



Peptide Mixing, Administration, Storage Instructions

Peptide Mixing

Attach a pink 18 gauge draw needle to a 3 or 5ml syringe and fill the peptide vial with sterile bacteriostatic water or normal saline. If it is a 10 mL vial, add 10 mL of the sterile water or normal saline. If you are not sure the size of the vial, start with 3 mL and add 1-3 mL until the vial is full or almost full.

If you are a local patient of Aspen Integrative Medicine (located in Basalt or Aspen), a nurse or doctor can help you with the mixing of the peptide with sterile water or saline.

Peptide Administration:

For 1 to 4 peptides: Using a 27- or 29-gauge insulin needle, pull up the prescribed amount of each peptide solution (made with sterile water or saline—see above) into the same syringe. After pulling up the prescribed dose of peptide solution, inject the solution into your belly fat, upper arm, or upper buttocks area. The most common areas are the belly or buttocks.

For Peptides with Lipo-MIC plus NAD+: Attach a pink 18-gauge needle to a 3 mL syringe. Then pull up the prescribed amount of each peptide solution (made with sterile water or saline—see above) into the same syringe. Then pull up 1 mL of NAD+ and 1 mL of Lipo-MIC to the same syringe, being careful not to let the syringe contents flow back into either the NAD+ or Lipo-MIC bottles. Then remove the 18-gauge pink needle and attach a grey 27-gauge needle and inject the entire solution into your belly fat, upper arm, or upper buttocks area. The most common areas are the belly or buttocks.

Peptide Dosing:

Peptides are most often prescribed in 10 to 25 units and dosed from 3 to 7 days per week. If dosing more frequently, a smaller dose is often recommended. If you are unsure of the dose, start with a smaller amount of 10 units or consult your physician.

Peptide Storage

Peptides are best stored in cold temperatures of a refrigerator – don't freeze them. If you are traveling on a short term, you can have the peptides outside of the refrigerator in room temperatures for up to 24 hours, but they should then be placed in a refrigerator. If you are traveling overseas or on a long trip, it is best to simply leave these peptide solutions at home in a refrigerator. Most peptides can be safely stored for up to 3 months without compromising their sterility or effectiveness.