Peptide administration overview

All right, I'm sure we will be getting All right, I'm sure we will be getting on a call, but I want to make a quick on a call, but I want to make a quick video about the peptides that you can video about the peptides that you can refer back to on how to administer them.

refer back to on how to administer them.

Supplies and peptide storage

So, you have your sterile solution. You So, you have your sterile solution. You should have gotten it. I um either in should have gotten it. I um either in your order or you ordered it. And then your order or you ordered it. And then you have your peptides, which will be you have your peptides, which will be typically in a vial um if we're doing typically in a vial um if we're doing the injectable subq, they will be like a the injectable subq, they will be like a powder. Okay? So, you have this powder powder. Okay? So, you have this powder form that it comes like this. Keep form that it comes like this. Keep everything refrigerated. It's really everything refrigerated. It's really good to keep these cold. Once you put good to keep these cold.

Syringe sizes and dosing basics

Once you put the liquid in, they're active. You the liquid in, they're active. You typically have, you know, 30 to 50, 60 typically have, you know, 30 to 50, 60 days to use it. Okay? So, don't fill the days to use it. Okay? So, don't fill the water. Don't put the water in the water. Don't put the water in the peptide unless you know you're going to peptide unless you know you're going to start using that peptide. Okay? Peptides start using that peptide. Okay? Peptides are very, very fragile. So, you need to are very, very fragile. So, you need to be careful with them. Okay? So, you have be careful with them. Okay? So, you have your larger syringe and then you will your larger syringe and then you will have your insulin needle syringe.

have your insulin needle syringe.

Reconstituting the peptide vial

So, here's your big bigger syringe. This So, here's your big bigger syringe. This is typically the insulin needle um that is typically the insulin needle um that I will I rubbed that one clean so that I will I rubbed that one clean so that you will have your dosing on. Most of you will have your dosing on. Most of the ones that I have you get are going the ones that I have you get are going to be 100 units. You can get some that to be 100 units. You can get some that are 50 units. Just so you know, when I are 50 units. Just so you know, when I tell you to fill stuff to the 20, you tell you to fill stuff to the 20, you just go to the 20, the 30, the 40, 50.

just go to the 20, the 30, the 40, 50. Okay? Sometimes it'll say like 100 Okay? Sometimes it'll say like 100 micrograms. So, that just means you just micrograms. So, that just means you just go to like the 10. Okay? So you have go to like the 10. Okay? So you have your insulin needle and then you have your insulin needle and then you have your big bigger gauge needle. So what your big bigger gauge needle.

Drawing and injecting the dose

So what you do basically is you will go in and you do basically is you will go in and you take some of the sterile solution you take some of the sterile solution out. You fill it to whatever sterile out. You fill it to whatever sterile amount that I've told you. So if it says amount that I've told you. So if it says to do like 1 ml, you'll go and you'll to do like 1 ml, you'll go and you'll fill this all the way to the one. You fill this all the way to the one. You pull it out. You've got your liquid in pull it out. You've got your liquid in there. Okay. When you are putting the there. Okay. When you are putting the solution into the peptide vial, you'll solution into the peptide vial, you'll pull the cap off, right? You can

put pull the cap off, right? You can put rubbing alcohol on there and clean it rubbing alcohol on there and clean it off if you would like. You want to hold off if you would like. You want to hold on to the plunger of the the the gauge, on to the plunger of the the the gauge, okay? Or the needle. All right? So, when okay? Or the needle. All right? So, when you put this into the peptide, which I'm you put this into the peptide, which I'm not going to do because I don't want to not going to do because I don't want to activate this peptide, but when you put activate this peptide, but when you put it in, that plunger is going to pull.

it in, that plunger is going to pull. Okay? Okay. So, it's going to be like a Okay? Okay. So, it's going to be like a This is a vacuum, so it should pull it This is a vacuum, so it should pull it through and it's going to want to just through and it's going to want to just flush that water in there really, really flush that water in there really, really fast. You want to go You got to hold the fast.

Injection technique and site rotation

You want to go You got to hold the end of the of the needle and you're end of the of the needle and you're going to go in at an angle really, going to go in at an angle really, really slow and just let that sterile really slow and just let that sterile solution slowly fill the bottle with the solution slowly fill the bottle with the peptide. So, it eventually it basically peptide. So, it eventually it basically that plunger will want to go really that plunger will want to go really fast. Instead, just go really really fast. Instead, just go really really slow at an angle about 45 degrees so it slow at an angle about 45 degrees so it tilts down so you don't damage the tilts down so you don't damage the peptides. Okay? Then I don't want you to peptides. Okay? Then I don't want you to like shake it all up and let it stir.

like shake it all up and let it stir. Just set them down. It will dissolve. Be Just set them down. It will dissolve. Be patient. Okay? And then your peptides patient. Okay? And then your peptides are ready to go. When you're ready to do are ready to go. When you're ready to do it, you can put alcohol in there if you it, you can put alcohol in there if you would like. You basically have your would like. You basically have your teeny tiny insulin syringe needle. You teeny tiny insulin syringe needle. You put it in. You slowly fill it up to the put it in. You slowly fill it up to the amount that you're going to be dosing amount that you're going to be dosing and you're good to go. put your peptide and you're good to go. put your peptide back in the fridge always. And then you back in the fridge always. And then you typically will just pinch a little piece typically will just pinch a little piece of your belly or your butt or wherever of your belly or your butt or wherever you're going to put it in. You stick it you're going to put it in. You stick it in and you inject that needle. Okay? You in and you inject that needle. Okay? You can put alcohol obviously um wherever can put alcohol obviously um wherever you're going to inject it. Switch up you're going to inject it.

Stacking peptides and NAD+ handling

Switch up your injection sites. You can also stack your injection sites. You can also stack your peptides. So if you have some that your peptides. So if you have some that are, you know, some will go into your are, you know, some will go into your belly, um some will go into your butt, belly, um some will go into your butt, but you can stack them. So let's say you but you can stack them. So let's say you have have have um multiple peptides you want to take um multiple peptides you want to take and you don't want to do a bunch of and you don't want to do a bunch of needles. So you'll fill in your needles. So you'll fill in your tessamorin moreselin, tessamorin moreselin, you'll do in your CJ, you'll do in you you'll do in your CJ, you'll do in you know your BPC and your TB500. You can know your BPC and your TB500. You can put them all into one injection and put them all into one injection and that's stacking them. So you can stack that's stacking them. So you can stack them and put them in as long as it's them and put them in as long as it's ones that can go together. I will let ones that can go together. I will let you know if that is not the case. Um and you know if that is not the case. Um and then there's some like the NAD you can then there's some like the NAD you can do. I obviously it's I like to do that do. I obviously it's I like to do that one in the butt. That one will be a one in the butt. That one will be a little bit harder to fill if you're little bit harder to fill if you're going to be doing NAD+. That has a very going to be doing NAD+. That has a very slow drip and sometimes it takes longer slow drip and sometimes it takes longer to dissolve. Um and so you will just to dissolve. Um and so you will just have to slowly let it drip into the have to slowly let it drip into the insulin needle. It takes a minute. Um insulin needle. It takes a minute. Um and then slowly inject that one in. It's and then slowly inject that one in.

Final storage and handling tips

It's it's typically a larger dose than most it's typically a larger dose than most of the peptides. So hopefully that gives of the peptides. So hopefully that gives you a good idea of how to do it. So you you a good idea of how to do it. So you have your sterile solution. And this have your sterile solution. And this will always be your reconstitution will always be your reconstitution solution that you're going to put in solution that you're going to put in with your peptides. Okay? And then I with your peptides. Okay? And then I wouldn't have this be super super cold wouldn't have this be super super cold when you're putting it in initially, but when you're putting it in initially, but then when your peptides are done, you then when your peptides are done, you put them in the fridge. You keep them in put them in the fridge. You keep them in the fridge, store them in the fridge.

the fridge, store them in the fridge. Um, be careful when this gets full and Um, be careful when this gets full and you go to put it into that vacuum steel you go to put it into that vacuum steel vial. It will push through really vial. It will push through really quickly. But hopefully that is a helps quickly. But hopefully that is a helps you understand how to handle your you understand how to handle your peptides.