



## Peptide Lab Research Reference Guide

Research Use Notice: This document is intended strictly for research and educational purposes only. It does not constitute medical advice, diagnosis, or treatment. Peptide Lab products are intended for laboratory use only.

### Reconstitution & Units Reference

Peptide	Vial	Diluent	mg/unit	Typical Dose	Units
CJC-1295	10 mg	2 ml	0.05	0.1–0.3 mg	2–6
Ipamorelin	10 mg	2 ml	0.05	0.1–0.3 mg	2–6
Semax	10 mg	2 ml	0.05	0.3–0.6 mg	6–12
Wolverine Stack	10 mg	2 ml	0.05	0.25–0.5 mg	5–10
GHK-Cu	50 mg	2 ml	0.25	1–2 mg	4–8
Cagrilintide	5 mg	2 ml	0.025	0.25–0.6 mg	10–24
MOTS-c	10 mg	2 ml	0.05	0.5–1 mg	10–20
SLU-PP-332	5 mg	2 ml	0.025	0.1–0.3 mg	4–12
Kisspeptin	10 mg	2 ml	0.05	0.1–0.2 mg	2–4
DSIP	10 mg	2 ml	0.05	0.2–0.5 mg	4–10
Tirzepatide	30 mg	2 ml	0.15	2.5–10 mg weekly	17–67
Retatrutide	30 mg	2 ml	0.15	2–8 mg weekly	13–53
Thymosin Alpha-1	10 mg	2 ml	0.05	0.5–1 mg	10–20
NAD+	1000 mg	10 ml	1 mg	50–200 mg	50–200

## Peptide Protocol Reference

Peptide	Typical Dose	Frequency	Cycle Length	Research Focus
CJC-1295	0.1–0.3 mg	1–2x daily	8–12 weeks	GH pulse research
Ipamorelin	0.1–0.3 mg	1–3x daily	8–12 weeks	Paired with CJC
Semax	0.3–0.6 mg	Daily	4–8 weeks	Cognitive
Wolverine Stack	0.25–0.5 mg	Daily/EOD	4–8 weeks	Recovery
GHK-Cu	1–2 mg	Daily	8–12 weeks	Collagen
Cagrilintide	0.25–0.6 mg	Weekly	12–20 weeks	Appetite
MOTS-c	0.5–1 mg	1–2x weekly	8–12 weeks	Mitochondrial
SLU-PP-332	0.1–0.3 mg	Daily	6–8 weeks	Exercise
Kisspeptin	0.1–0.2 mg	Several weekly	6–8 weeks	Hormonal
DSIP	0.2–0.5 mg	Evening	4–8 weeks	Sleep
Tirzepatide	2.5–10 mg	Weekly	12–24 weeks	Metabolic
Retatrutide	2–8 mg	Weekly	12–24 weeks	Triple receptor
Thymosin Alpha-1	0.5–1 mg	2–3x weekly	8–12 weeks	Immune
NAD+	50–200 mg	1–3x weekly	4–8 weeks	Energy

## Units Conversion Reference

Mix	Dose	Units
10 mg + 2 ml	0.1 mg	2
10 mg + 2 ml	0.25 mg	5
10 mg + 2 ml	0.5 mg	10
10 mg + 2 ml	1 mg	20
5 mg + 2 ml	0.25 mg	10
5 mg + 2 ml	0.5 mg	20
30 mg + 2 ml	2.5 mg	17
30 mg + 2 ml	5 mg	33
30 mg + 2 ml	7.5 mg	50
30 mg + 2 ml	10 mg	67
NAD+ 1000 mg + 10 ml	50 mg	50
NAD+ 1000 mg + 10 ml	200 mg	200