VITALIS FORGE · FREE GUIDE

Peptide & Bioregulator *Cheat Sheet*

Every common peptide, grouped by goal. What to mix, how much to draw, and when to take it — worked out for you, on one line each.

39	15	7
PEPTIDES & BLENDS	BIOREGULATORS	GOALS

How to use this sheet 1

Start safely 2

Fat loss & metabolic 8 3

Growth hormone & muscle 8 4

Recovery & healing 7 5

Immune & gut 4 6

Longevity 5 6

Brain & sleep 4 7

Sexual health 3 7

Bioregulators 15 8

How to read a row

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
BPC-157 SUBQ / IM	Tissue repair	10 mg + 2 mL BAC water	250–500 mcg	5–10 UNITS	AM or PM	Daily	8 wk on, 8 wk off

1. **Mix** — add this much bacteriostatic (BAC) water to the vial: sterile water with a preservative.
2. **Dose** — the amount of peptide per injection.
3. **Draw** — pull the plunger to this mark on a 1 mL (U-100) insulin syringe.
4. **Schedule** — time of day, days per week, and how long to run it before a break.

Mixing a vial

1. Wipe both rubber stoppers with an alcohol swab.
2. Draw the listed amount of BAC water.
3. Inject it slowly down the inside wall of the peptide vial.
4. Swirl gently until clear. Do not shake.
5. Label the vial with the date and keep it in the fridge.

The syringe math

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units = dose ÷ (vial ÷ water) × 100
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BPC-157: 10 mg in 2 mL is 5 mg per mL. A 500 mcg dose is 0.1 mL — **10 units**. 100 units = 1 mL.

Symbols

SubQ — under the skin · **IM** — into the muscle · **Nasal** — nose spray. **≈** — rounded to the nearest unit mark.

Schedule words

AM or PM — either time works; pick one and stay consistent. **5 on, 2 off** — five days in a row, then two days off, every week. **8 wk on, 8 wk off** — run it eight weeks, then rest eight.

BEFORE YOU START

Start safely

1

Start low, go slow

Begin below the listed dose and step up over days. Many people find their benefit well below the textbook number — and save money doing it.

2

One new thing at a time

Add a single peptide, settle it, then add the next. Start three at once and you will never know which one helped or which one caused a reaction.

3

Sensitive? Microdose

If you react easily — allergies, mold, Lyme, MCAS — start at a tenth of the usual dose. Starting too low costs a few days; starting too high costs weeks.

4

Write it down

Log the dose, the time and how you felt. A 15–20% improvement is invisible day to day and obvious in a two-week log.

5

Back off when your body says so

A reaction is a signal to pause or lower the dose, not to push through.

6

Cycle and rotate

Everything plateaus. Take the break the Cycle column lists, and rotate compounds — what stopped working often works again later.

Storage & handling

- Refrigerate every vial once it is mixed.
- Use a new sterile insulin syringe for each injection.
- Rotate injection sites — abdomen, thighs, glutes — so no spot is hit twice in a row.
- Never draw from a vial that is cloudy, discoloured or has particles in it.

Track it free — no account

The **Vitalis Forge Pep Tracker** logs every dose, suggests your next injection site, does the mixing math for you and keeps everything on your own device.

`vitalisforge.app`

Read this

This sheet is for education only and is not medical advice. Most compounds here are sold as research chemicals and are not approved for human use; legal status varies by country. Doses are commonly reported starting points, not prescriptions. Talk to a qualified clinician before starting anything — especially if you are pregnant, nursing, have a medical condition, or take other medication.

Fat loss & metabolic 8

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
Semaglutide SUBQ	Appetite, weight loss†	3 mg + 2 mL BAC water	250 mcg	≈17 UNITS	AM	Once a week	8 wk on, 8 wk off
Tirzepatide SUBQ	Appetite, weight loss†	10 mg + 2 mL BAC water	500 mcg	10 UNITS	AM	3× a week	Until goal weight
Retatrutide SUBQ	Weight loss, metabolic†	10 mg + 2 mL BAC water	500 mcg–1 mg	10–20 UNITS	AM	3–4× a week	Until goal weight
Cagrilintide SUBQ	Appetite control	5 mg + 2 mL BAC water	250 mcg	10 UNITS	AM	3× a week	8 wk on, 8 wk off
AOD-9604 SUBQ	Fat loss	5 mg + 2 mL BAC water	300 mcg	12 UNITS	AM, fasted	5 on, 2 off	8 wk on, 8 wk off
MOTS-c SUBQ	Fat loss, energy	10 mg + 2 mL BAC water	1 mg	20 UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
5-Amino-1MQ SUBQ	Fat loss, energy	10 mg + 2 mL BAC water	1 mg	20 UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
Triple Threat NAD+ · MOTS-c · 5-Amino-1MQ SUBQ	Fat loss, energy	100 / 10 / 10 mg + 2 mL BAC water	10 + 1 + 1 mg	20 UNITS	AM	3–4× a week	8 wk on, 8 wk off

† GLP-1s: prescription labels start semaglutide at 0.25 mg and tirzepatide at 2.5 mg once a week, raising the dose every 4 weeks. The split schedules here are a common lower-dose approach. Retatrutide is still in clinical trials and has no label.

Growth hormone & muscle 8

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
Ipamorelin SUBQ	GH release, body composition	10 mg + 3 mL BAC water	300 mcg	9 UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off
CJC-1295 no DAC SUBQ	GH release, sleep	10 mg + 3 mL BAC water	200 mcg	6 UNITS	PM	5 on, 2 off	8 wk on, 8 wk off
CJC-1295 + Ipamorelin no-DAC blend SUBQ	GH release, body composition	5 / 5 mg + 2 mL BAC water	250 + 250 mcg	10 UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off
CJC-1295 with DAC SUBQ	Sustained GH release	10 mg + 2 mL BAC water	1–2 mg	20–40 UNITS	AM	1–2× a week	8–24 wk on, 4–8 off
Tesamorelin SUBQ	Visceral fat, GH	10 mg + 2 mL BAC water	1 mg	20 UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off
Tesamorelin + Ipamorelin blend SUBQ	Fat loss, muscle	6 / 2 mg + 2 mL BAC water	300 + 100 mcg	10 UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off
IGF-1 LR3 SUBQ	Muscle growth	1 mg + 1 mL BAC water	50 mcg	5 UNITS	AM	10 days straight	10 days on, 4 wk off
Follistatin 344 IM	Muscle growth	1 mg + 2 mL BAC water	50 mcg	10 UNITS	30 min pre-workout	Training days	8 wk on, 8 wk off

Recovery & healing 7

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
BPC-157 SUBQ / IM	Tendon, gut, tissue repair	**10 mg** + 2 mL BAC water	250–500 mcg	**5–10** UNITS	AM or PM	Daily	8 wk on, 8 wk off
TB-500 SUBQ	Soft-tissue repair, mobility	**10 mg** + 2 mL BAC water	500 mcg	**10** UNITS	AM	Daily	8 wk on, 8 wk off
BPC-157 + TB-500 blend SUBQ	Injury recovery	**5 / 5 mg** + 2 mL BAC water	250 + 250 mcg	**10** UNITS	AM or PM	Daily	8 wk on, 8 wk off
GHK-Cu SUBQ	Skin, hair, wound healing	**50 mg** + 3 mL BAC water	1.7 mg	**≈10** UNITS	AM	Daily	8 wk on, 8 wk off
ARA-290 SUBQ	Nerve pain, neuropathy	**15 mg** + 1 mL BAC water	1.5 mg	**10** UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
GLOW GHK-Cu · BPC-157 · TB-500 SUBQ	Skin, healing	**50 / 10 / 10 mg** + 2 mL BAC water	2.5 + 0.5 + 0.5 mg	**10** UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off
KLOW GHK-Cu · BPC-157 · TB-500 · KPV SUBQ	Healing, inflammation	**50 / 10 / 10 / 10 mg** + 2 mL BAC water	2.5 + 0.5 + 0.5 + 0.5 mg	**10** UNITS	AM or PM	5 on, 2 off	8 wk on, 8 wk off

Immune & gut 4

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
Thymosin Alpha-1 SUBQ	Immune support	**10 mg** + 2 mL BAC water	1.5 mg	**30** UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
LL-37 SUBQ	Antimicrobial defense	**5 mg** + 2 mL BAC water	125 mcg	**5** UNITS	AM	Daily	50 days on, 4 wk off
KPV SUBQ / ORAL	Gut & skin inflammation	**10 mg** + 2 mL BAC water	500 mcg	**10** UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
VIP SUBQ / NASAL	Inflammation, mold, mast-cell issues	**5 mg** + 5 mL BAC water	50 mcg	**5** UNITS	AM or PM	Daily	8 wk on, 8 wk off

Longevity 5

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
Epitalon SUBQ	Telomeres, sleep rhythm	**20 mg** + 2 mL BAC water	2 mg	**20** UNITS	PM	Daily	20 days, 3× a year
Thymalin or Thymogen SUBQ	Thymus, immune aging	**20 mg** + 2 mL BAC water	2 mg	**20** UNITS	PM	Daily	20 days, 3× a year
SS-31 Elamipretide SUBQ	Mitochondria	**10 mg** + 2 mL BAC water	500 mcg	**10** UNITS	AM	5 on, 2 off	8 wk on, 8 wk off
FOXO4-DRI SUBQ	Senescent cells	**10 mg** + 2 mL BAC water	1 mg	**20** UNITS	AM	5 on, 2 off	2 wk on, repeat 2–3× a year
NAD+ SUBQ	Energy, cellular repair	**500 mg** + 5 mL BAC water	100 mg	**100** UNITS	AM	2–3× a week	As needed

Brain & sleep 4

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
Semax or NA-Semax amidate SUBQ / NASAL	Focus, memory	30 mg + 3 mL BAC water	1 mg	10 UNITS	AM	2–3× a week	8 wk on, 8 wk off
Selank or NA-Selank amidate SUBQ / NASAL	Calm focus, anxiety	30 mg + 3 mL BAC water	1 mg	10 UNITS	AM	2–3× a week	8 wk on, 8 wk off
Melanotan 1 SUBQ	Tanning, cognition	10 mg + 2 mL BAC water	250 mcg	5 UNITS	AM	2× a week	8 wk on, 8 wk off
DSIP SUBQ	Deep sleep	5 mg + 2 mL BAC water	250 mcg	10 UNITS	1–3 h before bed	5 on, 2 off	8 wk on, 8 wk off

Sexual health 3

COMPOUND	USED FOR	MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
PT-141 Bremelanotide SUBQ	Libido, arousal	10 mg + 2 mL BAC water	500 mcg	10 UNITS	30 min before sex	As needed	As needed
Oxytocin SUBQ	Bonding, intimacy	10 mg + 10 mL BAC water	50 mcg	5 UNITS	AM	As needed	As needed
Kisspeptin SUBQ	Testosterone, libido	5 mg + 2 mL BAC water	125 mcg	5 UNITS	1 h before bed	Daily	30 days on, 30 days off

KHAVINSON PEPTIDES

Bioregulators

Short peptides, each aimed at one organ or system. They all run the same protocol, so it is printed once.

MIX	DOSE	DRAW	WHEN	HOW OFTEN	CYCLE
20 mg + 2 mL water	2 mg	**20 units**	AM or PM	30 days straight	1 month on, 2 months off · 2–3× a year

Bronchogen

LUNGS & AIRWAYS

Bronchial and lung tissue.

Cardiogen

HEART

Heart tissue and cardiac function.

Cartalax

JOINTS & CARTILAGE

Connective tissue and joint repair.

Chonluten

RESPIRATORY LINING

Bronchial and lung tissue.

Cortagen

BRAIN

Cortical function and neuroprotection.

Livagen

LIVER

Liver tissue and detoxification.

Ovagen

LIVER & STOMACH

Stomach and liver tissue.

Pancragen

PANCREAS

Pancreatic tissue and insulin output.

Pinealon

BRAIN & SLEEP

Pineal gland, circadian rhythm, melatonin.

Prostamax

PROSTATE

Prostate tissue and urological health.

Testagen

MALE HORMONES

Testicular tissue and androgen output.

Thymagen

IMMUNE SYSTEM

T-cell function and immune regulation.

Vesugen

BLOOD VESSELS & CIRCULATION

Blood vessel integrity.

Vesilute

BLADDER & PROSTATE

Bladder and urinary health.

Vilon

THYMUS & INFLAMMATION

Systemic inflammation and immune balance.

All are injected under the skin (SubQ). Pick the one or two that match your goal rather than running several at once.