

INSTRUCTIONS

For Reconstitution & Self Injection



STEP 1

Gather & Sanitize



Gather: Peptide Vial, BSW, Alcohol Swab, Mixing Syringe OR Injection Syringe.

Remove the sterile plastic caps from both vials.

Tear open alcohol pad and wipe each vial's rubber top.

STEP 2

Confirm mLs



BSW will be added to reconstitute lyophilized [dehydrated] peptides.

Reference the Reconstitution & Dosing Guide for how many milliliters [mL] of BSW to add to the peptide.

Uncap the syringe and insert it into the center of the BSW vial.

STEP 3

Pull BSW



Hold the vial and syringe upside down in one hand.

Slowly pull the plunger to draw the instructed number of mL from the BSW into the syringe.

Remove needle from BSW.

STEP 4

Remove Air Bubbles



Firmly flick the syringe to move any air bubbles to the top. If there are bubbles that rise towards the needle, GENTLY push the plunger until the air clears.

Confirm you still have the correct number of mL in the syringe. You may need to draw more BSW.

STEP 5

Mix BSW with Peptide



Once your syringe has the correct mL of BSW, insert the needle into the center of the peptide vial.

Gently push plunger to add BSW to peptide vial.

STEP 6

Dissolve and Dispose



Swirl the solution gently to ensure the powder has dissolved. Avoid shaking.

Safely dispose of the used needle into a hard container.

Keep your BSW vial in the refrigerator for future use.

PART TWO: How to Self-Inject

STEP 1

Gather & Sanitize



Gather: Peptide Vial - Alcohol Swab - Injection Syringe

Wipe the rubber top of the peptide vial with the alcohol pad.

STEP 2

Confirm Units



Reference the Reconstitution & Dosing Guide for how many UNITS to inject.

Remove the orange caps at each end of the injection syringe.

Insert needle into center of rubber top of peptide vial.

STEP 3

Pull Peptide



Hold the peptide vial and syringe upside down in one hand.

Pull the plunger to draw the peptide into the syringe with the opposite hand.

STEP 4

Remove Air Bubbles

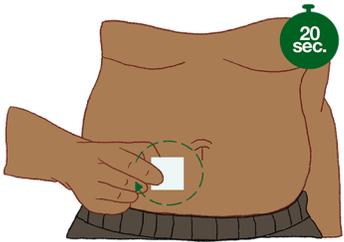


Firmly flick the syringe to move any air bubbles to the top. If there are bubbles that rise towards the needle, GENTLY push the plunger until air clears.

Confirm you still have the correct number of units in the syringe. You may need to draw more peptide.

STEP 5

Sanitize & Pinch



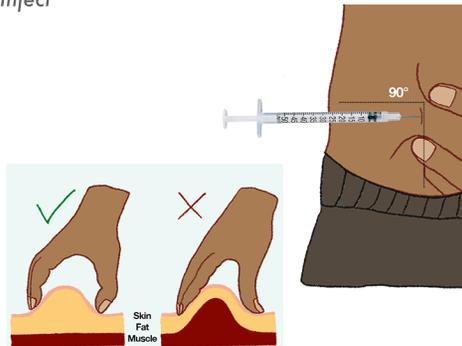
Choose an injection site in a fatty area of the lower belly

Use the alcohol pad to sanitize a 3" area around the injection site.

Firmly pinch fat of sanitized lower belly area. Avoid pinching muscle tissue.

STEP 6

Inject

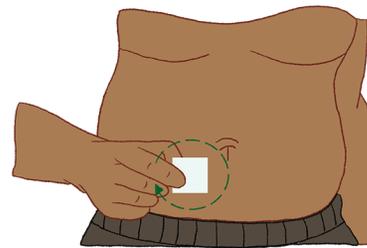


Insert needle straight into the pinched fat.

Slowly push the plunger down until the syringe is empty. Remove the needle.

STEP 7

Rub Area



Firmly rub injection area with alcohol pad to work peptide into fat tissue.

STEP 8

Dispose



Safely dispose of the used needle into a hard container.

Place the peptide vial back into refrigerator.