

Oxytocin-Intranasal

PEPTIDES

Recommended intranasal dosing of oxytocin.

CYCLE LENGTH: 4-12 week cycle followed by 2-6 week washout period. **DOSING TIME:** May be dosed day or night, but this is not what is most relevant with Oxytocin administration. Rather than dosing in the morning or at night, dosing time should be relative to the intended application. For example, if you are using Oxytocin to mitigate social anxiety, improve social cognition, or build responsiveness to social cues, you would want to take it 30-45 minutes prior to venturing out into a social engagement. Basically, whatever purpose you use it for (has been positively linked to studies on PTSD, schizophrenia, borderline personality disorder, depression, anxiety, Autism social function research, and more), you will want to dose 30-45 minutes prior to exposure to situations where Oxytocin's effects would be needed most. **ONSET TIME:** 15-30 minutes **ADDITIONAL CONSIDERATIONS:** Does not require administration during a fasted state, as the intranasal administration bypasses the gastrointestinal tract. **STORAGE:** Atomizer should be refrigerated after use. **ADMINISTRATION:** Intranasal spray. Always split sprays between both nostrils as much as possible. This 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 atomizer toward the outside of your nose/outside corner of your eye, then sniff the spray gently. **DISPENSE RATE:** 50mcg/spray. Up to 3 sprays daily, administered between 1-2 doses

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