How to Reconstitute Dry Peptides for Injections & Nasal Sprays: Step by Step Guide Transcript

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Introduction to Reconstituting Dry Peptides

Hey everyone, Dr. Rumpka still here. How to reconstitute dry peptides. Okay. We have two different examples we're going to end up going through. So we are going have a dry Peptide and how to take your back water and put it in there and dose it properly to do an injection.

Then I will also show you how it take the dry peptides and make it into a nasal spray. All right. So let's go step by step here, all right? One, you're gonna need needles and you gonna to need water, okay?

Now you can't use water from your tap. It's called reconstitution water or bacterial static water. We'll give you a link on Amazon. I have no affiliation with anything, but basically it's just a brand that I like.

Medical supply stores, can you get these things as well? Just give me an example. That's exactly what I had in front of me. All right now you're gonna need insulin needles they come in three different sizes when you have the third milliliter it is 30 units means has 30 little notches on it then you could have one that could at 50 you can have 100 why would you make the difference so.

I think to have at least a thirty and a hundred makes sense so you can get all three different if you like they come in little bags and I Think ten or inside a bag usually right?

It's usually ten inside of bag and then you get a whole box You can't just buy individual be like give me two bags of this two bag so that I know in Georgia we can just walk in and do it like that and Every state's a little bit different.

You gotta check on your laws and how you get to see things. Why would you make the difference choice? Because let's say, for example, my dog's insulin is five units.

Choosing Syringes and Using the Dose Calculator

That's how much insulin I always draw. I use a 30 unit because there's more room in between each line and I can see the five unit's easier. Can still use 100 unit needle.

It's just harder to see five-units because typically they're expecting you to do 50 or 60 or 70 on there. So the lines are closer together. If you're only doing something that's two units, you want a 30 unit needle.

You're doing Something that 20 units you could pick any of the needles, right? But to me if something's under 10, I would definitely be trying to use the 30-unit needle and if it's over 50 go with the 100 unit Needle.

All right You'll see, when we get into this calculator, we're going to have to use this. You're gonna have use it every time, and it's best you basically write down for what you're doing.

Okay, BPC, I pull it to this, KPV, pull to it this There's appetite, then I'll pull this and then you'll understand, you don't have it memorized, You don' have look it up every single time.

All right. So again, I just went through what you're going to have to know what is the volume of the syringe you have. And you are going go through on this chart, on the website.

I'm going show you exactly. But you basically pick the peptide vial. What do I have? I literally have melanotan one. 10 milligrams. So I would go in and calculate, I will click it to 10 mg, because that's what I'm using.

And I am going to put always in one milliliter of bacteriostatic water. Always stick with that, which is going be a hundred units. One ml is a 100 units, you have to know that.

Okay. Then I put that in there, and then I say how much of a dose of the peptide. You are going have use your dosing guideline to come up with an accurate dose.

So I'm gonna show you how to do this all. And that's gonna tell you where the dose here, it's going to color it in for you and you'll know what syringe, where it is gonna go.

It's gotta be real easy, okay? You have to make sure, the thing you have know about putting in the peptide quantity is it gonna be in micrograms. If you're dealing with milligrams, you gonna have make the conversion, but we're gonna, I gonna to show that, Okay?

We're going to go through it step by step. It'll make more sense. So we're gonna show you how to use the calculator. You need to get these needles and you need be able to do this.

Let me just actually come off of here. Here's an example, but I'm going show how you do it. Again, this is giving you an examples of the links. This would be 31 gauge what we're looking for in different sizes.

This is a hundred unit, and you might want to get something different. Again, I keep 30 unit and hundred units on hand. So here's the calculator, right?

This isn't real time. Let's say I'm going to reconstitute alpha one, TA one. so this is 10 milligram bottle. I've got 10 milligram. I'm going to put in one ML.

Okay. If you didn't watch, you don't have to have these memorized, but immunity dosing. So what's a dose of TA1, thymus and alpha 1, 1.5 milligrams. Let's say we're going settle in on that's what we are going do.

Reconstituting Thymosin Alpha-1 and Drawing the Dose

All right, so let's go to the calculator. Bacteriostatic water in it. And the dose is one, make sure I'm saying it, 1.5 milligrams. Okay? So, one point five milligrams isn't the same as micrograms.

So how do we know what to do? Here's what I gonna say. Then you pick which needle you're using. You can go with that. So something I like, don't know, we might be messing around with it, right?

Micrograms to milligrams. We're really, yeah. So in case you ever don' know what to do, you just do this. You can do it on a computer, can you do on our phone, Right?

We need 1.5 milligrams, 1 point 5 milligrams is 1500 micrograms. All right. I need to put other in here of 1500 micrograms because that's 1.5 milligrams, hit enter, and I take the syringe to 15. Now it really doesn't matter which syringes I use, it's still going to be 15, okay?

It's just gonna look different. It's a little harder to see. So no matter what needle, that's what it's going to be. My thymus and alpha one dose is pulled to 15. All right, so let's actually reconstitute and show you.

Thymous and Alpha one. I have 100 ml needle. alcohol swab. Now a brand new one is going to look like this. And you're just going pop that off. I'm not really ready to reconstitute any of some of my new ones.

So I want to show you on time. It's an alpha. Going to draw it back. Cause I wanna put air into the backwater. and then draw it out and you'll see it just slowly fills up and I'm gonna let it go all the way slowly filling past the 100 take it down and let the bubbles titrate up then I push it up to the hundred that black line so I am right at that and now I've got a really nice needle with no air bubbles but if I was concerned I can just click it and push it up.

Those little air bubbles are just fine. Then I take that and I put that inside that little tiny hole right there. And then I'll

push all of this water into here.

All right. I'm not going to actually do it because I don't need to reconstitute one right now. Alright, so you push that into hear then I move it around.

You see all the backwater that's gone in there? I'm moving around, I open it up, but I don't shake. I especially do it upside down because a lot of the dry peptides stick to the gray vial closure, right?

Subcutaneous Injection Technique and Disposal

Do not do any rapid shaking. Now I am just putting this back in because I do not need it. So imagine I just put that all in shook it okay now to draw it up i'm just going to use the same needle because i didn't actually do anything with it and i go to 15 which is harder to do on 100 because it really isn't The line's a little bit harder, but it's what I have available.

So I reconstituted and I've loaded a thymacin alpha dose and that's ready to go. All right. Now to actually do an injection, it is not that complicated.

You pick a fatty area. I'm happy to do a Thymicin Alpha one dose for myself right now. I'm just coming off a lot of travel, a lots of fatigue. So typically you're going to use subcutaneous on the belly.

You could do inner thigh as well. It's very easy to do that. And when you have to rotate locations, let's say for trisapatite or something like that, belly, left thigh, right thigh one week belly and the next week, the left side a week later that so I've been to show you.

pull that skin. You gotta find some fat a little bit there, okay? Take some alcohol. It's a bit longer needle than I'm actually used to. I usually buy a shorter.

So I'll use a fast speed firmness. Okay? And then I do it slow-ish. That's it. No bleeding. There's nothing there. Okay. Then I dispose of this needle in a appropriate, I buy the medical waste disposal thing, or you can use like a plastic jar container to get them and seal them.

But I do drop them off to be disposed of properly at a local pharmacy, but you never reuse it. Okay, it took one ML, put it inside, the drive, moved it around, and looked at my dose.

So I know if I'm missing Alpha 1, I am pulling to 15, okay? Put that little handy-dandy in my notes, right? Oh, if Thymus and Alpha goes to fifteen, you can write down, oh, do it two to three times a week for acute.

You can put everything you need to know about it. you don't have to memorize anything, all right. Now, let's do another example of a different dosing, different amount.

All right, so let us do the example Trisapatide. And because that is the next example, we can show you that clearly. So that's a five milligram bottle.

Okay, So we're going to put one ml.

Trisapatide Dosing and Reconstitution Example

Let's go with a one ml. So same concept, right? And trisapatite, say the dose is 2.5 milligrams. What is that? How do I know what 2 point 5 milligrams is in micrograms?

It's 2500. so let's write that down over here, type it in 2500 would be Oh, we pull it to 50. So it makes sense. We use the bigger thing. Why did I show you that?

Let's just show the example on how we would use this with his appetite. Again, you have to have the needles. Then

again, if you were going to do 50, if I only had a 30 unit needle, I would have to use two shots.

I'd have draw one to 30 and one 20 to get me to 50. And I had to do two different injections, right? So a five milligram vial of Trisapatide, you put a hundred units of backwater in it, it's gonna have two injections of 2.5 milligrams.

So that's two weeks worth of trisapatide as an example. 2.5 milligrams equals 2,500 micrograms. That's how we're gonna, that's critical you convert this properly when you, oops, when we do that.

So this'll show you it's okay, we went through that, five milligrams when reconstitute it, 1.50 milligrams looks like 30 units. Two is 40, 2.5 is 50. Lems, you might wanna go through this for your different dosing for what you're doing so then you have it listed out and you are very clear on what your dosing is going to be.

So let's say you are doing terzapotide and you're at four milligrams at this point in your journey, then you know it's to 80 units, right? And you'll follow the dosage as has been described.

Okay, so reconstituting a nasal spray is even easier. when you purchase something like your N-acetyl C-max amidate or oxytocin. So here we go. We've got, gonna come with the C max bottle, with Cmax here that needs to be reconstituted.

What do you do? You're gonna take your brand new, a brand-new 100-unit needle. You gonna open, because this is just bacterial static water. This is your dry, unconstituted peptide.

Here's your CMAX. So you're going to come in here and you are going draw up fluid. You're gonna draw all of this fluid, okay? So, you gonna get a whole bunch of fluid inside of here, your water, okay?

Then you're gonna take that inside there and you gonna push all of that water inside here. Then we're going to mix it up. You take the same needle and we've got to pull all this in this bottle.

back out the reconstituted peptide. You pull it out, every single drop that you can get out of here, and you just squirt it right back inside. This is all pretend right now, but then we're going to take it.

So basically we are going take this out here. Put it in here suck it back and put it all back in.

Reconstituting Nasal Spray Peptides

Just empty this back into here but you got to use a needle to do it You don't have to measure anything. And it's ready to go. That's what you'll do for every single nasal that comes.

It'll come with the dry, with this. This is your bacterial static water. it is ready-to-go. All you have do is use the needle that's coming. You're going to get a needle, you should.

Then you just pull the hundred, you pull about a hundred out 50, 60 doesn't matter. You don't have to be perfect because you're just pulling fluid from here and putting it in there, moving it around, doing what I said, making sure the gray part spend 30 to 60 seconds.

Nice rolling it. Around everything gets a little cloudy. you'll see it start to create itself. And you're like, OK, then you just take the needle and suck this back out of there.

Suck everything out here, put it back in here. And then this is ready to go. OK? That's Cmax. That the daytime energy. Not going to do it. Oxytocin would be the same thing.

An oxytosin will come. It'll pop everything off. You'll do that. Then it's ready. Oxytocin. I can do it at night because it helps me go to sleep. Don't do the c-mats that way, okay?

And I keep them in the refrigerator after I reconstitute them. The nasals are really easy. And what Chris, the owner of Limitless has told me, Soon he's moving to, soon one day it'll change.

You won't get a dry peptide like this. The peptides gonna be inside here and then he is gonna send another bottle with the amount of fluid and you just have to pour it in.

And you put it on and that's it. And then you're gonna reconstitute it right here. You won't even need to do the needle back and forth. So he's working on making it even easier so you won' have to measure anything, which is really fantastic.

But for now, two things are coming like this. Okay, I'm back i'm going to go ahead and show you how to do diamonds and alpha so i've drawn it to 15 units like I just said, so we got 1.5 milligrams this is my nephew Kyle and he's sniffly we have a cold.

had it for about a week, we came down and like we're going take care of it, and then he said I could go and record teach you guys how do it so I keep a lot of.

sterile alcohol pads, you can have these and I like these one simple. So what we're gonna do is subcutaneous. I just explained to Kyle, I have to get a little bit of fat on his belly and then I'm gonna clean it with alcohol first.

Why don't you go ahead, lift the shirt a bit. And I am gonna grab it. But I do this for him obviously, so see that? Everybody's got a lil bit, he's a lean guy.

How old are you now? 26, 26. Okay. All right. Here we go. Now he's never had this done. I just showed him what it was, what I was going to do to me.

Demonstration Injection and Wrap-Up

Alright. So here we got one, two, three. Did you even feel it? Nothing. We're gently going put it in. Were you scared when you saw me do it that looks scary?

It didn't. Do you feel anything? Nope. I'm going very slowly because he's never had this before. Sometimes it can burn. Do you feel anything? I don't.

Nothing. Look no blood, no nothing. i'm gonna run over a little bit of alcohol just to do it and we're all set. You feel okay? Yeah. Now it's a bit reddish because I was pinching and poking at it.

Um now all iIm gonna do is so this is What day? This is a hex is actually Thanksgiving. So happy Thanksgiving, you're watching it delayed. And so I'm going to do that again to him on Sunday or Monday because they're leaving on Monday.

I'll probably do it on Sundays. On to make sure I have two injections, two for the week for this acute situation. He's had a cold a little bit longer than we would like for two weeks.

Um, and he has a history of things dropping into his chest and his asthma. We don't want that to happen. It's like, Oh no, let me just take care of this.

Okay. So you're going to go to sleep right now. It's late. He waited for this and you going wake up Kyle. You're gonna feel like a million bucks. Hopefully.

Thank you so much. So, you saw it step by step, having the thing, filling it up, using the calculator. Oh, that's my dose. In a few days, two doses in this week, I'll do the same thing.

15 units and all of these needles will be thrown away appropriately. since I stuck a needle in it. And that's all you do.