THE PEPTIDE STARTER

Cheat sheet.

Everything a first-timer asks in week one, on two pages. Mixing, measuring, injecting, storing, and what to do when something feels off. Print it and keep it by the fridge.

01
Mx

Mixing a vial

Most peptides arrive as a dry powder. Before use it's dissolved in **bacteriostatic (BAC) water**, which keeps the mixed vial clean in the fridge for weeks.

You'll need: the peptide vial, BAC water, alcohol swabs, and a 1ml or 3ml syringe to draw the water.

More water ≠ more compound. It spreads the same amount over more liquid, which makes small doses easier to measure and stings less.

Cloudy or has particles after mixing? Don't use it.

1. **Wash your hands**; use a clean surface.
2. **Swab both stoppers** and let them air-dry.
3. **Draw the water.** 2ml is the common default; 2–3ml is fine.
4. **Add it slowly down the inside wall**, never straight onto the powder.
5. **Swirl or roll gently** until clear. Never shake.
6. **Label it** with the date and the water added.
7. **Refrigerate** at 2–8°C / 36–46°F.

02
Sy

Reading a U-100 syringe

On a U-100 insulin syringe, **100 units = 1ml**. Units are volume marks only; what a unit is "worth" depends on how you mixed the vial.

```
Strength = vial mg ÷ water ml
Units    = dose ÷ strength × 100
10mg + 2ml = 5mg/ml → 0.25mg = 5 units
```

SYRINGE	HOLDS	MARKS	BEST FOR
0.3ml	30 units	often ½ unit	Small, precise doses
0.5ml	50 units	1 unit	Everyday use
1ml	100 units	2 units	Larger doses

- Read at the **top edge of the plunger's rubber**, not the cone tip.
- Tap out air bubbles before reading.

Quick units table (units to draw on a U-100 syringe)

VIAL + WATER	0.25MG	0.5MG	1MG	2MG
5mg + 2ml	10	20	40	80
10mg + 2ml	5	10	20	40
10mg + 3ml	7.5	15	30	60
20mg + 2ml	2.5	5	10	20
20mg + 3ml	3.75	7.5	15	30

This table is arithmetic only, not a recommended dose. For your peptide's typical build-up, see its page or the calculator. If a dose is more than the syringe holds, mix with less water or use a bigger vial.

03
Ij

Injecting under the skin

Where: belly (at least 2 in / 5cm from the navel), front or outer thigh, or the back of the upper arm. Skip skin that's scarred, bruised, tender, hard or red.

Rotate: move each shot at least an inch from the last and take turns between areas. The same spot again and again can leave firm lumps that absorb unevenly.

Never reuse or share needles, syringes or pens. Used needles go straight into a sharps container.

1. Swab the stopper and your skin, and **let both dry**. Wet alcohol is what stings.
2. Draw your dose and flick out big air bubbles.
3. Gently pinch up a fold of skin.
4. One quick, smooth movement, straight in (90°); 45° if you're very lean.
5. Push slowly, then count to five before pulling out.
6. Press lightly with a clean swab if needed. Don't rub.

STARTER KIT CHECKLIST

- ☐ Bacteriostatic (BAC) water
- ☐ U-100 insulin syringes
- ☐ Alcohol swabs
- ☐ Sharps container
- ☐ Space in the fridge
- ☐ Insulated case for travel (optional)

04

St

Storage & travel

Before mixing: the dry powder is the most stable form. Keep it cool, dry and out of light. The fridge is good; for months, many people use the freezer.

After mixing: always refrigerate (2–8°C / 36–46°F) and never freeze. Keep it in its box. Most mixed vials are used within about four weeks. Pen cartridges are pre-mixed, so treat them like a mixed vial.

Heat is the enemy. A summer glovebox or a sunny windowsill can ruin a vial. Warm for hours, or cloudy? Don't trust it.

Travelling: insulated case with a cold pack, not touching ice. Carry-on, never checked luggage. Check your destination's rules before you fly.

05

Md

Missed a dose?

Never double up. Not sure you took it? Don't take another.

A double dose doesn't speed up results; it raises the side effects. Missing one dose is far safer than taking two.

- **Semaglutide:** take it if your next dose is more than 2 days away; otherwise skip it.
- **Tirzepatide / Retatrutide:** take it within 4 days of the missed day; otherwise skip. Keep at least 3 days between doses.
- **Daily and 5-on / 2-off:** skip it and take the next one at your usual time. Never two in one day.
- **2–3 times a week** (NAD+, MOTS-C, Semax, Selank, Thymosin Alpha-1): same day, take it; otherwise skip to your next day.
- **PT-141:** no more than one dose in 24 hours.
- Off for 2+ weeks on a weight-loss peptide? Restarting lower is the cautious approach; check with a clinician.

Think you took two? Don't take any more. Call Poison Control (1-800-222-1222 in the US) or your clinician.

06

!

Normal, or get seen?

Most side effects are mild and settle within days to a couple of weeks: injection-site redness, nausea or feeling full fast after starting or stepping up, flushing, a mild headache. Don't step up while they last.

CALL YOUR CLINICIAN

- Side effects not easing after 1–2 weeks
- Site redness that spreads, warms or has pus after 48h
- Dizzy when you stand up
- Shaky, sweaty or confused (low blood sugar), especially on diabetes medicine

STOP & GET SEEN TODAY

- Vomiting or diarrhoea that won't stop; can't keep fluids down
- Very little or very dark urine
- Severe stomach pain, especially through to the back or under the right ribs
- Racing heart at rest
- Yellow skin or eyes

CALL 911

- Chest pain
- Trouble breathing
- Swelling of the face, lips, tongue or throat
- Fainting

Tell them what you take, your dose, when you last injected, and any other medicines.

DOSE LOG

Tap a box to type (save the file to keep it), or use the log on jointhedailystack.com/cheat-sheet/. Not on the log? Don't guess: skip it.

DATE	TIME	PEPTIDE	DOSE	UNITS	SITE	HOW I FELT

YOUR FREE TOOLS AT JOINTHEDAILYSTACK.COM

Calculator	Dose-day emails	Stack Builder	Ask the Stack
exact units, any vial	with an "I took it" button	7 questions, 1 minute	plain-English answers

SCAN FOR THE SITE

Educational information only, not medical advice. The Daily Stack does not sell or supply any products. Several compounds mentioned are not FDA-approved for human use; nothing here is a recommendation to use any substance. Talk to a licensed healthcare professional about your own health decisions, especially if you are pregnant, have a medical condition or take medication.