Elite
PERFORMANCE RESEARCH

2026 RESEARCH DOSING INFORMATION

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BPC-157 10MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
500mcg	Standard Dose (low)	15-20
1mg	Standard Dose (high)	30

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CJC-1295 5MG / IPAMORELIN 5MG

Frequency: Daily, 5x/wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
100mcg	Starter	6
250mcg	Standard	15
300mcg	Standard (high)	18

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GHK-CU 50MG

Frequency: Varies	Example: Mixed with 3ml of BAC Water	
Systemic Anti-Inflammation	1.0 – 2.0 mg, Daily 5x Per Week	30-60 days on, 30-60 off
General Wellness & Anti-Aging	0.5 – 1.5 mg, Daily or Every Other Day	30-60 days on, 30-60 off
Acute Injury Repair	1.5 – 2.5 mg, Daily 10-14 days	Reevaluate every 10-14 days
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Easing Into It / Beginner	3
1mg	Standard Dose (low end)	6
2.5mg	Standard Dose (high end)	15

Note: GHK-Cu is associated with slight injection site irritation; lower doses or diluting with extra bac water are sometimes used to mitigate this or lower concentration (more bac water).

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GLOW BLEND
GHK-CU 50MG, TB-500 10MG, BPC-157 10MG

Frequency: Daily, 5x/Wk	**Example: Mixed with 3ml of BAC Water, Using the TB-500 & BPC-157 Dosing Levels**	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
500mcg	Standard Dose (low)	15-20
1mg	Standard Dose (high)	30

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KISSPEPTIN 10MG

Frequency: Daily, 2-3x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
100mcg	Starter	3
200mcg	Standard	6

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KLOW BLEND
GHK-CU 50MG, TB-500 10MG, BPC-157 10MG, KPV 10MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water, Using the TB-500 & BPC-157 Dosing Levels	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
500mcg	Standard Dose (low)	15-20
1mg	Standard Dose (high)	30

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LIPO-C B12 10ML

Note: B12 is typically dosed at 1mg per week. Many researchers break dosing into 2-3 doses spread out across the week.

Frequency: Daily, 1-3x/Wk	**Pre-mixed, No BAC Necessary**	
Dose (mg)	Notes	Units (on Syringe)
250-333mcg	Standard Dose (3x per week)	25-33
500mcg	Standard Dose (2x per week)	50
1mg	Standard Dose (per week)	100

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MOTS-C 10MG

Note - Dosing for MOTS-C research is all over the place. There are a wide range of reported doses and frequency.

Frequency: Varies	Example: Mixed with 3ml of BAC Water	
Dose Range 1	0.5mg, 2x/wk	4-6 Weeks
Dose Range 2	200-1000mcg, 1x daily (gradual titration)	10 weeks
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Dose Range 1	15
200mcg	Dose Range 2: Low	6
500mcg	Dose Range 2: MId	15
1000mcg / 1mg	Dose Range 2: High	30

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NAD+ 500MG

Frequency: Daily, 2-3x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
25mg	Low Dose (3x per week)	15
50-75mg	Standard Dose (2-3x per week)	30-45
100mg	Standard Dose (per week)	60

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PT-141 10MG

Note: Researchers suggest not exceeding 1.25mg in a 24hr period. Researchers Online suggest starting slow due to possible side effects.

Frequency: Daily, 2-3x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Starter	15
1mg	Standard	30
1.25mg	Max 24hr	37.5

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RETATRUTIDE

10MG

Frequency: Weekly	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Easing Into It / Beginner	15
1mg	Standard Starting Dose (low end)	30
2mg	Standard Starting Dose (high end)	60
4-5mg	Most Effective Weight Loss Dose According to Research	Suggest using less BAC, then adjusting math

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RETATRUTIDE

20MG

Frequency: Weekly	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Easing Into It / Beginner	7.5
1mg	Standard Starting Dose (low end)	15
2mg	Standard Starting Dose (high end)	30
4-5mg	Most Effective Weight Loss Dose According to Research	60-75: Suggest using less BAC, then adjusting math

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RETATRUTIDE

30MG

Frequency: Weekly	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Easing Into It / Beginner	5
1mg	Standard Starting Dose (low end)	10
2mg	Standard Starting Dose (high end)	20
4-5mg	Most Effective Weight Loss Dose According to Research	40-50: Suggest using less BAC, then adjusting math

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SEMAX 10MG

Frequency: Daily, 2-3x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Standard Dose (low)	15
1mg	Standard Dose (high)	30

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SEMAX/SELANK BLEND 10MG/10MG

Frequency: Daily, 2-3x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Standard Dose (low)	15
1mg	Standard Dose (high)	30

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SERMORELIN 10MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
333mcg	Standard Dose	10
500mcg	Standard Dose (high)	30

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SNAP-8 10MG

Normally mixed with moisturizer or cream, then applied topically

Frequency: 3x/wk or Daily	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
333mcg	Mixed with moisturizer or cream	10

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TB-500 10MG

Frequency: Daily, 2x/Wk	Example: Mixed with 1ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
2mg	Beginner / Maintenance	20
3mg	Standard Dose (low)	30
5mg	Standard Dose (high)	50

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TESAMORELIN 10MG

Frequency: Daily, 5x/wk	Example: Mixed with 3ml of BAC Water	
Tesamorelin CAN be a diva	DO NOT refrigerate after opening. Store at room temperature (in a cool place). Storing in cold may cause gelling of compound.	Use provided Bac water solution or Hospira only. Bac water solution containing any traces of saline/sodium chloride may cause gelling.
Dose (mg)	Notes	Units (on Syringe)
0.5mg	Easing Into It / Beginner	15
1mg	Standard Dose (low end)	30
2mg	Standard Dose (high end)	60: Suggest using less BAC, then adjusting math

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THYMOSIN ALPHA-1 10MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
333mcg	Standard Dose	10
500mcg	Standard Dose (high)	30

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TIRZEPATIDE

20MG

Frequency: Weekly	Example: Mixed with 1ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
2.5mg	Beginner / Phase 1	12.5
5mg	Phase 2	25
7.5mg	Phase 3	37.5

60MG

Frequency: Weekly	Example: Mixed with 1ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
7.5mg	Phase 3	12.5
13.5mg	Phase 4	22.5
17mg	Phase 5	28.5

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WOLVERINE STACK - BPC-157, TB-500

5MG / 5MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	12
333mcg	Standard Dose (low)	20
500mcg	Standard Dose (high)	30

10MG / 10MG

Frequency: Daily, 5x/Wk	Example: Mixed with 3ml of BAC Water	
Dose (mg)	Notes	Units (on Syringe)
200mcg	Beginner / Maintenance	6
333mcg - 500mcg	Standard Dose	10-15
1mg	Active Injury	30

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