

Dsip-Intranasal

PEPTIDES

Intranasal dosing recommendations for DSIP peptide

CYCLE LENGTH AND WASHOUT PERIOD: Unknown. It is always recommended that where no cycle exists, to dose as conservatively as possible. Consider 2-4 week cycles followed by 1-2 week washout periods. **DOSING TIME:** 60 minutes prior to bedtime. **ONSET TIME:** 20-120 minutes. **ADDITIONAL CONSIDERATIONS:** Does not require administration in a fasted state, as the intranasal administration bypasses the gastrointestinal tract. **STORAGE:** Atomizer should be refrigerated after use. **ADMINISTRATION:** Intranasal spray. Always split dose between both nostrils as much as possible. This is because it increases the mucosal surface area exposed to the solution, decreases runoff into the throat/loss from swallowing, and allows for more consistent absorption because nasal airflow, congestion, mucus, and the normal nasal cycle may make one nostril less effective than the other at any given time. Proper technique is important. **DO NOT TILT YOUR HEAD BACK** to dose. With your head tipped forward, tilt your atomizer towards the outside of your nose/outside corner of your eye, then sniff the spray gently. **DISPENSE RATE:** 100mcg/spray DSIP 10MG in 10ML (100 x 100mcg SPRAYS PER VIAL) Take 1-5 sprays (100-500 mcg) 30-60 minutes before bedtime

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