

## How to

**Cycle:** March ? to August 3

## The Peptides

- CJC-1295 and Ipamorelin 5mg/5mg

## The Dosage per injection

- 250mcg

**Meal Timing:** 2 hours fasted before injection, wait 1 hour after

## Schedules:

- CJC/Ipa: 5 Days On / 2 Days Off
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## Necessary Items:

- 31 gauge insulin syringes
  - Bacteriostatic water
  - Alcohol swabs
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## Necessary Steps:

### Reconstitution:

- Add 2ml of bac water per vial slowly down the side of the vial, never inject directly onto the powder
- Swirl gently, never shake
- Solution should be clear with no particles
- Dry powder in freezer lasts 2+ years, reconstituted in fridge lasts 6-8 weeks

### Storage:

- Unmixed original vials: freezer until needed
- Reconstituted active vial: fridge in butter carton, upright, away from light
- Label each vial with reconstitution date
- Reconstitute one vial at a time, open next when empty

### Dosing Calculation:

- 2ml bac water into 10mg CJC/Ipa vial = 5mg/ml concentration
- 250mcg = draw 0.05ml per injection

### CJC/Ipa Vial Math:

- 3 original vials x 40 injections each = 120 total injections
- 5/2 schedule = ~22 injections per month
- $120 / 22 = \sim 5.5$  months coverage
- Each vial lasts ~6 weeks on 5/2 schedule, well within stable window

Injection Technique:

- Wipe vial top with alcohol swab, let dry
- Wipe injection site with alcohol swab, let dry
- Pinch skin on stomach or thigh
- Insert needle at 45 degree angle
- Inject slowly
- Remove, apply light pressure

Timing:

- Before bed, minimum 2 hours fasted, wait 1 hour after eating
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**Financial Plan**

- 3x CJC and Ipa = \$225 (10mg each)
- BAC Water = \$30 (60ml)
- Syringes = \$35 (100 pack)
- Alcohol Swabs = \$8 (100 pack)

Total Peptides: \$225 + shipping

Total Supplies: \$73 Total

Overall: ~\$298 + shipping (~\$20)

**Grand Total: ~\$318**