

Peptide Cheat Sheet



For stacks, pairings, higher dosages or condition specific protocols
please email us at info@mypeptideuniversity.com

Product	Purpose	Vial size	Bac. Water for Reconstitution	Recommend Dosage	Frequency	Timing	Duration
GLPs							
GLP Sema*	Weight Loss	5mg or 20mg	2ml or 8ml	Start 10 units and titrate up	1/week	AM	12 weeks on 4 weeks off
GLP Tirz*	Weight Loss	10mg or 50mg	1ml 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
Peptides							
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	3ml	50 units	3/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	4ml or 8ml	20-50 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
Peptide Blends							
BPC-157 + TB-500	Recovery/Inflammation	5/5mg or 15/15mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
CJC-1295 + Ipamorelin	Longevity/Metabolism	5/10mg	2ml	10 units	M-F	AM or HS	12 weeks on 4 weeks off
DSIP + Selank	Sleep/Neuro/Psych	2/10mg	2ml	10 units	M-F	HS	8 weeks on 4 weeks off
GHK-CU + Epithalon	Longevity/healing	50/10mg	2ml	10 units	M-F	Whenver	12 weeks on 4 weeks off
GHK-CU + Epithalon + MOTS-C	Longevity/Healing/Cellular	50/10/10mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
IGF-1 LR3 + MOTS-C	Muscle/Recovery/Cellular	1/10mg	2ml	10 units	M-F	AM or pre-workout	8 weeks on 8 weeks off
Ipamorelin + CJC-1295 + IGF-LR3	Muscle/Recovery/Longevity	1/5/10mg	2ml	10 units	M-F	AM or pre-workout	8 weeks on 8 weeks off
Ipamorelin + Sermorelin	Longevity/Metabolism	10/10mg	2ml	10 units	M-F	HS	12 weeks on 4 weeks off
TB-500 + BPC-157 + GHK-CU + KPV	Recovery/Inflammation	5/5/5/10mg	2ml	10 units	M-F	Whenever	12 weeks on 4 weeks off
Tesamorelin + Ipamorelin + MOTS-C	Longevity/Metabolism	10/10/10mg	2ml	10 units	M-F	AM or HS	12 weeks on 4 weeks off