Beginner Checklist

Five common peps mistakes.
A clearer research workflow.

CHECK FIRST | HANDLE CAREFULLY | KEEP A LOG



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From the video:
Comment MISTAKES

Practical research and handling education.
No human doses or injection instructions.

Five checks before research begins

- [ ] **One planned variable**

  Do not begin with three new compounds at once. Define a single research question and document what will stay constant.

- [ ] **No copied units**

  A syringe marking describes volume, not a universal amount of a compound. Never transfer someone else’s number to a different preparation.

- [ ] **No automatic shaking**

  Use the material’s documented handling instructions. Do not assume vigorous shaking is required or harmless.

- [ ] **A documented storage location**

  Follow the product specific temperature and light instructions. Avoid a refrigerator door when refrigeration is specified.

- [ ] **A log opened in advance**

  Record identity, lot, instructions, dates and any deviations. Do not rely on memory to reconstruct the sequence.

A CHECKLIST IS A RESEARCH HABIT, NOT A SAFETY CERTIFICATE.

Research use only labels, careful storage and a certificate of analysis do not establish that a product is safe, sterile, effective or approved for human use. These pages do not recommend personal use of research products.

Keep variables and units distinct

MISTAKE 1

Three compounds at once

When several things change together, a later observation cannot reliably be assigned to one change.

For a research plan, state the question, the single variable being investigated and the conditions that must remain constant.

MISTAKE 2

Copying “units”

A marked volume is not the same thing as compound mass. Concentration, material identity and measuring device all matter.

A number from a video or another vial is not a specification for your research material.

IDENTITY

What material and which lot?

CONCENTRATION

What does the documentation state?

MEASUREMENT

What quantity does the device measure?

Stop at a mismatch

If the label, lot record, concentration or measurement notation is unclear, pause the research task. Resolve the discrepancy against the original documentation rather than guessing.

Write the research question

This is about experimental clarity. Changing one variable does not prove causation or make human use safe. No conversion to a human dose is provided.

Handle gently.
Store by specification.

MISTAKE 3 · SHAKING VIALS

Do not use force as the default

Agitation and foaming can matter for some materials. Use the supplier’s documented method for the specific pep and formulation. Do not improvise a mixing method from a general video.

Avoid the opposite myth, too

“One shake ruins the entire vial” is not a universal rule. Susceptibility depends on the material and conditions. Record an unintended handling event and consult the material’s technical guidance; appearance alone cannot verify integrity.

MISTAKE 4 · FRIDGE DOOR AND LIGHT

Cold is not a complete storage plan

If refrigeration is specified, choose a monitored interior location rather than a door exposed to repeated opening. Protect from light as instructed. Keep the material labeled and secured away from food, children and pets.

Confirm the state

Dry material and solutions can require different conditions. Do not assume the same instructions apply to both.

Do not invent an expiry

No universal fridge lifetime belongs on this checklist. Temperature, formulation and validated stability data govern.

A temperature excursion, damaged package or uncertain handling history is a reason to pause and document. Cooling it again does not establish that the material is acceptable. General source context: page 7.

Start the log before the first observation

A useful record separates what happened from what you think it means.

Record	Why it belongs in the log
Identity and lot	Material name, supplier, lot and document reference connect the record to the actual research sample.
Instructions	Save the relevant handling and storage document, including its version or date and the material state.
Date and conditions	Time, storage location and measured temperature help reconstruct the environment. Mark anything unknown.
Observation	Write the observation as seen. “Visible particles” is an observation. “Still safe” is not.
Deviation and action	Record a suspected excursion, label mismatch or unintended agitation and the decision made afterward.

UNKNOWN IS A VALID ENTRY. A GUESS IS NOT A MEASUREMENT.

Use a pause rule

If identity, instructions, storage history or sample integrity is uncertain, pause the task and flag the sample. Do not treat a normal looking solution as proof of purity, sterility or suitability.

The next page is a blank research record. It is not a personal dosing schedule or a recommendation to administer any research product.

Blank research log

Use one sheet per material or research question. Attach source documents. Record observations, not conclusions about human safety.

RESEARCH QUESTION / RECORD ID	
MATERIAL / STATE	SUPPLIER / LOT
DOCUMENT REFERENCE / VERSION	STORAGE INSTRUCTIONS / LOCATION

Date / time	Conditions / measured temperature	Observation / deviation	Action / initials

Open question or follow up

No dose, administration route or injection timing belongs on this worksheet. A complete log improves traceability, not product approval or safety.

What this checklist can and cannot tell you

The five mistakes come from video 186. The checklist turns them into research habits, not a personal treatment plan.

Bachem

Handling and Storage Guidelines for Peps ↗

General research handling context. Stability depends on the material and conditions; this is not a product specific expiry claim.

GenScript

Pep Storage and Handling Guidelines ↗

Light protection, storage and sequence dependent handling. General supplier guidance does not replace the instructions for a specific material.

FDA

Concerns with Unapproved GLP 1 Drugs ↗

Regulatory context for unapproved products, misleading research labels and measurement errors. This warning is not a clinical study of every pep.

Keep the evidence boundary clear

Supplier handling advice is not evidence that an online product is approved for human use. A research label or purity report does not establish clinical safety, sterility or effectiveness.

No universal stability window, human dose, preparation recipe or injection protocol is supplied here.

Prepared November 15, 2026. General research and handling education, not medical advice. Source titles are adapted to the JTP “peps” house style. The links open the original publications.

Disclosure: Jorge Abreu is involved in Reign Peptide. Resources on the next page include a commercial research source. That relationship is not independent validation of any product.

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"I share everything I do, the wins and the misses, so you do not have to guess."

JORGE ABREU



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