2026 PEPTIDE RECONSTITUTION & U-100 SYRINGE CHEAT SHEET

Quick-Reference BAC Water Mixing Math, Insulin Syringe Units, Storage Rules & Research Stacks

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STEP 1: CONCENTRATION
Vial (mg) ÷ BAC Water (mL) = mg/mL
Example: 10mg vial + 2mL BAC = **5.0 mg/mL**

STEP 2: VOLUME NEEDED (ML)
Target Dose (mg) ÷ (mg/mL) = mL
Example: 0.5mg (500mcg) ÷ 5 mg/mL = **0.10 mL**

STEP 3: U-100 SYRINGE UNITS
Volume (mL) × 100 = Units
1.0 mL = 100 Units • 0.10 mL = **10 Units**

1. U-100 INSULIN SYRINGE DRAW TABLE (100 UNITS = 1.0 ML)

1 mg = 1,000 mcg • Standard U-100 syringe: 10 Units = 0.10 mL

Vial Size	BAC Water Added	Concentration	100 mcg (0.1 mg)	250 mcg (0.25 mg)	500 mcg (0.5 mg)	1.0 mg (1,000 mcg)	2.0 mg	2.5 mg	5.0 mg
5 mg Vial	1.0 mL	5.0 mg/mL	2 Units	**5 Units**	**10 Units**	20 Units	40 Units	50 Units	100 Units
5 mg Vial	2.0 mL	2.5 mg/mL	4 Units	**10 Units**	**20 Units**	40 Units	80 Units	100 Units	–
10 mg Vial	1.0 mL	10.0 mg/mL	1 Unit	2.5 Units	**5 Units**	**10 Units**	20 Units	25 Units	50 Units
10 mg Vial	2.0 mL	5.0 mg/mL	2 Units	**5 Units**	**10 Units**	**20 Units**	40 Units	50 Units	100 Units
10 mg Vial	3.0 mL	3.33 mg/mL	3 Units	7.5 Units	15 Units	30 Units	60 Units	75 Units	–
15 mg Vial	1.5 mL	10.0 mg/mL	1 Unit	2.5 Units	5 Units	**10 Units**	**20 Units**	**25 Units**	50 Units
30 mg Vial	3.0 mL	10.0 mg/mL	1 Unit	2.5 Units	5 Units	**10 Units**	**20 Units**	**25 Units**	**50 Units**
50 mg Vial (GHK-Cu / NAD+)	2.5 mL	20.0 mg/mL	–	–	2.5 Units	**5 Units**	**10 Units**	12.5 Units	25 Units

2. MOST-REFERENCED RESEARCH STACKS (2026)

Stack / Protocol	Core Compounds	Typical Research Reference
Wolverine Stack	BPC-157 + TB-500	250–500 mcg BPC daily + 2.0–2.5 mg TB-500 2x/wk
GLOW / KLOW	GHK-Cu + BPC-157 + TB-500 (+KPV)	1.5–2.0 mg GHK-Cu + 250–500 mcg BPC/TB daily
GH Secretagogue	CJC-1295 (No DAC) + Ipamorelin	100–250 mcg each before bed (90+ min fasted)
Mitochondrial	MOTS-c + SS-31 + NAD+	5 mg MOTS-c 2–3x/wk AM + 1–4 mg SS-31 daily
Triple-Agonist / GLP	Retatrutide / Tirzepatide	Weekly titration starting 1.0–2.5 mg/wk (clinical refs)
Cognitive Focus	Semax + Selank	200–600 mcg intranasal or SubQ in AM

3. LAB RECONSTITUTION & STORAGE RULES

- ✓ **Use 0.9% Benzyl Alcohol BAC Water:** Prevents bacterial growth for multi-dose research up to 28–30 days. Never use plain sterile water for multi-use vials.
- ✓ **Equalize Vial Pressure:** Aim the needle at the glass wall so BAC water trickles down gently onto the lyophilized puck.
- ✓ **Swirl Gently — NEVER Shake:** Fragile peptide chains shear if vigorously shaken. Roll gently between palms until 100% clear.
- ✓ **Cold Chain Storage:** Store reconstituted vials upright at **36°F–46°F (2°C–8°C)** away from light. Store unmixed powder at **-4°F (-20°C)**.
- ✓ **Verify 3rd-Party COA:** Always check batch-matched HPLC purity (≥99%) & mass spec verification at **peptide-protocols.org/providers**.

EDUCATIONAL & LABORATORY RESEARCH REFERENCE ONLY: Not medical advice or human dosing instructions. Always consult a licensed physician.

Interactive Calculator & 168+ PubMed Studies: www.peptide-protocols.org