



Side Effects Journal

⚠ **Stop immediately and seek medical care if you experience:** Chest pain, difficulty breathing, severe allergic reaction, sudden numbness, vision changes, or fever.

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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/