PEPTIDE REFERENCE CHEAT SHEET

61 compounds | [H] = Human trial data | [A] = Animal data only | [-] = No dosing literature

Educational reference only. Not medical advice. All compounds for research purposes only. Evidence badges reflect published literature status, not safety or efficacy claims. Use code PEPDOSE at Summit Research Supply.

01 GLP-1 & METABOLIC

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
Semaglutide [H]	0.25 mg -> 2.4 mg weekly subcutaneous	16-20+ weeks	Taper off over 4-8 wks	Gastrointestinal effects - nausea, vomiting, diarrhoea, constipation - were t...	GI sides common on ramp-up; escalate slowly	HbA1c, lipid panel, CMP, amylase/lipase
Tirzepatide [H]	2.5 mg -> 10 mg weekly subcutaneous	12-16+ weeks	Taper off over 4-8 wks	Gastrointestinal effects dominated the adverse-event profile and were concent...	Dual GIP/GLP-1; escalate per tolerance	HbA1c, lipid panel, CMP, amylase/lipase
Retatrutide [H]	2 mg -> 8 mg weekly subcutaneous	12-48 weeks	Taper off over 4-8 wks	Gastrointestinal effects were the most common events, were dose-related and w...	Triple agonist; most aggressive escalation	HbA1c, lipid panel, CMP, amylase/lipase, thyroid panel
Cagrilintide [H]	0.6 mg -> 4.5 mg weekly subcutaneous	12-16 weeks	4-8 wks between cycles	Gastrointestinal events were the most common, consistent with the class: 41-6...	Amylin analog; often combined with semaglutide	HbA1c, lipid panel, CMP, amylase
CagriSema [H]	0.25 mg each -> 2.4 mg each weekly subcutaneous	16+ weeks	Taper off over 4-8 wks	Gastrointestinal effects consistent with both parent compounds	Combination of both; dose refers to each	HbA1c, lipid panel, CMP, amylase/lipase
AOD-9604 [H]	300 mcg -> 500 mcg subcutaneous	8-12 weeks	4-8 wks	phase 2b programme reported a tolerability profile close to placebo	GH fragment; morning fasted injection preferred	Fasting glucose, lipid panel, CMP
5-Amino-1MQ [A]	2.5 mg -> 5 mg subcutaneous	4-8 weeks	4 wks	No human safety data exists	NNMT inhibitor; small molecule, not a peptide	CMP, CBC, lipid panel
SLU-PP-332 [A]	625 mcg -> 1250 mcg 2x/day subcutaneous	8 weeks	4 wks	No human safety data	Exercise mimetic; split doses AM/PM	CMP, CBC, lipid panel
L-Carnitine [H]	500 mg IM to twice weekly intramuscular	8-12 weeks	No fixed time off	approved label reports gastrointestinal effects and a characteristic body odo...	Pre-mixed IM injection; oral also available	CMP, CBC, carnitine levels
LIPO-C [-]	1 mL IM to twice weekly intramuscular	8-12 weeks	No fixed time off	Injection-site discomfort is the most commonly reported effect for intramuscu...	Pre-mixed lipotropic; varies by compounder	CMP, CBC, lipid panel

02 HEALING & REPAIR

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
BPC-157 [A]	200 mcg -> 600 mcg subcutaneous	8-12 weeks	2-4 wks	Rodent models consistently report accelerated healing of tendon, ligament, mu...	Inject near injury site when possible	CMP, CBC
TB-500 [A]	500 mcg -> 1 mg subcutaneous	8-12 weeks	2-4 wks	No human safety data for the injected fragment	Systemic; site of injection less critical	CMP, CBC
BPC-157 + TB-500 Blend [A]	1500 mcg total -> 1000 mcg total subcutaneous	4-8 weeks	2-4 wks	No human safety data for either component or the combination	Blend; loading then maintenance phase	CMP, CBC
KPV [A]	200 mcg -> 500 mcg subcutaneous	8-12 weeks	2-4 wks	No human safety data from controlled trials	Anti-inflammatory tripeptide; gut and skin focus	CMP, CBC, CRP
GLOW Blend [A]	2330 mcg total subcutaneous	4 weeks on, 2-4 weeks rest	2-4 wks rest between cycles	No human safety data for the combination	Proprietary blend; fixed-dose vial	CMP, CBC
KLOW Blend [A]	2000 mcg total -> 4000 mcg total subcutaneous	8-16 weeks	4 wks	No human safety data for the combination	Proprietary blend; fixed-dose vial	CMP, CBC
LL-37 [A]	50 mcg -> 400 mcg subcutaneous	8-12 weeks	4 wks	No established systemic human safety profile	Antimicrobial peptide; very slow escalation	CMP, CBC with differential, CRP
ARA-290 [H]	2 mg -> 4 mg subcutaneous	4-8 weeks	2-4 wks	Reported as well tolerated over the 28 days	EPO-derived; neuroprotective without erythropoiesis	CMP, CBC, HbA1c
PE-22-28 [A]	50 mcg -> 200 mcg subcutaneous	8-16 weeks	4 wks	No human safety data	Very low doses; slow escalation	CMP, CBC

03 GROWTH HORMONE AXIS

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
Sermorelin [H]	200 mcg -> 500 mcg subcutaneous	12-24 weeks	1-3 mo	label reported injection-site reactions as the most common adverse event, at ...	GHRH analog; bedtime dosing for natural GH pulse	IGF-1, fasting glucose, lipid panel
Ipamorelin [H]	100 mcg -> 250 mcg subcutaneous	8-12 weeks	4-8 wks	Reported as well tolerated in the phase 2 trial, with no significant safety s...	Selective GHRP; bedtime dosing	IGF-1, fasting glucose, lipid panel
Tesamorelin [H]	1 mg -> 2 mg subcutaneous	12-26 weeks	4-8 wks	Trial reporting notes injection-site reactions, arthralgia and peripheral oedema	GHRH analog; evening dosing	IGF-1, fasting glucose, lipid panel
CJC-1295 with DAC [H]	300 mcg -> 1000 mcg Twice weekly subcutaneous	8-12 weeks	4-8 wks	phase 1 programme reported the compound as generally well tolerated at the am...	Long-acting GHRH; twice weekly sufficient	IGF-1, fasting glucose, lipid panel
CJC-1295 + Ipamorelin [A]	100 mcg each -> 250 mcg each subcutaneous	8-12 weeks	4-8 wks	No human safety data for the combination	Synergistic combo; dose refers to each	IGF-1, fasting glucose, lipid panel
Tesamorelin + Ipamorelin [A]	500 mcg total -> 1 mg total subcutaneous	8-12 weeks	4-8 wks	No human safety data for the combination	Synergistic combo; bedtime dosing	IGF-1, fasting glucose, lipid panel
IGF-1 LR3 [A]	20 mcg -> 50 mcg subcutaneous	8 weeks on, 4-8 weeks off	4-8 wks	No human trial safety data for the LR3 analog	Very potent; strict 8-wk cycles with time off	IGF-1, fasting glucose, HbA1c, lipid panel
GHRP-2 [H]	100 mcg -> 200 mcg subcutaneous	8-12 weeks	4-8 wks	diagnostic use, transient flushing and a metallic taste are commonly described	Increases appetite and cortisol; monitor	IGF-1, fasting glucose, cortisol, prolactin
GHRP-6 [H]	100 mcg -> 300 mcg 3x/day subcutaneous	8-12 weeks	4-8 wks	Marked appetite stimulation is the most consistently reported effect and the ...	Strong appetite increase; 3x daily protocol	IGF-1, fasting glucose, cortisol, prolactin
PEG-MGF [A]	200 mcg -> 500 mcg subcutaneous	8 weeks	4 wks	No human safety data	Post-exercise or post-injury timing preferred	IGF-1, CMP, CBC
Follistatin [A]	50 mcg -> 100 mcg subcutaneous	4-8 weeks	4-8 wks	No human safety data for injected follistatin protein	Myostatin inhibitor; short cycles	FSH, LH, testosterone, CMP

04 COGNITIVE & NEURO

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
Semax [H]	300 mcg -> 800 mcg subcutaneous	8 weeks	4 wks	Russian clinical literature reports a favourable tolerability profile	Nootropic; also available as nasal spray	CMP, CBC
Selank [H]	300 mcg -> 500 mcg subcutaneous 4on/4off	4-week cycles	4 wks off between cycles	Reported in the Russian clinical literature as well tolerated, without the se...	Anxiolytic; 4 wk on / 4 wk off cycling	CMP, CBC
Semax + Selank Blend [A]	300 mcg each -> 500 mcg each subcutaneous	4-8 weeks	4 wks	No human data for the combination as sold	Combined cognitive + anxiolytic; dose refers to each	CMP, CBC
Cerebrolysin [H]	20 mg -> 32 mg to twice daily subcutaneous	8-12 weeks	4-8 wks	Trial reporting generally describes good tolerability, with dizziness and inj...	Neuropeptide mix; split doses AM/PM at higher amounts	CMP, CBC, liver panel
DSIP [A]	100 mcg -> 250 mcg subcutaneous	4-8 weeks	4 wks	No modern human safety data	Sleep peptide; evening dosing 30-60 min before bed	CMP, CBC, cortisol
Dihexa [A]	2.5 mg -> 5 mg subcutaneous	4-8 weeks	4-8 wks	No human safety data of any kind	Potent nootropic; very low established safety data	CMP, CBC, liver panel
Adamax [-]	300 mcg -> 1000 mcg subcutaneous	8-12 weeks	4 wks	No published safety data of any kind	Nootropic; steady escalation over 8 weeks	CMP, CBC

05 LONGEVITY & CELLULAR

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
SS-31 [H]	5 mg -> 10 mg subcutaneous	8-12 weeks	4-8 wks	Injection-site reactions were the most frequently reported adverse event acro...	Mitochondrial-targeted; also called elamipretide	CMP, CBC, lactate
NAD+ [H]	50 mg -> 100 mg subcutaneous	8-16 weeks	4-8 wks	Infusion rate is the practical constraint most often described - rapid admini...	Pre-mixed solution; high volume injections	CMP, CBC, NAD+ levels if available
Glutathione [H]	100 mg -> 200 mg subcutaneous	4-8 weeks	2-4 wks	Trial reporting describes intravenous glutathione as generally well tolerated...	Master antioxidant; pre-mixed solution	CMP, CBC, liver panel
MOTS-c [A]	200 mcg -> 1 mg subcutaneous	8-12 weeks	4-8 wks	No human administration safety data	Mitochondrial peptide; exercise synergy	CMP, CBC, fasting glucose, HbA1c
Epitalon [H]	5 mg subcutaneous	20-day cycles, 4-6 months off between	4-6 mo between cycles	published Russian work reports good tolerability across long follow-up	Telomerase activator; short fixed-day cycles	CMP, CBC
FOXO4-DRI [A]	250 mcg -> 500 mcg subcutaneous	8-16 weeks	8-12 wks	No human safety data of any kind	Senolytic; steady escalation	CMP, CBC, liver panel
Cartalax [-]	2 mg -> 5 mg subcutaneous	8-12 weeks	4-8 wks	No independent human safety data	Cartilage bioregulator; Khavinson peptide	CMP, CBC
Pinealon [-]	1 mg -> 2 mg subcutaneous	20-day cycles, repeat every 2-3 months	2-3 mo between cycles	No independent human safety data	Pineal bioregulator; short fixed-day cycles	CMP, CBC, melatonin levels
Cortagen [-]	1 mg -> 2 mg subcutaneous	4 weeks	2-4 wks	No independent human safety data	Adrenal bioregulator; short 4-wk course	CMP, CBC, cortisol
Vesugen [-]	500 mcg -> 2 mg subcutaneous	8-12 weeks	4-8 wks	No independent human safety data	Vascular bioregulator; Khavinson peptide	CMP, CBC, lipid panel
Ovagen [-]	10 mcg -> 100-150 mcg subcutaneous	16 weeks	4-8 wks	No independent human safety data	Liver bioregulator; very low starting dose	CMP, CBC, liver panel
Prostamax [-]	500 mcg -> 1 mg intramuscular	8-12 weeks	4-8 wks	No independent human safety data	Prostate bioregulator; IM injection	CMP, CBC, PSA
Testagen [-]	100 mcg -> 250-300 mcg subcutaneous	8-12 weeks	4-8 wks	No independent human safety data	Testicular bioregulator; Khavinson peptide	CMP, CBC, testosterone, LH, FSH

06 IMMUNE & THYMIC

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
Thymosin Alpha-1 [H]	300 mcg -> 500 mcg subcutaneous	8-12 weeks	4-8 wks	label describes it as well tolerated, with injection-site discomfort the most...	Immune modulator; also used in hepatitis B treatment	CBC with differential, CMP, CRP
Thymalin [-]	10 mg intramuscular	10-day courses, repeat every 3-6 months	3-6 mo between courses	No independent controlled safety data	Thymic extract; short IM courses, long breaks	CBC with differential, CMP, CRP

07 SEXUAL & COSMETIC

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
PT-141 [H]	500 mcg -> 1.5 mg subcutaneous	8-12 weeks	Use as needed; 2-4 wk breaks	Nausea is the most frequently reported adverse event in the trials - common e...	Melanocortin agonist; may cause nausea initially	CMP, CBC, blood pressure
Melanotan I [H]	250 mcg -> 500 mcg subcutaneous	8-12 weeks	Maintenance 1-2x/wk once desired	Label-reported effects include nausea, headache and injection-site reactions	Selective MC1R agonist; UV exposure still needed	CMP, CBC, dermatology check
Melanotan II [A]	250 mcg -> 500-1000 mcg loading, then 1-2x weekly maintenance	8-16 weeks	Maintenance 1-2x/wk once desired	No approved label or established schedule	Non-selective; loading then maintenance dosing	CMP, CBC, blood pressure, dermatology check
Kisspeptin-10 [H]	100 mcg -> 200 mcg subcutaneous	8-12 weeks	4-8 wks	Reported as well tolerated in the controlled research settings where it has b...	GnRH stimulator; reproductive hormone support	LH, FSH, testosterone/estradiol, CMP
Oxytocin [H]	100 mcg -> 500 mcg subcutaneous	8-12 weeks	4 wks	obstetric label carries serious warnings tied to uterine activity and to wate...	Bonding/social peptide; also available nasal	CMP, CBC
GHK-Cu [A]	1 mg -> 2 mg subcutaneous 5on/2off	8-12 weeks	4-8 wks	No human safety data for injected GHK-Cu	Copper peptide; 5 days on / 2 off schedule	CMP, CBC
SNAP-8 [A]	330 mcg -> 1 mg subcutaneous	8-12 weeks	4-8 wks	No injectable safety data of any kind - there is no published injected use in...	Anti-wrinkle peptide; near target area	CMP, CBC
AHK-Cu [A]	1 mg -> 2 mg subcutaneous 5on/2off	8-12 weeks	4-8 wks	No human safety data of any kind	Copper tripeptide; hair and skin focus	CMP, CBC

08 ADVANCED & EXPERIMENTAL

COMPOUND	DOSE	CYCLE	TIME OFF	BENEFITS	NOTES	BLOOD WORK
PNC-27 [A]	100 mcg -> 400 mcg subcutaneous	8-12 weeks	4-8 wks	No human safety data of any kind	Experimental; very slow escalation required	CMP, CBC, liver panel

09 RECONSTITUTION FORMULAS

FORMULA	EQUATION	WORKED EXAMPLE
Concentration	**vial size (mg) / bac water (mL)**	10 mg vial + 1 mL water = 10 mg/mL. You choose this number.
Draw volume	**target amount (mg) / concentration (mg/mL)**	At 10 mg/mL, a 500 mcg (0.5 mg) target = 0.05 mL
Syringe units	**draw volume (mL) x 100**	U-100 syringe: 100 units = 1 mL, so 0.05 mL = 5 units

Concentration quick reference - what a 10 mg vial becomes:

BAC WATER	CONC.	100 mcg =	250 mcg =	500 mcg =	1 mg =	2 mg =
0.5 mL	20 mg/mL	0.5 units	1.2 units	2.5 units	5 units	10 units
1 mL	10 mg/mL	1 units	2.5 units	5 units	10 units	20 units
2 mL	5 mg/mL	2 units	5 units	10 units	20 units	40 units
2.5 mL	4 mg/mL	2.5 units	6.2 units	12.5 units	25 units	50 units
3 mL	3.33 mg/mL	3 units	7.5 units	15 units	30 units	60 units
5 mL	2 mg/mL	5 units	12.5 units	25 units	50 units	100 units

Units measure VOLUME, not amount. The same 20 units is a different quantity at every concentration above.

10 STORAGE & STABILITY

FORM	STORE AT	WINDOW	NOTES
Lyophilized, unopened	Freezer, -20 C	Long term	Sealed, dry. The stable form.
Lyophilized, short term	Fridge, 2-8 C	Weeks to months	Fine if used soon. Avoid repeated warming.
Reconstituted	Fridge, 2-8 C, dark	Plan in weeks	NEVER freeze reconstituted vials.
Cloudy or particles	Discard	n/a	Precipitation or contamination. Not recoverable.

11 COA CHECKLIST

CHECK	WHY
Batch/lot number present	A COA for a generic sample documents nothing.
Batch matches YOUR vial	The most skipped check, the one that matters most.
HPLC purity figure	Commonly 98%+ for research peptides.
Chromatogram shown	The trace. A number without it is an assertion.
Mass-spec identity	Confirms the RIGHT compound. Different from purity.
Third-party lab	Not only in-house testing.

12 FEATURED SUPPLIER

SUPPLIER	CODE	WHY FEATURED
Summit Research Supply	PEPDOSE	Batch COA on every product, dual third-party lab testing (ACS Labs + Janoshik), US fulfillment, 40+ compound catalog. Verify: check the lot number on your COA matches the vial you receive.

13 KEY TERMS

TERM	DEFINITION
Bacteriostatic water	Sterile water + 0.9% benzyl alcohol for multi-use.
Lyophilized	Freeze-dried. The stable form peptides ship in.
Half-life	Time for circulating levels to halve.
Secretagogue	Makes the body release its own hormone.
DAC	Albumin-binding group. CJC with DAC lasts days.
RUO	Research Use Only - not pharmaceutical grade.
Titration	Stepwise dose increase for tolerability.
U-100 syringe	100 units = 1 mL. Standard insulin syringe.

Full interactive versions of everything here - 61 protocol pages with citations, 33 reconstitution calculators, a unit converter, a COA grader, and a 51-term glossary - are free at pepguru.app

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