



Weekly Peptide Dosing Schedule

Plan every dose across the week at a glance

Week of: _____

PEPTIDE	DOSE	TIME	MON	TUE	WED	THU	FRI	SAT	SUN

Tip: write the dose in each day's cell you plan to inject, and tick it off once taken. Keep this beside your injection log so the plan and the actual record stay in sync. Rotate injection sites daily — see the free Injection Site Rotation Map at highpeptides.com/printables/.

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) →

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

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

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/