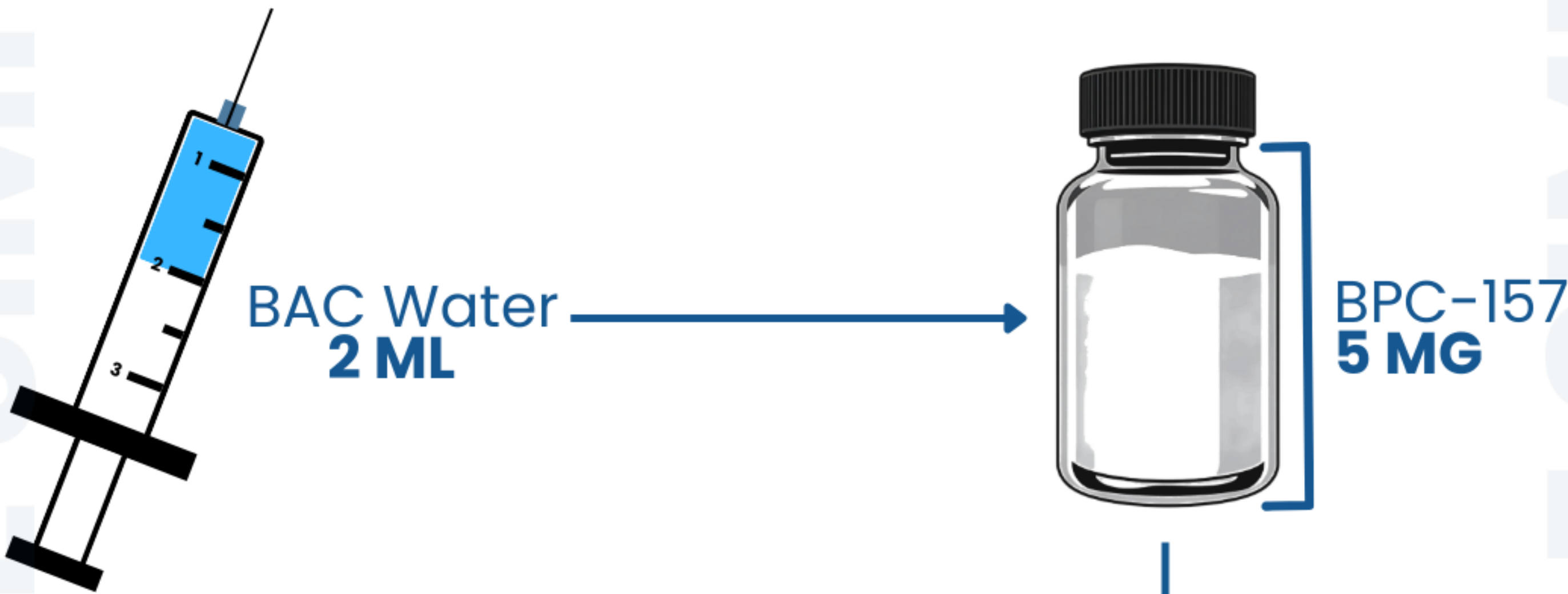
Dosing & Cycling

- **General use: 400-600 mcg**
- **Oral use: 500-1000 mcg**
- **Injury: Split the dose into 200-300 mcg and inject around the area**
- **Cycle length and intensity depends on the health status and response to treatment.**

BPC-157

5 MG

RECONSTITUTION



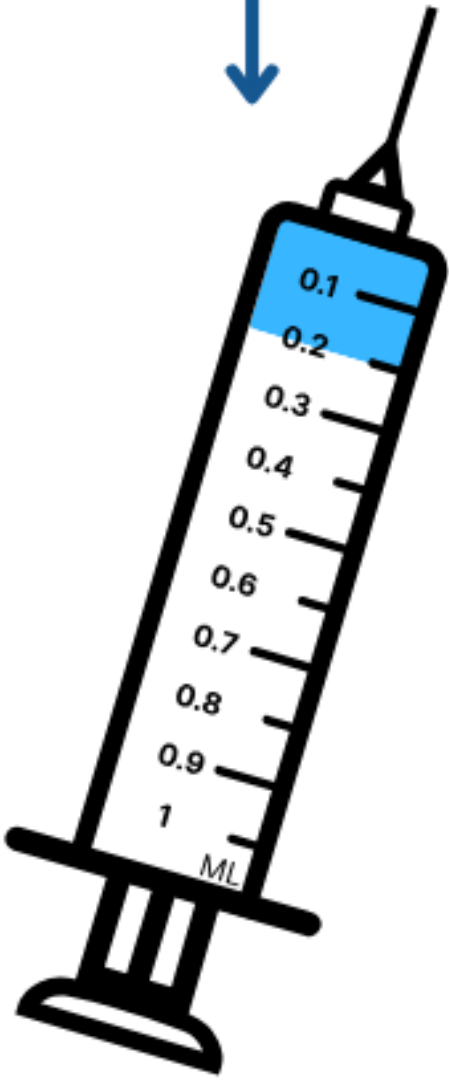
400 MCG



16 Units

0.16 ML

12.5 doses/bottle



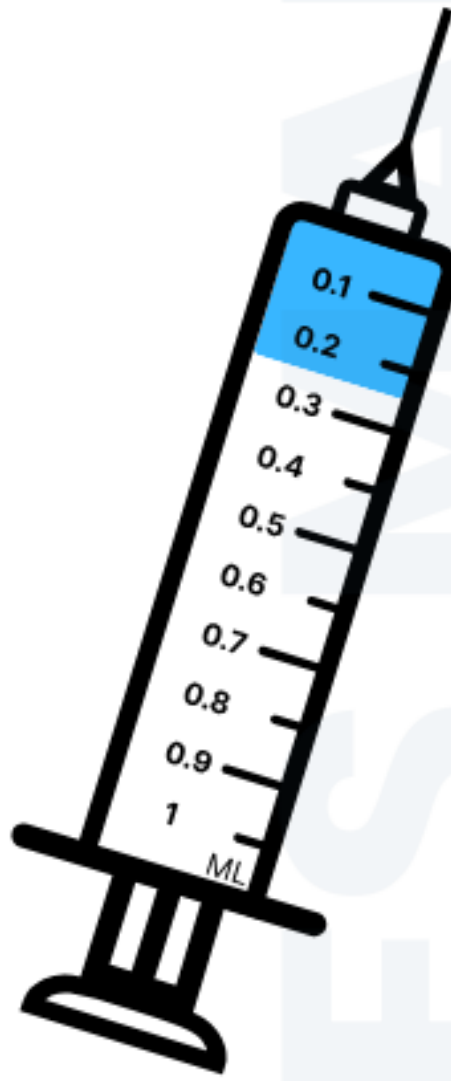
500 MCG



20 Units

0.20 ML

10 doses/bottle



600 MCG



24 Units

0.24 ML

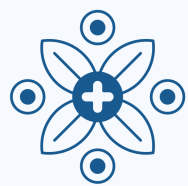
8.3 doses/bottle

More Options

- 300 MCG → **12 units**
- 700 MCG → **28 units**
- 800 MCG → **32 units**
- 900 MCG → **36 units**
- 1 MG → **40 units**

Key

- ML -> Milliliter
- MG -> Milligram
- MCG -> Microgram
- BAC Water -> Bacteriostatic Water



BPC-157

10 MG

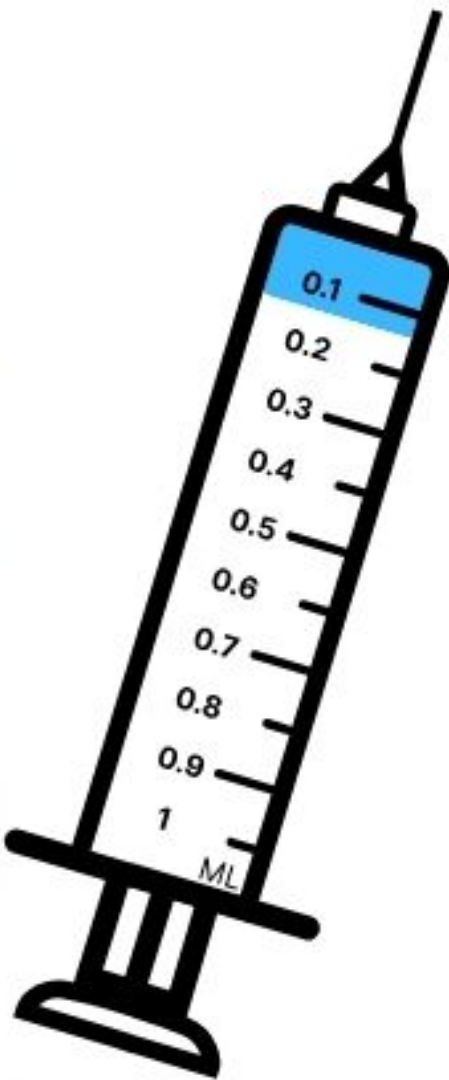
RECONSTITUTION



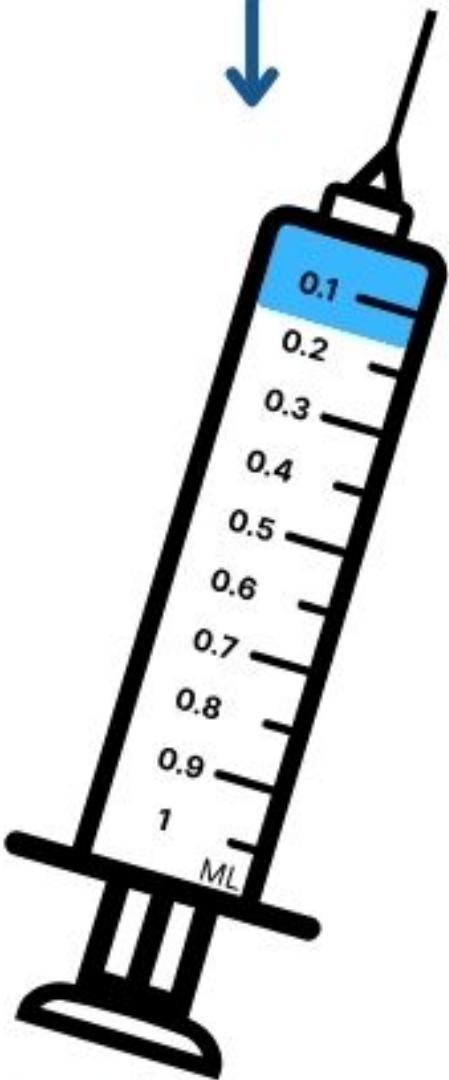
BAC Water
3 ML



BPC-157
10 MG



400 MCG
↓
12 Units
0.12 ML
25 doses/bottle



500 MCG
↓
15 Units
0.15 ML
20 doses/bottle



600 MCG
↓
18 Units
0.18 ML
16.7 doses/bottle

More Options

300 MCG → **9 units**
700 MCG → **21 units**
800 MCG → **24 units**
900 MCG → **27 units**
1 MG → **30 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



TB-500

Overview

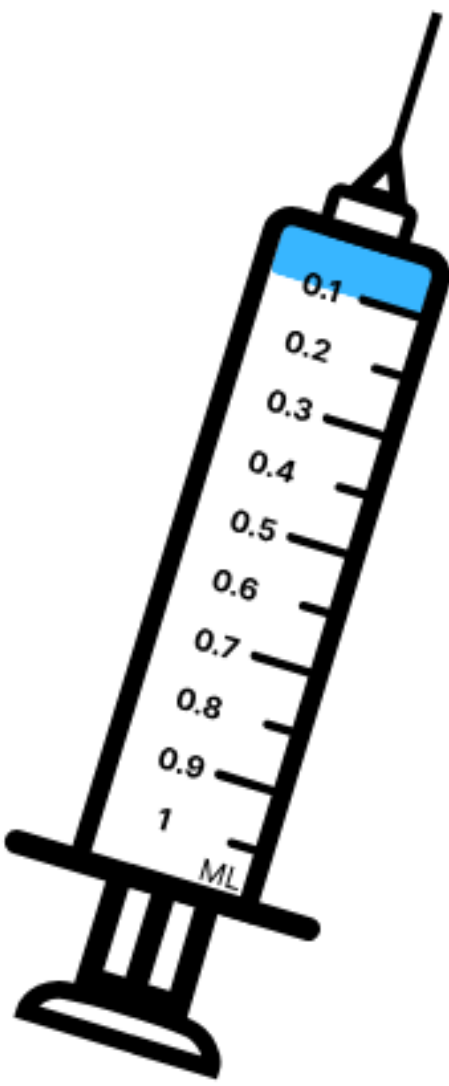
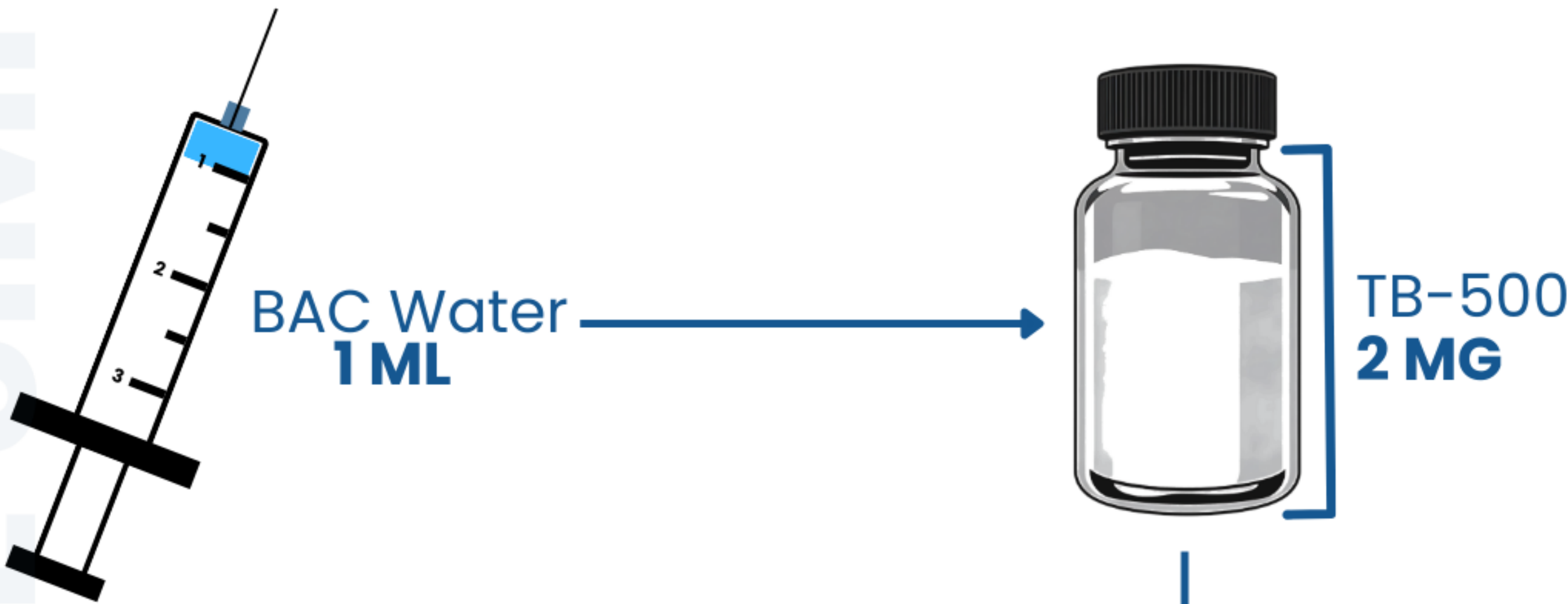
- **TB-500, or Thymosin Beta-4, is a peptide that mimics a natural protein found in almost all cells.**
- **This peptide is related to thymosin, a hormone secreted by the thymus gland, which is an essential aspect of the immune system.**
- **It's known for its role in healing and tissue repair, particularly in muscles and the heart.**

Dosing & Cycling

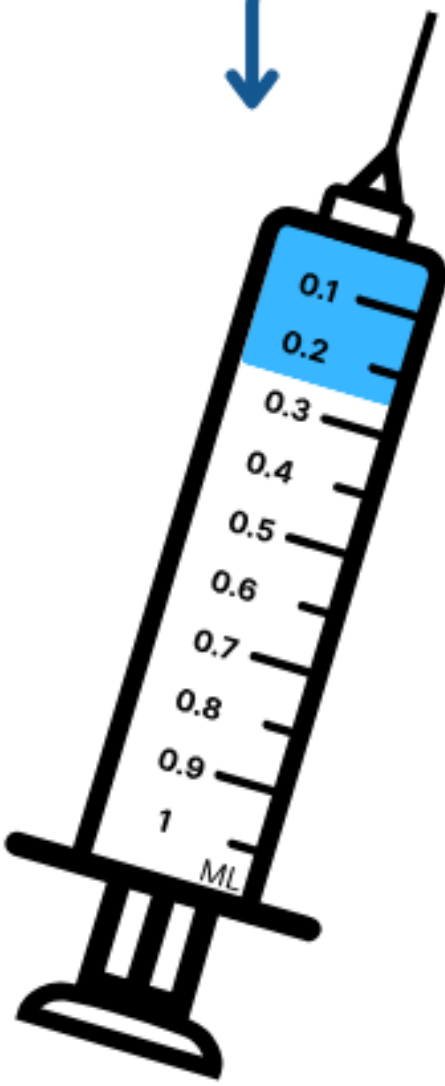
- **General use: 400-600 mcg**
- **Oral use: 500-1000 mcg**
- **Injury: Split the dose into 200-300 mcg and inject around the area**
- **Cycle length and intensity depends on the health status and response to treatment.**

TB-500
2 MG

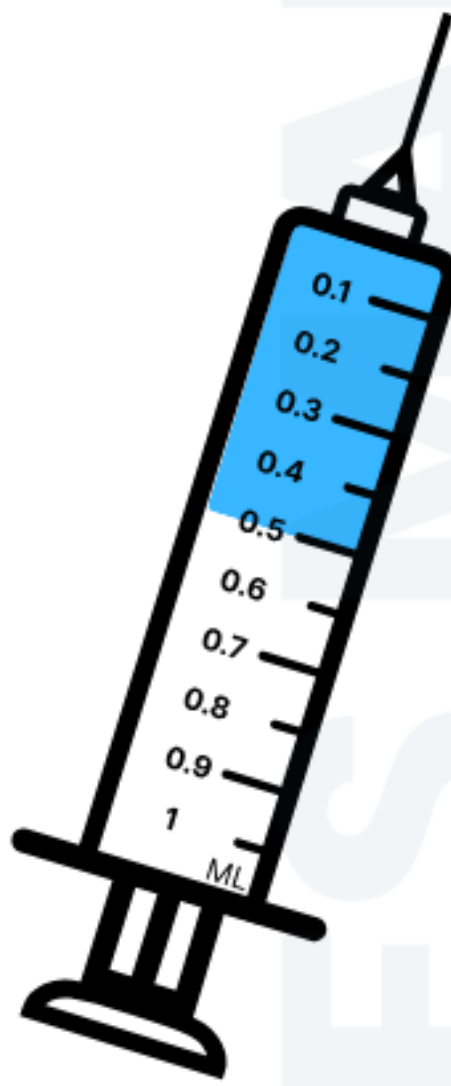
RECONSTITUTION



300 MCG
↓
15 Units
0.15 ML
16.7 doses/bottle



500 MCG
↓
25 Units
0.25 ML
4 doses/bottle



1 MG
↓
50 Units
0.50 ML
2 doses/bottle

More Options

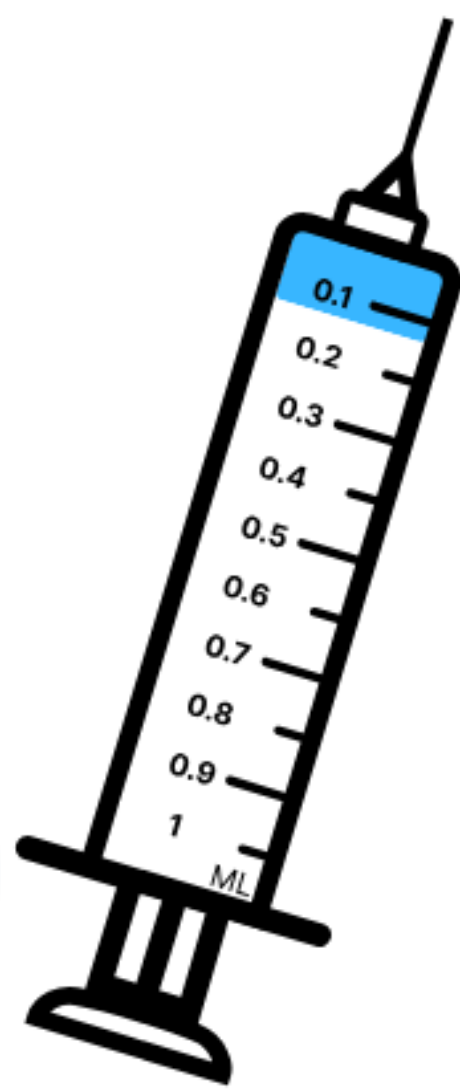
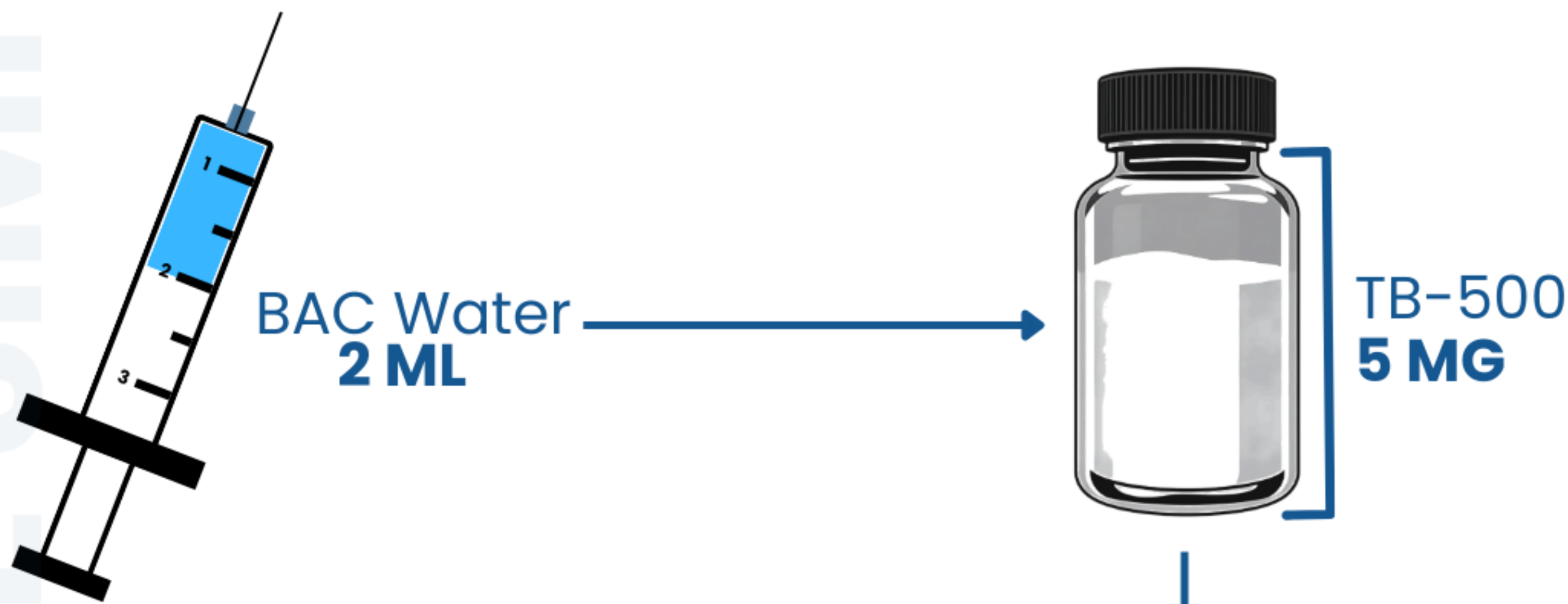
200 MCG → 10 units	900 MCG → 45 units
400 MCG → 20 units	1.25 MG → 63 units
600 MCG → 30 units	1.5 MG → 75 units
700 MCG → 35 units	
800 MCG → 40 units	

Key

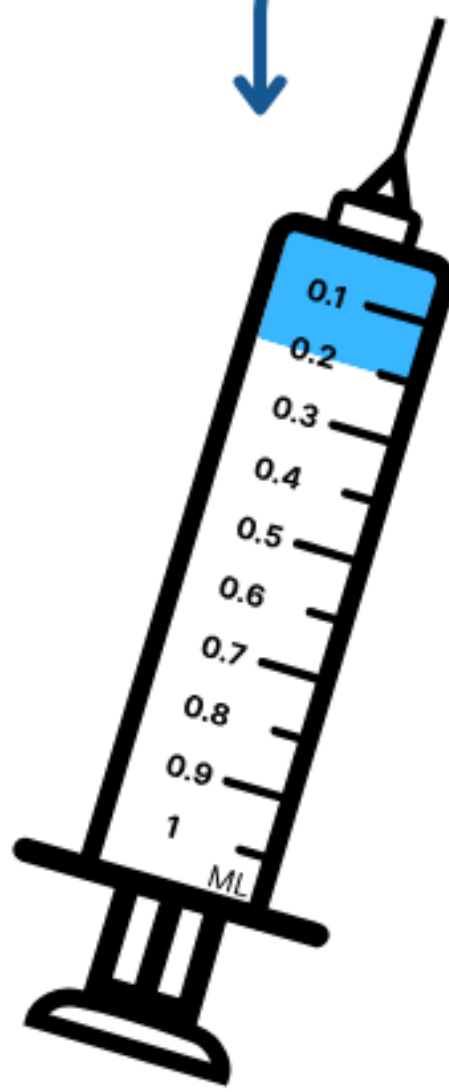
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

TB-500 5 MG

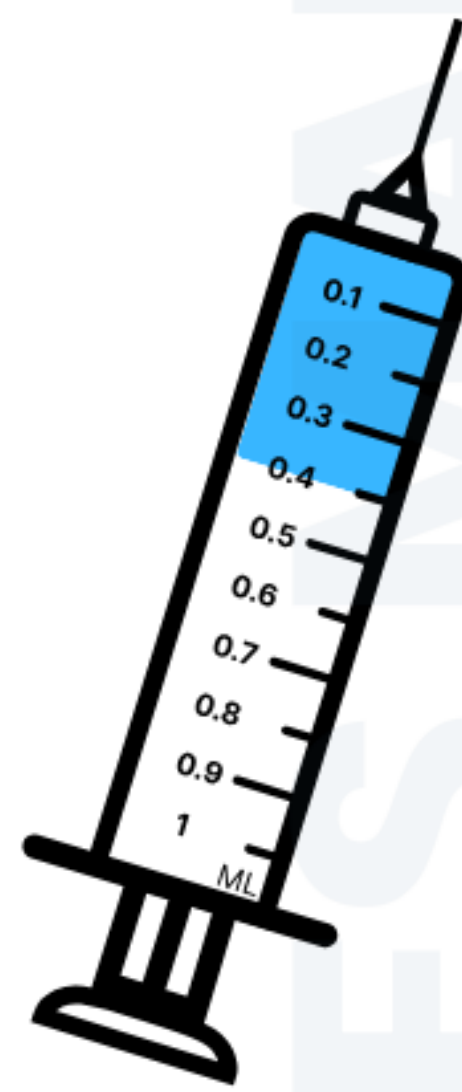
RECONSTITUTION



300 MCG
↓
12 Units
0.12 ML
20 doses/bottle



500 MCG
↓
20 Units
0.20 ML
10 doses/bottle



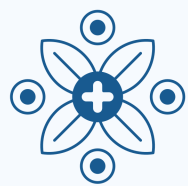
1 MG
↓
40 Units
0.40 ML
5 doses/bottle

More Options

200 MCG → 8 units	900 MCG → 36 units
400 MCG → 16 units	1.25 MG → 50 units
600 MCG → 24 units	1.5 MG → 60 units
700 MCG → 28 units	
800 MCG → 32 units	

Key

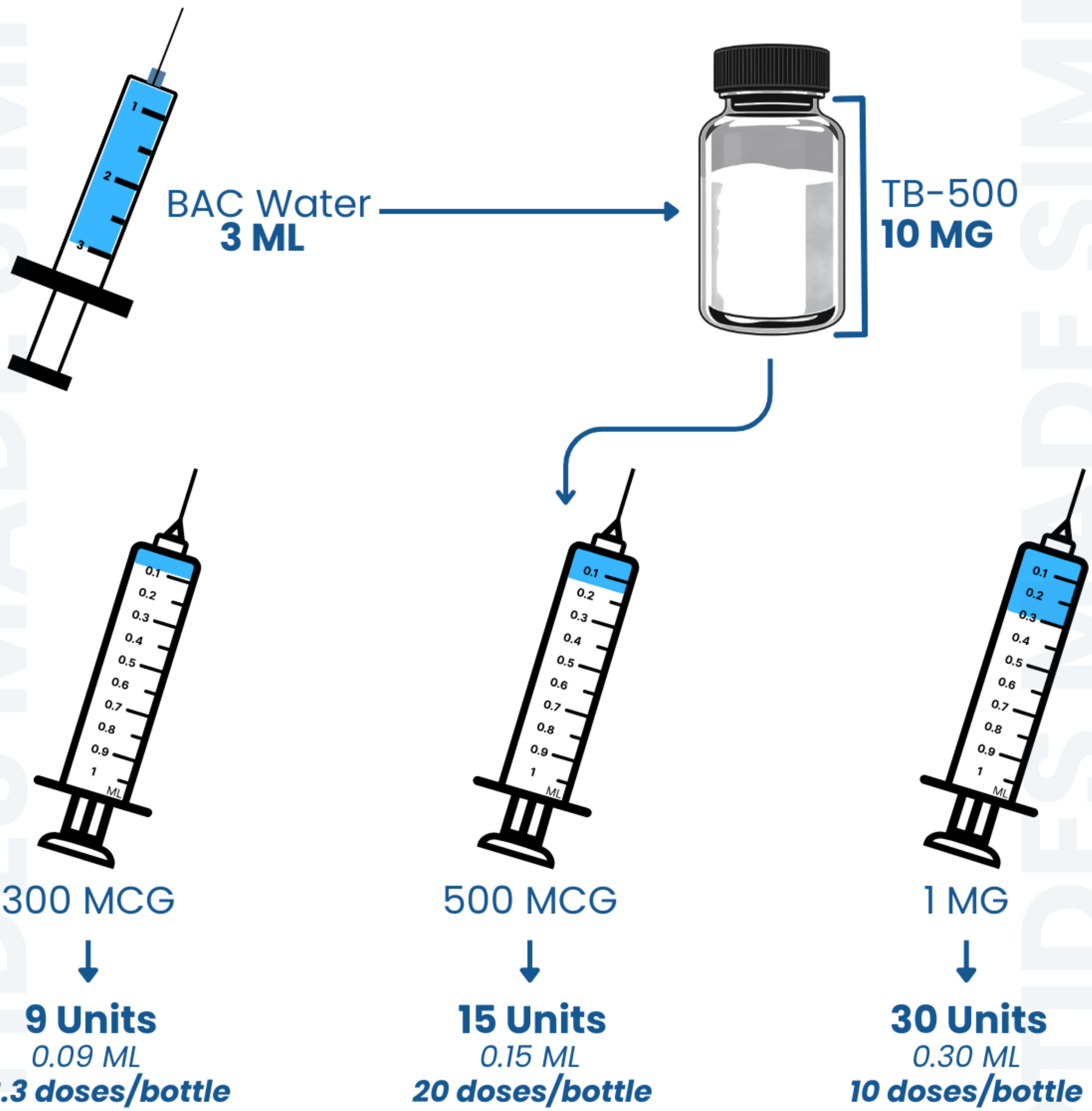
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



TB-500

10 MG

RECONSTITUTION



More Options

200 MCG → 6 units	900 MCG → 27 units
400 MCG → 12 units	1.25 MG → 38 units
600 MCG → 18 units	1.5 MG → 45 units
700 MCG → 21 units	
800 MCG → 24 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



Thymosin-Alpha 1

Overview

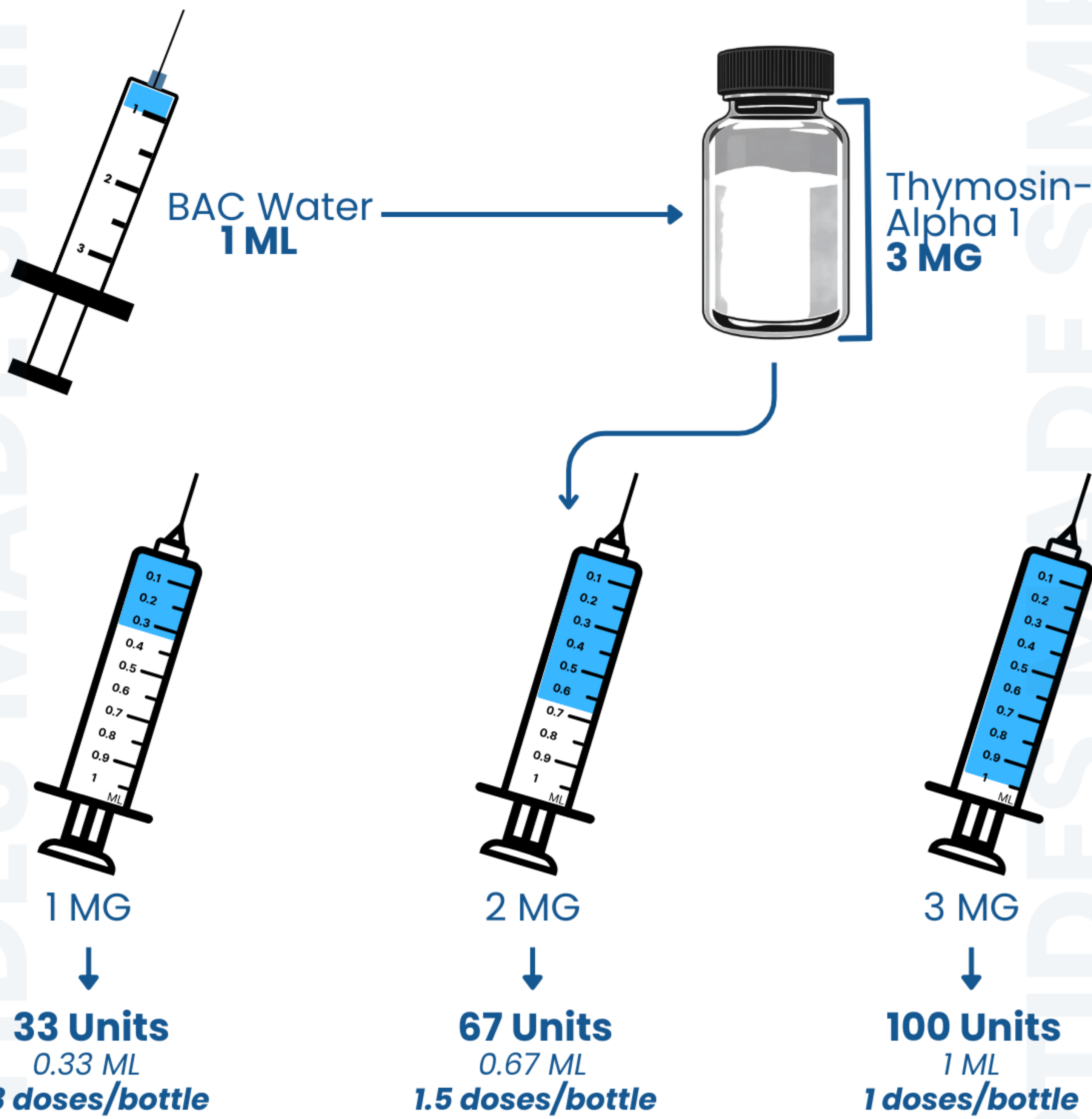
- **Discovered in 1972, Thymosin alpha-1 is a naturally occurring peptide that has been studied for its ability to stimulate the immune system and improve responses to infections and diseases.**
- **Thymosin alpha-1 is approved for use in 35 under-developed countries to help combat hepatitis B and C infection**

Dosing & Cycling

- **1-5 mg per subcutaneous injection**
- **Every third day**
- **2 weeks to 3 months or longer. The cycle depends on the response and overall health status**

Thymosin-Alpha 1 3 MG

RECONSTITUTION



More Options

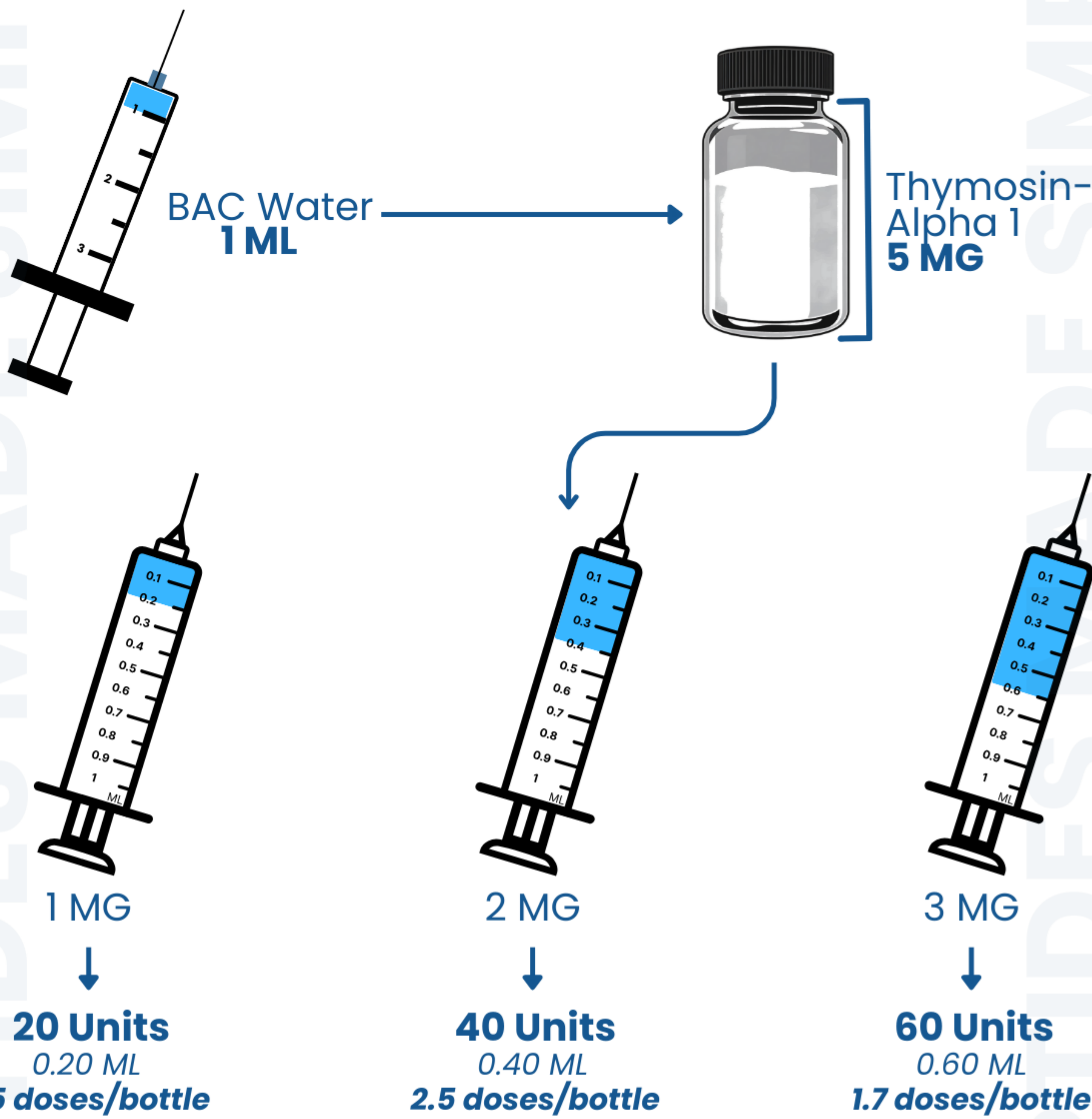
500 MCG → **17 units**
1.5 MG → **50 units**
2.5 MG → **83 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Thymosin-Alpha 1 5 MG

RECONSTITUTION



More Options

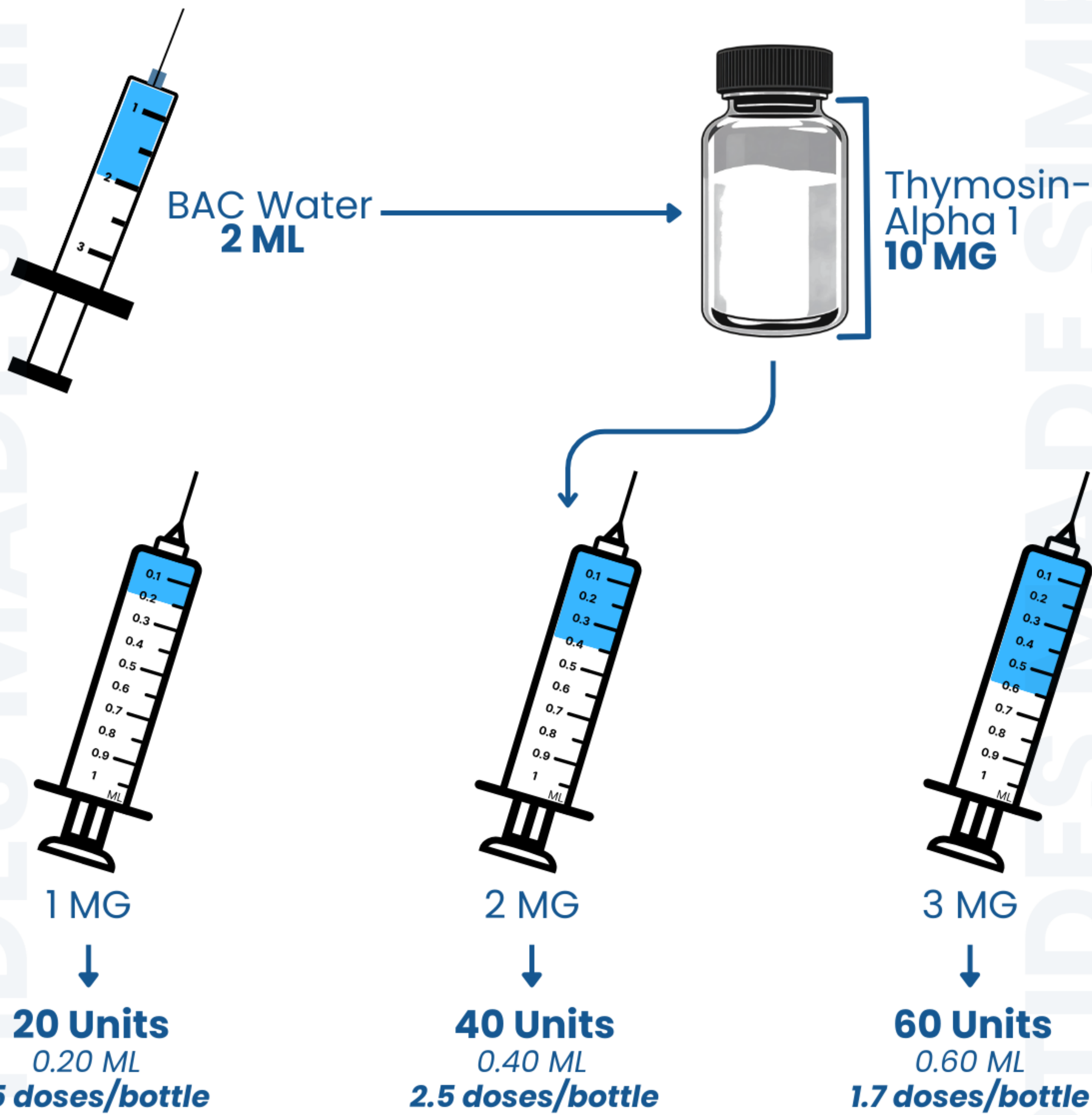
500 MCG → **10 units** 4.5 MG → **90 units**
1.5 MG → **30 units** 5 MG → **100 units**
2.5 MG → **50 units**
3.5 MG → **70 units**
4 MG → **80 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Thymosin-Alpha 1 10 MG

RECONSTITUTION

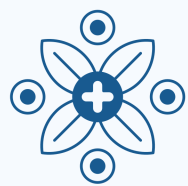


More Options

- | | |
|---------------------------|--------------------------|
| 500 MCG → 10 units | 4.5 MG → 90 units |
| 1.5 MG → 30 units | 5 MG → 100 units |
| 2.5 MG → 50 units | |
| 3.5 MG → 70 units | |
| 4 MG → 80 units | |

Key

- ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water



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[Return To
Table Of
Contents](#)

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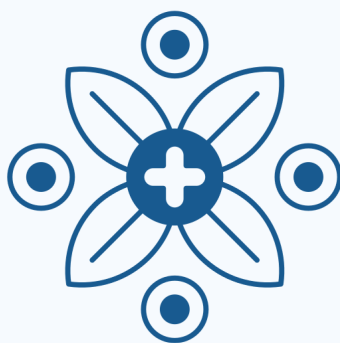
Peptide Combos Encyclopedia



Peptide Dosing Cheat Sheet



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