



Reconstitution Quick Reference

Common ratios and dosing calculations

5mg Vial Reconstitution

BAC Water	Concentration	250 mcg =
1 mL	500 mcg / 0.1 mL	5 units
2 mL	250 mcg / 0.1 mL	10 units
2.5 mL	200 mcg / 0.1 mL	12.5 units
5 mL	100 mcg / 0.1 mL	25 units

10mg Vial Reconstitution

BAC Water	Concentration	500 mcg =
2 mL	500 mcg / 0.1 mL	10 units
4 mL	250 mcg / 0.1 mL	20 units
5 mL	200 mcg / 0.1 mL	25 units
10 mL	100 mcg / 0.1 mL	50 units

Common Peptide Doses

Peptide	Typical Dose	Frequency
BPC-157	250-500 mcg	1-2x daily
TB-500	2-2.5 mg	2x/week → 1x/week
GHK-Cu	1-2 mg	1x daily
CJC/lpa	100-300 mcg each	Before bed
PT-141	1-2 mg	As needed
Melanotan II	250-500 mcg	Daily → 2x/week

Syringe Reading (100 unit)

Units	mL	Common Names
10 units	0.1 mL	"10 IU" / "0.1cc"
20 units	0.2 mL	"20 IU"
50 units	0.5 mL	"half cc"
100 units	1.0 mL	"full cc"

Note: 1 mL = 1 cc = 100 units on standard insulin syringe



Concentration Formula

$$\text{Concentration (mcg/0.1mL)} = (\text{Peptide mg} \times 1000) \div (\text{Water mL} \times 10)$$

Example: 5mg peptide + 2mL water = $(5 \times 1000) \div (2 \times 10) = 250$ mcg per 0.1mL



Dosing Formula

$$\text{Units to draw} = (\text{Desired dose} \div \text{Concentration}) \times 10$$

Example: Want 250mcg, concentration is 250mcg/0.1mL = $(250 \div 250) \times 10 = 10$ units

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Supplies You'll Need

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/