



PREPARE TODAY
• THRIVE TOMORROW

RECONSTITUTION

★ MADE SIMPLE ★

PEPTIDE MATH MADE EASY

UNDERSTAND THE PROCESS. DO THE MATH. STAY CONFIDENT.

RESEARCH
EDUCATION
ONLY
NOT FOR HUMAN
CONSUMPTION

1 KNOW YOUR VIAL STRENGTH

Peptide vials come in different strengths. Check the label.



EXAMPLES:

5 mg • 10 mg • 15 mg • 30 mg

2 KNOW HOW MUCH BAC WATER YOU ADDED

Common amounts of Bacteriostatic Water (BAC).



EXAMPLES:

1 mL • 2 mL • 3 mL

3 CALCULATE CONCENTRATION

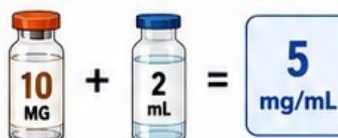
Use this simple formula to find your concentration.

$$\text{CONCENTRATION} = \frac{\text{VIAL STRENGTH (mg)}}{\text{BAC WATER ADDED (mL)}}$$

EXAMPLE:

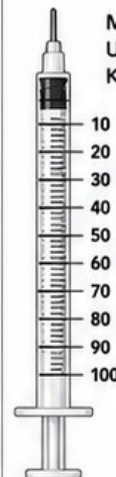
10 mg vial + 2 mL BAC water

$$10 \text{ mg} \div 2 \text{ mL} = 5 \text{ mg/mL}$$



4 UNDERSTAND YOUR SYRINGE

Most insulin syringes are U-100 (100 units = 1 mL). Know your units!



U-100 SYRINGE GUIDE

UNITS	VOLUME (mL)
10	= 0.10 mL
20	= 0.20 mL
30	= 0.30 mL
40	= 0.40 mL
50	= 0.50 mL
60	= 0.60 mL
70	= 0.70 mL
80	= 0.80 mL
90	= 0.90 mL
100	= 1.00 mL

QUICK REFERENCE CHART

How BAC Water volume affects your concentration.

BAC WATER ADDED	CONCENTRATION (mg/mL)	100 UNITS EQUALS	50 UNITS EQUALS
1 mL	= VIAL MG per mL	Entire vial volume	Half of vial volume
2 mL	= VIAL MG ÷ 2 per mL	Half of vial volume	Quarter of vial volume
3 mL	= VIAL MG ÷ 3 per mL	One-third of vial volume	One-sixth of vial volume

THE SIMPLE FORMULA

$$\text{Concentration (mg/mL)} = \frac{\text{Vial Strength (mg)}}{\text{BAC Water Added (mL)}}$$

Once you know your mg/mL, you can easily calculate any dose!

★ COMMON MATH EXAMPLES ★

Different vial sizes and BAC water amounts can create the same concentration!

EXAMPLE A

 +  = **5 mg/mL**
$$5 \text{ mg} \div 1 \text{ mL} = 5 \text{ mg/mL}$$

EXAMPLE B

 +  = **5 mg/mL**
$$10 \text{ mg} \div 2 \text{ mL} = 5 \text{ mg/mL}$$

EXAMPLE C

 +  = **5 mg/mL**
$$15 \text{ mg} \div 3 \text{ mL} = 5 \text{ mg/mL}$$



KEY TAKEAWAY

Different combinations can give you the **SAME** concentration (mg/mL). The math is the key!

RECONSTITUTION PROCESS

- Sanitize**
Wipe vial tops with alcohol.
- Draw BAC Water**
Pull the desired amount into your syringe.
- Inject Slowly**
Add BAC water down the side of the vial.
- Swirl Gently**
Swirl or roll gently until fully dissolved.
- Label Your Vial**
Write the date, mg/mL concentration, and initials.
- Store Properly**
Refrigerate if required. Follow storage guidelines.

IMPORTANT NOTES

- ☒ Use sterile technique every time.
- ☒ Do not shake vigorously. Swirl gently to avoid foaming.
- ☒ Always use Bacteriostatic Water (unless otherwise directed).
- ☒ Label your vial with: Peptide name, concentration, date reconstituted.
- ☒ Store according to product guidelines.
- ☒ Educational reference only. Not for human consumption.



VIAL LABEL EXAMPLE

PEPTIDE: _____
STRENGTH: _____ mg
BAC WATER ADDED: _____ mL
CONCENTRATION: _____ mg/mL
DATE: _____
INITIALS: _____



DO THE MATH. KNOW YOUR NUMBERS.
CONFIDENCE COMES FROM KNOWLEDGE.

Stay Sharp. Stay Safe. Stay Prepared.



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