

GLP3-R

PEPTIDES

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Cycle Length: Cycling not mandatory, but for those who want to ensure continuous efficacy, recommendation is a 4 month cycle followed by 4 month washout period. Frequency: One dose every 7 days, always on the same day of the week, preferably at a consistent time of day. Fasting: Not required. Time of day: Any, but establishing a consistent dosing time is preferred. Reconstitution solution: Bacteriostatic water. Recommended syringe size: Dosing- 1mL, 29 or 30 gauge, 5/16" tip length; Reconstitution- 3mL, 23-27 gauge, 1" tip length STARTING DOSE: If you have NEVER TAKEN any GLP (e.g. semaglutide/Wegovy/Olympic, tirzepatide/Zepbound/Mounjaro), your initial dose is 2mg per week. If you HAVE PREVIOUSLY TAKEN A GLP- NO MATTER HOW MUCH TIME HAS PASSED- and had one dose increase (e.g. reached .50mg semaglutide or 5mg tirzepatide) after starting, your initial dose is 4mg per week. IMPORTANT NOTE: If you do not understand terms like "units," or the reconstitution process in general, you need to stop here and immediately read through the information found in the PREP AND INJECTION GUIDE . Do not guess on any part of this process: make sure you understand what the instructions mean prior to attempting their execution. GLP3-R, 10MG MIX WITH 1ML (100 UNITS) OF BACTERIOSTATIC WATER 2mg= 20 units 4mg= 40 units 6mg= 60 units 8mg= 80 units 10mg= 100 units GLP3-R, 30MG MIX WITH 2.5ML (250 UNITS) OF BACTERIOSTATIC WATER 2mg= 16 units 4mg= 32 units 6mg= 50 units 8mg= 66 units 10mg= 83 units 12mg= 100 units GLP3-R, 40MG MIX WITH 2.5ML (250 UNITS) OF BACTERIOSTATIC WATER 2mg= 12 units 4mg= 25 units 6mg= 38 units 8mg= 50 units 10mg= 62 units 12mg= 75 units GLP3-R, 60MG MIX WITH 2.5ML (250 UNITS) OF BACTERIOSTATIC WATER 2mg= 8 units 4mg= 16 units 6mg= 25 units 8mg= 33 units 10mg= 41 units 12mg= 50 units

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