



PEPTIDES 101

A Community Guide to Safe Protocols

Sourcing • Dosing • Reconstitution
Storage • Supplies • Payment • Safety

NOT MEDICAL ADVICE - I AM NOT A DOCTOR

WHERE YOU COULD GET PEPTIDES



Grey Market (US)

✓ Wide selection, fast shipping, no Rx needed

✗ No regulatory oversight, and your quality varies



Doctor / Clinic

✓ Pharmaceutical grade, supervised, legal

✗ Expensive, limited compounds, hard to access



China-Based

✓ Very low cost, broadly available

✗ Long shipping, customs risk, quality unknown

DOSING & VIAL SIZING

HOW TO FIGURE OUT DOSE

- Research the peptide's recommended dose range (mcg or mg per injection).
- Factor in body weight if dosing is per-kg.
- Start at the LOW end and assess tolerance first.
- Determine injection frequency (daily, EOD, etc.).
- Calculate total mg needed for a cycle to pick the right vial size.



USE THE PEPTIDE CALCULATOR

Takes the guesswork out of reconstitution math. Enter your vial size, desired dose, and BAC water volume.



[Peptide Calculator](#)

Vial sizes typically come in 2mg, 5mg, or 10mg. Match your cycle's total needs to avoid waste.

BACTERIOSTATIC WATER



WHY IT MATTERS

WHAT IT IS

Sterile water with 0.9% benzyl alcohol. The alcohol prevents bacterial growth inside the vial after it's been punctured.

WHY NOT PLAIN WATER

Regular sterile water has no preservative. Once opened, bacteria can grow rapidly...potentially making your peptide solution unsafe to inject.

HOW MUCH TO USE

Typically 1–2 mL per vial. The exact amount determines your concentration, which is why the peptide calculator is essential.

WHERE TO GET IT

Most reputable US peptide vendors sell BAC water alongside their peptides. Also available at compounding pharmacies.

SYRINGES & SUPPLIES



Sub-Q Syringes (Small)

Used for subcutaneous (under the skin) injections. Shorter needle, lower volume. Best for most peptide protocols.

 [Link to Amazon →](#)



IM Syringes (1-inch)

Intramuscular injections - longer needle reaches deeper tissue. Used for specific compounds or larger volume doses.

 [Link to Amazon →](#)



Alcohol Prep Pads

Sterile prep for injection sites and vial tops. Non-negotiable for safe practice. Use a fresh pad every single time.

 [Link to Amazon →](#)

Sub-Q is the most common injection method for peptides — short 1/2" to 5/8" needles into belly fat or love handles.

RECONSTITUTION

01 GATHER SUPPLIES

Peptide vial, BAC water, fresh syringe, alcohol prep pads, and your peptide calculator result ready to go.

02 WIPE BOTH TOPS

Swab the rubber stopper of both the peptide vial and BAC water vial with separate pads. Let air dry.

03 DRAW THE BAC WATER

Pull the proper amount of BAC water into syringe. Insert at an angle against the inside wall of the vial.

04 LET IT DISSOLVE

Do NOT shake. Gently swirl or roll between your palms until clear. Store properly once fully dissolved.



[Watch: Reconstitution Tutorial 1](#)



[Watch: Reconstitution Tutorial 2](#)

PROPER STORAGE



LYOPHILIZED POWDER (Unreconstituted)

- Room temp OK for short periods
- Refrigerate for longer storage
- Keep away from light & moisture
- Do NOT freeze/thaw repeatedly



RECONSTITUTED (Liquid Solution)

- Always refrigerate after
- Stable for 4 to 6 weeks
- Never freeze liquid solution
- Protect from light, keep original vial



[Watch: Storage Guide Video](#)

PAYMENT METHODS

WHY NO CREDIT/DEBIT CARDS?

The peptide industry operates in a legal grey area and is not yet fully regulated. Most payment processors flag or reject transactions from peptide vendors, so they rely on peer-to-peer platforms instead.



PayPal

Most common. Use Goods & Services when available. Accounts can get flagged.



Venmo

Peer-to-peer, quick and easy. Use a generic memo. NEVER write 'peptide' in the notes.



Zelle

Bank-to-bank, fast and fee-free. No chargeback protection, so only use this with vendors you fully trust.



Never send payment to an unverified source. No legitimate vendor asks for gift cards or wire transfers.

START SLOW. STAY SAFE. ALWAYS.

THINGS BEGINNERS SHOULD KEEP IN MIND

- ✓ Always begin at the lowest recommended dose.
- ✓ Track how your body responds before increasing.
- ✓ Source only from reputable, US-based vendors.
- ✓ Reconstitute and store your peptides correctly.
- ✓ Never share needles or reuse syringes.
- ✓ Keep a log of what you're taking and when.



MEDICAL DISCLAIMER: I am NOT a doctor. Nothing in this presentation is medical advice. Consult a qualified healthcare provider before starting any peptide protocol. Use at your own risk.

WHERE I PERSONALLY ORDER FROM

PEPTIDE PLUGS

10% OFF YOUR FIRST ORDER

 peptideplugs.com/?ref=HANDSTAND

-
- ✓ Verified Certificate of Analysis on every order
 - ✓ Same-day shipping before 1pm, arrives in 2–4 days
 - ✓ Clean ordering process. I've vetted it myself
 - ✓ I've personally met with the owner of the lab

TRANSPARENCY: Yes, this is an affiliate relationship. You get 10% off your first order using that link. I receive 15% of the total. This is not a suggestion to use them specifically. You can shop wherever you like. I'm simply sharing a resource that I personally use.