

Research Peptide Guide

Reconstitution. Dosing. Storage. Protocol reference.
Everything you need to begin your research protocol.

COMPOUND	VIAL	CONCENTRATION	PROTOCOL
Retatrutide	10 mg	5 mg/mL	Once weekly SubQ
BPC-157 + TB-500	5+5 mg	2.5 mg/mL each	Daily or EOD SubQ
MOTS-c	10 mg	5 mg/mL	3x weekly SubQ
Tesamorelin	5 mg	2.5 mg/mL	Daily SubQ before bed
GHK-Cu	50 mg	25 mg/mL	Daily SubQ or topical
SS-31	10 mg	5 mg/mL	3x weekly SubQ
CJC-1295 + Ipamorelin	5+5 mg	2.5 mg/mL each	2x daily SubQ

BAC water required for all compounds. Available in 10mL, 20mL, 30mL — add to your order at alphaplus-labs.ca

How to Prepare Your Vials

Every peptide vial from ALPHA+ Labs contains lyophilized (freeze-dried) powder. Before use, each vial must be reconstituted with bacteriostatic water (BAC water, 0.9% benzyl alcohol). Do not use plain sterile water — benzyl alcohol keeps your solution stable and sterile for 4-6 weeks refrigerated.

Step-by-Step

- 01 Remove both vials from refrigeration. Allow them to reach room temperature — approximately 15-20 minutes. This reduces pressure differential when injecting.
- 02 Wipe the rubber stopper of both the peptide vial and the BAC water vial with an alcohol swab. Allow to air dry completely before proceeding.
- 03 Draw the required volume of BAC water into a fresh insulin syringe. Inject it slowly down the inside wall of the peptide vial — never squirt directly onto the powder.
- 04 Gently roll the vial between your palms in a slow circular motion until the powder fully dissolves. This typically takes 30-60 seconds. Never shake the vial.
- 05 Inspect the solution. It should be clear and colourless. Discard if cloudy, discoloured, or if particles remain after swirling.
- 06 Cap the vial, label it with the date reconstituted, and store in the refrigerator at 2-8 degrees C, away from light. Use within 4-6 weeks.

IMPORTANT: Never freeze a reconstituted solution. Freezing destroys peptide structure and renders it ineffective.

Standard Reconstitution Reference

COMPOUND	BAC WATER	CONCENTRATION	NOTES
Retatrutide 10mg	2 mL	5 mg/mL	Standard for all dosing tiers
BPC-157 + TB-500 (5+5mg)	2 mL	2.5 mg/mL each	Single vial, dual compound
MOTS-c 10mg	2 mL	5 mg/mL	Standard reconstitution
Tesamorelin 5mg	2 mL	2.5 mg/mL	Keep cold – temp sensitive
GHK-Cu 50mg	2 mL	25 mg/mL	Can be used SubQ or topical
SS-31 10mg	2 mL	5 mg/mL	Standard reconstitution
CJC-1295 + Ipamorelin (5+5mg)	2 mL	2.5 mg/mL each	Single vial, dual compound

Syringe Units Reference

All doses below are calculated using a standard U-100 insulin syringe (100 units = 1 mL) and the V2 reusable pen injector (50 units = 1 mL). Use the ALPHA+ Labs dosing calculator at alphaplus-labs.ca/calculator.html for custom doses.

Retatrutide — Titration Schedule

WEEK	DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME
1-4	0.5 mg	10 units	5 units	0.10 mL
5-8	1.0 mg	20 units	10 units	0.20 mL
9-12	1.5 mg	30 units	15 units	0.30 mL
13-16	2.0 mg	40 units	20 units	0.40 mL
17+	2.0 mg	40 units	20 units	0.40 mL (maintenance)

Inject once weekly SubQ. Same day each week recommended. Morning or evening — consistency matters more than timing.

BPC-157 + TB-500 — Dosing Reference

DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
250 mcg each	10 units	5 units	0.10 mL	Daily (acute)
500 mcg each	20 units	10 units	0.20 mL	Daily (standard)
500 mcg each	20 units	10 units	0.20 mL	EOD (maintenance)

SubQ injection near injury site where possible. Morning fasted preferred.

MOTS-c — Dosing Reference

DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
1 mg (low)	20 units	4 units	0.20 mL	3x weekly MWF
2 mg (standard)	40 units	8 units	0.40 mL	3x weekly MWF

Dose 30-60 min pre-workout, or morning fasted on non-training days. Half-life ~1-2 hrs — 3x/week maintains steadier AMPK activation. Cycle: 8-12 weeks on, 4 weeks off.

Tesamorelin — Dosing Reference

DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
1 mg	40 units	20 units	0.40 mL	Daily before bed
2 mg	80 units	40 units	0.80 mL	Daily before bed (advanced)

Before bed, fasted. Fast 30-60 min post-injection for full effect.

GHK-Cu — Dosing Reference

DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
1 mg SubQ	4 units	2 units	0.04 mL	Daily SubQ injection
2 mg SubQ	8 units	4 units	0.08 mL	Daily SubQ (advanced)
Topical	N/A	N/A	Small amount	Apply directly to skin

SS-31 — Dosing Reference

DOSE	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
5 mg	100 units (1 mL)	20 units	1.00 mL	3x weekly SubQ
10 mg	200 units (2 mL)	40 units	2.00 mL	3x weekly (advanced)

Morning fasted. Cycle: 8-12 weeks on, 4 weeks off.

CJC-1295 + Ipamorelin — Dosing Reference

DOSE (each)	U-100 SYRINGE	V2 PEN UNITS	VOLUME	FREQUENCY
100 mcg	4 units	2 units	0.04 mL	2x daily (low)
200 mcg	8 units	4 units	0.08 mL	2x daily (standard)
300 mcg	12 units	6 units	0.12 mL	2x daily (research dose)

Morning fasted + before bed. Fast 30-60 min post-injection. Cycle: 8-12 weeks on, 4 weeks off.

Storage & Stability

COMPOUND	LYOPHILIZED (UNOPENED)	RECONSTITUTED	NOTES
Retatrutide	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Stable compound
BPC-157 + TB-500	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Keep from light
MOTS-c	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Stable
Tesamorelin	Fridge 2-8C / 12+ months	3-4 weeks refrigerated	Temperature sensitive
GHK-Cu	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Stable
SS-31	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Stable
CJC-1295 + Ipa	Fridge 2-8C / 12+ months	4-6 weeks refrigerated	Keep from light

General storage rules: Keep away from direct light. Never freeze a reconstituted vial. Store upright. Do not expose to repeated temperature cycling (in and out of fridge repeatedly degrades stability).

Stack Reference Guide

GH PERFORMANCE KIT

GH Performance Kit

CJC-1295 + Ipamorelin / BPC-157 + TB-500

GH pulse stimulation combined with tissue repair and recovery. Train harder, recover faster. CJC/Ipa drives natural GH release twice daily. BPC+TB handles soft tissue repair and systemic healing.

COMPOUND	DOSE	FREQUENCY	TIMING
CJC-1295 + Ipamorelin	300 mcg each	2x daily	Morning fasted + before bed
BPC-157 + TB-500	500 mcg each	Daily	Morning fasted SubQ

GH METABOLIC KIT

GH Metabolic Kit

CJC-1295 + Ipamorelin / MOTS-c

GH stimulation paired with downstream metabolic optimization. Designed for body recomposition without Retatrutide. CJC/Ipa raises GH. MOTS-c activates AMPK — locking in fat-burning mode at the cellular level.

COMPOUND	DOSE	FREQUENCY	TIMING
CJC-1295 + Ipamorelin	300 mcg each	2x daily	Morning fasted + before bed
MOTS-c	2 mg	3x weekly MWF	30-60 min pre-workout

LONGEVITY KIT

Longevity Kit

MOTS-c / SS-31 / GHK-Cu / Tesamorelin (or CJC+Ipa)

The definitive anti-aging and longevity stack. Mitochondrial optimization, GH support, skin regeneration, and cellular repair working simultaneously.

COMPOUND	DOSE	FREQUENCY	TIMING
MOTS-c	5 mg	3x weekly	Morning fasted
SS-31	5 mg	3x weekly	Morning fasted
GHK-Cu	1 mg	Daily	SubQ or topical
Tesamorelin	2 mg	Daily	Before bed fasted

FAT LOSS STARTER KIT

Fat Loss Starter Kit

Retatrutide / BPC-157 + TB-500

Primary fat loss protocol with recovery support. Retatrutide handles metabolic action via triple receptor agonism. BPC+TB supports recovery during the caloric deficit.

COMPOUND	DOSE	FREQUENCY	TIMING
Retatrutide	0.5 mg -> 2 mg	Once weekly	Titrate up over 12-16 weeks
BPC-157 + TB-500	500 mcg each	Daily or EOD	Morning fasted SubQ

Research Use Only

All products sold by ALPHA+ Labs are for research purposes only. They are not intended for human or veterinary use, diagnosis, treatment, cure, or prevention of any condition or disease. This guide is provided for informational and educational purposes only and does not constitute medical advice. Consult a licensed healthcare provider before beginning any research protocol. ALPHA+ Labs assumes no responsibility for the use or misuse of these compounds.

All peptides are third-party tested by Janoshik Analytical. Certificate of Analysis documents are available at alphaplus-labs.ca.

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