

THE PEP CHEAT SHEET

FAT LOSS - METABOLIC - GROWTH HORMONE

RESEARCH REFERENCE ONLY: The amounts below reproduce published, studied, or community research protocols. They are not medical dosages, treatment recommendations, or instructions for human use.

AM/PM means one selected time unless the frequency explicitly says twice daily. Units are marks on a U-100 insulin syringe.

+ Human dosing data * Community protocol / limited human outcome data ! No established general human protocol

Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
Ipamorelin *	GH release / recovery	10 mg	2 mL	300 mcg	6	PM	5 days on / 2 off	8-12 weeks, review
Tesamorelin +	Visceral abdominal fat	10 mg	2 mL	1 mg start* / 2 mg studied	20 / 40	PM	Daily	Ongoing with labs
AOD-9604 *	Fat-loss research	5 mg	2 mL	300 mcg	12	AM	5 days on / 2 off	8-12 weeks, assess
Semaglutide +	Weight management	3 mg	2 mL	0.25 mg start	17	Any	Once weekly	Long-term if appropriate
Tirzepatide +	Weight management	10 mg	2 mL	2.5 mg start	50	Any	Once weekly	Increase no faster than every 4 weeks
R3ta / RT-3 +	Weight management	10 mg	2 mL	1 mg start	20	Any	Once weekly	Add 0.5 mg as tolerated; max 4 mg plan
MOTS-c *	Metabolic / mitochondrial	40 mg	3 mL	1 mg	7.5	AM	5 days on / 2 off	4-8 weeks, review
Ipa + CJC no DAC *	GH pulse / recovery	5 / 5 mg	2 mL	250 / 250 mcg	10	PM	5 days on / 2 off	8-12 weeks, review

Correction highlights: tirzepatide, R3ta/RT-3 and semaglutide are once weekly – not split into 3-4 weekly injections. AOD math is 12 units, not 11. Ipamorelin reconstitution corrected to 2 mL BAC (6 units). MOTS-c reconstitution corrected to a 3 mL vial (7.5 units, not 4 mL/10 units).

BIOHACKING - PEPS - PERFORMANCE

LONGEVITY - IMMUNITY - HEALING

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Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
CJC-1295 no DAC *	Short GH pulse	10 mg	3 mL	200 mcg	6	PM	5 days on / 2 off	8-12 weeks, review
CJC-1295 with DAC +	Long GH / IGF-1 signal	5 mg	2 mL	1 mg*	40	Any	Once weekly	Monitor IGF-1 / glucose
Epitalon *	Longevity research	20 mg	2 mL	2 mg	20	PM	Daily	10-20 days; community cycle
Thymalin / Thymogen *	Thymus / immune research	20 mg	2 mL	2 mg	20	Any	Daily	20 days; community cycle
Melanotan I *	Tanning / photoprotection	10 mg	2 mL	250 mcg	5	AM	2 days per week	8 weeks, review
GHK-Cu *	Skin / hair / wound research	100 mg	3 mL	1.7 mg	5.1	Any	Daily	8 weeks, review
Thymosin Alpha-1 +	Immune modulation	10 mg	2 mL	1.5 mg	30	Any	2 times weekly*	Indication-specific
LL-37 !	Antimicrobial research	5 mg	2 mL	125 mcg	5	AM	Every day	50 days; then 4 weeks off
BPC-157 *	Healing / gut research	10 mg	2 mL	500 mcg	10	Any	Daily	6-8 weeks, review
TB-500 *	Soft-tissue recovery	10 mg	2 mL	2 mg	40	Any	2 times weekly x 4 weeks	Then 2 mg weekly x 4 weeks

BPC-157 and TB-500 schedules reflect common community practice, not proven human injury-treatment regimens. TB-500 is not interchangeable with clinical thymosin beta-4 products. GHK-Cu vial corrected to 100 mg, matching the live Reign product (33.33 mg/mL at 3 mL BAC; units corrected to 5.1, not 10).

BIOHACKING - PEPS - PERFORMANCE

SEXUAL HEALTH - MITOCHONDRIA - COGNITION - SLEEP

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Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
PT-141 / Bremelanotide +	Sexual desire	10 mg	2 mL	1.75 mg	35	45+ min before	As needed; max 1 per 24 hours	Max 8 doses per month
Oxytocin !	Social / sexual research	10 mg	10 mL	50 mcg	5	AM	As needed	As needed
SS-31 *	Mitochondrial research	50 mg	2.5 mL	2 mg	10	AM	5 days on / 2 off	4-8 weeks, review
IGF-1 LR3 !	Growth signaling	1 mg	1 mL	50 mcg	5	AM	10 days in a row	10 days on; 4 weeks off
DSIP *	Sleep research	5 mg	2 mL	250 mcg	10	30-60 min before bed	5 days on / 2 off	4-8 weeks, assess
Kisspeptin !	Reproductive hormones	5 mg	2 mL	125 mcg	5	1 hour before bed	Every day	30 days on / 30 days off
VIP !	Vascular / immune research	5 mg	5 mL	50 mcg	5	AM / PM	Every day	8 weeks on / 8 weeks off
KPV *	Inflammation / gut research	10 mg	2 mL	500 mcg	10	Any	5 days on / 2 off	6-8 weeks, review
NAD+ *	Energy / recovery	500 mg	5 mL	50-100 mg	50-100	AM	2-3 days per week	Tolerance / response
Semax *	Cognition / focus	10 mg	2 mL	250-500 mcg	5-10	AM	5 days on / 2 off	4-8 weeks; route matters
Selank *	Anxiety / cognition	10 mg	1 mL	250-500 mcg	2.5-5	AM or PM	5 days on / 2 off	4-8 weeks; route matters
HGH - 10 IU vial only +	GH replacement / growth	10 IU	1 mL	2.5 IU	25	PM	Daily only if prescribed	Dose by labs / indication

For nasal Semax or Selank, syringe units do not apply. Calculate micrograms per spray from total peptide, final bottle volume and measured spray output. Semax (injectable) reconstitution corrected to 2 mL BAC (5–10 units, not 1 mL/2.5–5 units).

BIOHACKING - PEPS - PERFORMANCE

BLENDS - RECOVERY - HORMONAL SUPPORT

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Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
BPC / TB blend *	Healing / recovery	5 / 5 mg	2 mL	250 / 250 mcg	10	Any	Daily	6-8 weeks, review
ARA-290 *	Neuropathy research	15 mg	1 mL	1.5 mg	10	AM	5 days on / 2 off	Protocol-specific
FOXO4-DRI !	Senolytic research	10 mg	2 mL	1 mg	20	AM	5 days on / 2 off	2 weeks; repeat 2-3 times/year
L-Carnitine +	Deficiency / performance support	600 mg/mL	N/A	200-600 mg	33-100	AM / pre-workout	Training days*	Goal-specific
Cagrilintide +	Appetite / weight research	5 mg	2 mL	250 mcg	10	Any	Once weekly	Titrated trial protocols
Follistatin-344 !	Muscle-growth research	1 mg	2 mL	50 mcg	10	30 min pre-workout IM	Training days	8 weeks on / 8 weeks off
Tesa / Ipa blend *	GH / body composition	10 / 5 mg	2 mL	500 / 250 mcg	10	PM	5 days on / 2 off	8-12 weeks, review
NAD / MOTS / 5-Amino !	Energy / metabolic blend	100 / 10 / 10 mg	2 mL	10 / 1 / 1 mg	20	AM	3-4 days per week*	Mixture not clinically validated
GLOW blend *	Skin / healing	50 / 10 / 10 mg	2 mL	2.5 / .5 / .5 mg	10	Any	5 days on / 2 off	8 weeks, review
KLOW blend *	Skin / gut / recovery	50 / 10 / 10 / 10 mg	3 mL	2.5 / .5 / .5 / .5 mg	15	Any	5 days on / 2 off	8 weeks, review
5-Amino-1MQ !	NNMT / metabolic research	10 mg	2 mL	1 mg	20	AM	5 days on / 2 off	8 weeks on / 8 weeks off
P21 !	Cognition / neuro research	10 mg	2 mL	250 mcg	5	AM	3-4 times per week	8 weeks on / 8 weeks off
PE-22-28 !	Cognition / mood research	10 mg	2 mL	250 mcg	5	AM	3-4 times per week	8 weeks on / 8 weeks off
Sermorelin *	GH stimulation	10 mg	2 mL	250 mcg	5	PM	Monday-Friday	8-12 weeks, review
HCG +	Hormonal / fertility support	5,000 IU	2 mL	250-500 IU	10-20	AM	2-3 times per week	Research protocol / as needed
HMG +	Hormonal / fertility support	75 IU	0.5 mL	75 IU	50	AM	3 times per week	Research protocol / as needed

Blend rule: one draw delivers every ingredient in the fixed ratio. You cannot adjust one ingredient without changing all of them. KLOW blend reconstitution corrected to 3 mL BAC (15 units, not 2 mL/10 units), matching the KLOW 80mg Protocol doc.

INJECTABLE BIOREGULATORS

REFERENCE LIST - NOT A DOSING GUIDE

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The amounts below reproduce the original sheet for research reference. The identical schedule across unrelated organ-targeted products is a community/vendor convention, not an established medical dosing standard.

Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
Bronchogen !	Lung research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Cardiogen !	Heart research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Cartalax !	Joint research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Chonluten !	Respiratory research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Cortagen !	Brain research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Livagen !	Liver research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Ovagen !	Liver / stomach research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Pancragen !	Pancreas research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Pinealon !	Brain research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Prostamax !	Prostate research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Testagen !	Male hormone research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year

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INJECTABLE BIOREGULATORS

REFERENCE LIST - CONTINUED

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Peptide	Purpose	Vial	BAC	Dose	U-100 Units	Timing	Frequency	Duration
Thymagen !	Immune research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Vesugen !	Vascular research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Vesilute !	Bladder / prostate research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year
Vilon !	Thymus / inflammation research	20 mg	2 mL	2 mg	20	AM / PM	Every day	30 days; then 2 months off, 2-3 times/year

QUICK U-100 SYRINGE MATH

Mix	Concentration	Common conversions
10 mg + 2 mL	5 mg/mL	250 mcg = 5 U 500 mcg = 10 U 1 mg = 20 U
10 mg + 1 mL	10 mg/mL	250 mcg = 2.5 U 500 mcg = 5 U 1 mg = 10 U
5 mg + 2 mL	2.5 mg/mL	125 mcg = 5 U 250 mcg = 10 U 500 mcg = 20 U
40 mg + 3 mL	13.33 mg/mL	1 mg = 7.5 U 2 mg = 15 U 5 mg = 37.5 U
50 mg + 2.5 mL	20 mg/mL	1 mg = 5 U 2 mg = 10 U 5 mg = 25 U
100 mg + 3 mL	33.33 mg/mL	1 mg = 3 U 1.7 mg = 5.1 U 2 mg = 6 U
500 mg + 5 mL	100 mg/mL	25 mg = 25 U 50 mg = 50 U 100 mg = 100 U

Formula: units = desired dose / concentration (mg per mL) x 100. Confirm the vial amount and final liquid volume every time. MOTS-c row corrected to 40 mg + 3 mL (was 4 mL). GHK-Cu row added at 100 mg + 3 mL to match the corrected vial size.

LINKS & RESOURCES

JORGE TALKS PEPS

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Website	https://www.jorgetalkspeps.com/
Peptide Talk on Skool	https://www.skool.com/peptide-talk/about
Instagram	https://www.instagram.com/jorgetalkspeps/
TikTok	https://www.tiktok.com/@jorgetalkspeps
YouTube	https://www.youtube.com/@jorgetalkspeps
Facebook	https://www.facebook.com/jorge.abreu

KEY RESEARCH USED FOR CORRECTIONS

- R3ta / RT-3: Jastreboff AM et al. N Engl J Med. 2023;389:514-526. PMID 37366315. Once-weekly phase 2 dosing.
- Tirzepatide: current U.S. prescribing information. Once-weekly dosing; dose increases no faster than every 4 weeks.
- Semaglutide: Wegovy prescribing information. Once-weekly dosing and gradual escalation.
- Tesamorelin: randomized human trials including PMID 25038357; 2 mg daily in the earlier formulation/trials.
- CJC-1295 with DAC: Teichman SL et al. J Clin Endocrinol Metab. 2006;91:799-805. PMID 16352683.
- BPC-157: McGuire FP et al. Curr Rev Musculoskelet Med. 2025. PMID 40789979. Human data remain extremely limited.
- PT-141 / bremelanotide: Vyleesi prescribing information; 1.75 mg at least 45 minutes before anticipated activity.
- SS-31 / elamipretide: disease-specific human trials exist, but generic longevity dosing has not been established.
- GHK-Cu: Reign Peptide lists this compound as a 100 mg/vial lyophilized powder; reconstitution math above matches that vial size (updated 2026-09-24).

RESEARCH-ONLY DISCLOSURE

This document is for educational and research-reference purposes only. The amounts, timing, frequency, cycles, reconstitution examples and syringe-unit calculations shown are not medical dosages, medical advice, treatment recommendations, prescribing guidance, or instructions for human use. Some entries reproduce experimental or community protocols from the original source even when controlled human evidence is absent. Inclusion does not establish safety, efficacy, product quality, sterility or suitability. Exact concentration, medications, medical history, pregnancy status, cancer history, glucose control, blood pressure and laboratory findings can materially change risk.