



RECONSTITUTION · CHEAT SHEET

How to reconstitute your peptides.

Print, tape to the lab bench. All values assume a U-100 insulin syringe (100 units = 1 mL).

VIAL	BAC WATER	CONCENTRATION	0.25 mg DOSE	0.5 mg DOSE	1 mg DOSE	2 mg DOSE
2 mg	1 mL	2 mg/mL	12 u	25 u	50 u	100 u
2 mg	2 mL	1 mg/mL	25 u	50 u	100 u	200 u
5 mg	1 mL	5 mg/mL	5 u	10 u	20 u	40 u
5 mg	2 mL	2.50 mg/mL	10 u	20 u	40 u	80 u
5 mg	2.5 mL	2 mg/mL	12 u	25 u	50 u	100 u
10 mg	1 mL	10 mg/mL	2 u	5 u	10 u	20 u
10 mg	2 mL	5 mg/mL	5 u	10 u	20 u	40 u
10 mg	2.5 mL	4 mg/mL	6 u	12 u	25 u	50 u
10 mg	3 mL	3.33 mg/mL	8 u	15 u	30 u	60 u
15 mg	2 mL	7.50 mg/mL	3 u	7 u	13 u	27 u
15 mg	3 mL	5 mg/mL	5 u	10 u	20 u	40 u
20 mg	2 mL	10 mg/mL	2 u	5 u	10 u	20 u
20 mg	4 mL	5 mg/mL	5 u	10 u	20 u	40 u
30 mg	3 mL	10 mg/mL	2 u	5 u	10 u	20 u
30 mg	5 mL	6 mg/mL	4 u	8 u	17 u	33 u

01 · CHOOSE BAC VOLUME

Bigger volume = lower concentration = easier syringe math. Most researchers use 2 mL BAC water for a 10 mg vial (5 mg/mL).

02 · PREP BOTH VIALS

Wipe the stopper on the peptide vial and the BAC water vial with 70% isopropyl alcohol. Let it dry.

03 · DRAW THE WATER

Use a 1 mL or 3 mL syringe with an 18–21G drawing needle. Pull the exact BAC volume from the table above.

04 · INJECT SLOWLY

Insert at an angle and inject the water SLOWLY down the inside wall of the peptide vial. Never squirt onto the powder.

05 · SWIRL, DO NOT SHAKE

Gently roll or swirl the vial between your palms for 30–90 seconds until fully dissolved. Solution should be clear.

06 · LABEL & REFRIGERATE

Write the reconstitution date and concentration on the vial. Store at 36–46°F. Typical shelf life 2–4 weeks.

IMPORTANT

Use sterile bacteriostatic water (0.9% benzyl alcohol) — never plain SWFI. Do NOT freeze reconstituted peptides. If cloudy or discolored, discard.