



Reconstitution Calculator Worksheet

Work the numbers step by step, one vial at a time

Step-by-step calculation

1. Peptide amount in the vial (mg)	_____ mg
2. Bacteriostatic water added (mL)	_____ mL
3. Concentration = (mg × 1000) ÷ (mL × 10)	_____ mcg / 0.1 mL
4. Desired dose (mcg)	_____ mcg
5. Units to draw = (dose ÷ concentration) × 10	_____ units
6. Date reconstituted / discard-by date	_____ / _____

Concentration (mcg/0.1 mL) = (Peptide mg × 1000) ÷ (Water mL × 10)

Example: 5 mg peptide + 2 mL water = (5 × 1000) ÷ (2 × 10) = 250 mcg per 0.1 mL

Units to draw = (Desired dose ÷ Concentration) × 10

Example: want 250 mcg at 250 mcg/0.1 mL = (250 ÷ 250) × 10 = 10 units

Multi-vial worksheet

PEPTIDE	VIAL (MG)	BAC WATER (ML)	CONCENTRATION	DESIRED DOSE	UNITS TO DRAW	DISCARD BY

On a standard 100-unit insulin syringe, 1 mL = 1 cc = 100 units, so 0.1 mL = 10 units. Always double-check your own math before drawing.
Educational only — not medical advice.

For research purposes only. Not medical advice. | highpeptides.com/printables/

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/