



CBC · Comprehensive metabolic panel · Lipid panel · Fasting glucose · HbA1c · Liver enzymes (ALT/AST) · Kidney (eGFR/creatinine) · Total & free testosterone · Estradiol · IGF-1 · Thyroid (TSH) · hs-CRP. Copy each result's reference range straight from your own lab report — ranges differ between labs. Flag each value High, Low, or Normal so trends jump out at a glance. This log is for organizing your records only; interpret results with a qualified professional.

Practical, low-cost supplies for safe reconstitution, measuring, and storage.

**GLUCO-CARE Insulin Syringes
31G, 1 mL, 5/16" (100-count) →**

31G × 5/16" 1 mL — the standard configuration for subcutaneous research dosing; single-use only.

**Curad Sterile Alcohol Prep Pads,
70% Isopropyl (400-count) →**

Individually wrapped 70% isopropyl pads — one for the vial septum and one for the site, every time.

**Oakridge Sharps Container, 1-
Quart (3-pack) →**

Used needles go in a sharps container, never household trash — a 1-quart 3-pack covers months of research.

**Ks-Tek Sterile 10 mL Vials with
Self-Healing Injection Port →**

Steam-sterilized empty vials with self-healing septa — for holding reconstituted solutions between draws.

**Moyite 9-Slot Vial Holder for
Refrigerator (fits 5–10 mL vials) →**

Keeps reconstituted vials upright and organized in the fridge — fits standard-height 5–10 mL vials.

Full supplies checklist with current product links: highpeptides.com/supplies/