Reconstituion Guide

How to Reconstitute Peptides

✅ What You Need:

- Peptide vial (powder)
- Bacteriostatic Water
- 1–3 mL syringe with a mixingneedle for injecting BAC Water
- Alcohol wipes

⚡ Step 1: Clean Up

1. Wash your hands.
2. Pop top off of BAC Water and Peptide Vial
3. Clean the tops of both with alcohol pad.

🌟 Step 2: Add BAC Water to Peptide

1. Use the larger syringe to draw up bacteriostatic water.
2. Slowly inject the water into the peptide vial, aiming the stream down the side (not directly onto the powder).
3. Let it sit and gently swirl until the powder fully dissolves.

🛑 **DO NOT SHAKE.**

💉 Step 3: Drawing a Dose

1. Wipe the top of the peptide vial with an alcohol pad.
2. Use an insulin syringe to draw your dose
3. Pull back slowly and check for bubbles. Tap them out if needed. (bubbles are not harmful If there are a few)

🧊 Step 4: Storing the Reconstituted Peptide

- Immediately refrigerate the mixed peptide vial after reconstituting.
- Store between 36°F–46°F (2°C–8°C) — the typical fridge range. Avoid freezing or leaving it out for extended periods. Shelf life is
- usually 30 days once mixed
- Keep the vial upright and avoid unnecessary shaking or movement.

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