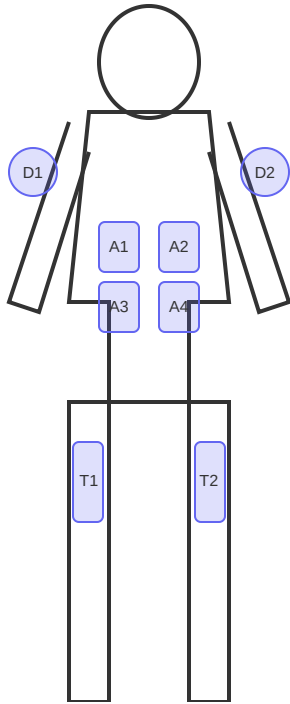


Injection Site Rotation Map



Mark each injection with date

Zone	Location	Dates Used
A1	Left upper abdomen	
A2	Right upper abdomen	
A3	Left lower abdomen	
A4	Right lower abdomen	
T1	Left outer thigh	
T2	Right outer thigh	
D1	Left deltoid	
D2	Right deltoid	

Rotation Tips:

- Rotate sites to prevent lipohypertrophy
- Stay 2 inches from navel for abdomen
- Wait 1 week before reusing same spot
- Pinch skin for subQ injections

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/