Reconstitution Reference Card

RECONSTITUTE · RESEARCH USE ONLY · 2026-10-15

THE MATH

CONCENTRATION
`vial mg ÷ BAC mL = mg/mL`

DRAW VOLUME
`quantity ÷ conc = mL`

SYRINGE UNITS
`mL × 100 = U-100`

Worked example: 5 mg vial + 2 mL BAC water = 2.5 mg/mL. A 250 mcg aliquot = 0.10 mL = 10 units; 20 aliquots per vial.

READING A U-100 INSULIN SYRINGE

- 1 mL = 100 units on every U-100 syringe.
- 0.3 mL (30 u) & 0.5 mL (50 u) syringes: **1 unit per tick**.
- 1 mL (100 u) syringe: **2 units per tick** — 10 ticks = 20 units.
- Read against the **front edge of the plunger seal**, not the back.

COMMON VIAL SIZES & STARTING CONCENTRATION

COMPOUND	VIAL MG	BAC ML	MG/ML*
Tirzepatide	10 / 15 / 20 / 30 / 40 / 60	1–3	5
Semaglutide	5 / 10 / 15 / 20 / 30	1–3	2.5
Retatrutide	5 / 10 / 15 / 20 / 30 / 40 / 50 / 60	1–3	2.5
BPC-157	5 / 10 / 20	1–3	2.5
TB-500	5 / 10 / 20	1–3	2.5
BPC-157 + TB-500	10 / 20 / 40	2–3	3.33
KPV	5 / 10	1–3	2.5
GHK-Cu	50 / 100	3–5	10
Ipamorelin	5 / 10	1–3	2.5
CJC-1295 (no DAC)	5 / 10	1–3	2.5
CJC-1295 + Ipamorelin	5 / 10 / 20	2–3	2.5

COMPOUND	VIAL MG	BAC ML	MG/ML*
Sermorelin	5 / 10	1–3	2.5
Tesamorelin	5 / 10 / 20	1–3	2.5
HGH (Somatropin)	3.3 / 8	1–2	3.3
NAD+	500 / 1000	3–5	100
MOTS-c	10 / 20 / 40	1–3	5
Epitalon	10 / 50	2–5	5
Glutathione	600 / 1500	3–5	120
Melanotan II	10	1–3	5
PT-141	10	1–3	5
Semax	5 / 10	1–3	2.5
Selank	5 / 10	1–3	2.5

*mg/mL shown at the smallest listed vial size and the compound's default BAC water fill. Any water volume works — it only sets the concentration.

STORAGE & HANDLING

- Keep the sealed lyophilized powder vial frozen until use.
- Store the reconstituted solution refrigerated at 2–8°C, out of direct light.
- Add water down the vial wall; swirl gently, never shake. Avoid repeated freeze-thaw.
- Punctured bacteriostatic water: a commonly cited in-use window is ~28 days refrigerated (verify the product label).
- Draw with a fresh sterile syringe each time. Discard if cloudy or showing particulates.

Research Use Only. For in-vitro laboratory research. Not evaluated by the FDA. Not intended to diagnose, treat, cure, or prevent any disease, and not for human or veterinary consumption. Reference figures only — verify independently. This card does not recommend a dose, frequency, or protocol.