

# Peptide Cheat Sheet



For stacks, pairings, higher dosages or condition specific protocols  
please email us at [info@mypeptideuniversity.com](mailto:info@mypeptideuniversity.com)

Peptide	Purpose	Vial size	Bac. Water for Reconstitution	Recommend Dosage	Frequency	Timing	Duration
GLP Sema*	Weight Loss	5mg or 20mg	2 ml or 8 ml	Start 10 units and titrate up	1/week	AM	12 weeks on 4 weeks off
GLP Tirz*	Weight Loss	10mg or 50mg	1 ml or 5ml	Start 25 units and titrate up	1/week	AM	12 weeks on 4 weeks off
GLP Reta*	Weight Loss	10mg	1 ml	Start 20 units and titrate up	1/week	AM	12 weeks on 4 weeks off
Adipotide	Weight Loss	10mg	2ml	10 units	M-F	AM	12 weeks on 4 weeks off
AOD-9604	Weight Loss	5mg	2ml	20 units	M-F	AM	12 weeks on 4 weeks off
BPC-157	Recovery/Inflammation	5mg or 15mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
CJC	Longevity/Muscle	5mg	2ml	10 units	M-F	AM or pre-workout	12 weeks on 4 weeks off
Dihexa	Neurocognitive	10mg	1 ml	50 units	Twice/week	HS	4 weeks
DSIP	Sleep/Neuro/Psych	2mg	2ml	10 units	M-F	HS	8 weeks on 4 weeks off
Epithalon	Longevity	10mg or 50mg	2ml	20 units	3/week	Whenever	8 weeks once-twice/year
Follistatin	Longevity/Muscle	2mg	2ml	10 units	3/week	AM or pre-workout	8 weeks on 8 weeks off
Fox-04 DRI	Longevity	10mg	1 ml	20 units	Every other day	AM	Once/year
GHK-CU	Aesthetic/Healing	50mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
Gonadorelin	Sexual/Reproductive	5mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
IGF1-LR3	Muscle/Recovery	1mg	2ml	10 units	M-F	AM or pre-workout	8 weeks on 8 weeks off
Ipamorelin	Longevity/Metabolism	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
Kisspeptin	Endocrine/Reproductive	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
KPV	Inflammation	5mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
LL-37	Post-illness/Inflammation	5mg	2ml	20 units	M-F	Whenever	8 weeks on 4 weeks off
Melanotan	Sexual/Skin	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
MOTS-C	Mithondrial Health	10mg	2ml	20 units	3/week	AM	12 weeks on 4 weeks off
NAD+	Mithondrial Health	500mg or 1000mg	4.5ml	25 units	3/week	AM	In perpetuity
Oxytocin	Neuro/Sexual	2mg	2ml	10 units	M-F	HS	8 weeks on 4 weeks off
PT-141	Sexual/Skin	10mg	2ml	20 - 50 units	As needed	HS	As needed
Selank	Neuropsych	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
Semax	Neurocognitive	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
Sermorelin	Longevity	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
SS-31	Mithondrial Health	10mg	2ml	20 units	3/week	AM	12 weeks on 4 weeks off
TB-500	Recovery/Inflammation	5mg or 15mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
Tesamorelin	Longevity/Metabolism	10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
Thymosin Alpha-1	Autoimmune/Inflammation	10mg	2ml	10 units	M-F	Whenever	8 weeks on 4 weeks off

\*Email us at [info@mypeptideuniversity.com](mailto:info@mypeptideuniversity.com) for microdosing.

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