

The Reconstitution Card

Common vial sizes, water volumes and doses reported in clinical practice — with the syringe units already calculated. U-100 insulin syringe: 1 ml equals 100 units. Your pharmacy label overrides everything here.

PEPTIDE	VIAL	BAC WATER	COMMON DOSE	DRAW	UNITS	DOSES PER VIAL
BPC-157	5 mg	2 ml	250 mcg	0.10 ml	10	20
TB-500	10 mg	2.5 ml	2.5 mg	0.63 ml	63	4
Sermorelin	5 mg	2.5 ml	300 mcg	0.15 ml	15	16
Ipamorelin	5 mg	2 ml	200 mcg	0.08 ml	8	25
CJC-1295 + Ipamorelin	10 mg	2 ml	300 mcg	0.06 ml	6	33
Semaglutide	5 mg	2 ml	250 mcg	0.10 ml	10	20
Tirzepatide	10 mg	2 ml	2.5 mg	0.50 ml	50	4
MOTS-c	10 mg	2 ml	5 mg	1.00 ml	100	2

The thousandfold trap: mg is not mcg. 1 mg equals 1000 mcg. Every reconstitution accident starts here.

The five rules. Swab every stopper with alcohol. Run water down the vial wall, never onto the powder. Swirl gently, never shake. Label the vial with the date. Refrigerate after mixing and discard after about four weeks.

Free calculator for any vial and dose:
uspeptideboard.vercel.app/tools/peptide-dosage-calculator

Educational reference, not medical advice.
A physician sets your dose. September 2026.