

LEVEL UP LABS — INDIVIDUAL PEPTIDE STARTER PROTOCOL + RECON GUIDE

Educational reference only

Not for Human Use

UNIVERSAL RECON FORMULA

Total mg ÷ Total mL = mg/mL

mg/mL ÷ 100 = mg per unit

(100-unit insulin syringe)

RETATRUTIDE 30mg

Recon:

Add 3mL BAC

Concentration:

10 mg/mL

Unit math:

- **5u = 0.5mg**
- **10u = 1mg**
- **20u = 2mg**

Beginner:

0.5mg weekly (5 u)

Titration:

Increase slowly every 2-4 weeks based on tolerance

CAGRILINTIDE 10mg

Recon:

Add 2mL BAC

Unit math:

- **2.5u = 0.125mg**
- **5u = 0.25mg**
- **10u = 0.5mg**

Beginner:

0.125–0.25mg weekly

Common:

0.25–0.5mg weekly

TESAMORELIN 10mg

Recon:

Add 2mL BAC

Unit math:

- **20u = 1mg**
- **40u = 2mg**

Beginner:

1mg nightly (20u)

Common:

1–2mg nightly

Timing:

Before bed, empty stomach

CJC NO DAC + IPAMORELIN 10mg

Recon:

Add 2mL BAC

Unit math:

- **2u = 100mcg**
- **4u = 200mcg**
- **6u = 300mcg**

Beginner:

100mcg each once daily

Common:

100–300mcg each 1–3x daily

KLOW 80mg

Recon:

Add 3mL BAC

Concentration:

26.67mg/mL

Unit math:

- **5u = 1.33mg**
- **10u = 2.67mg**
- **15u = 4mg**

Beginner:

5 units daily

Common:

5–15 units daily

Note:

Total blend dose, not each ingredient separately

MOTS-C 10mg

Recon:

Add 2mL BAC

Unit math:

- **50u = 2.5mg**
- **100u = 5mg**

Beginner:

2.5mg 2–3x weekly

Common:

5mg 2–3x weekly

NAD+ 500mg

Recon:

Add 5mL BAC

Concentration:

100mg/mL

Unit math:

- 25u = 25mg
- 50u = 50mg
- 75u = 75mg
- 100u = 100mg

Beginner:

25mg (50u) 2x weekly

Common:

25–50mg 2–3x weekly

Advanced:

50–100mg as tolerated

KISSPEPTIN-10 10mg

Recon:

Add 2mL BAC

Unit math:

- **2u = 100mcg**
- **4u = 200mcg**

Beginner:

100mcg (2u) 3x weekly

Common:

100–200mcg 3x weekly

Timing:

Often evening or pre-bed depending goal

SEMAX + SELANK 20mg (NASAL)

Recon:

Add 4mL BAC

Per spray:

1 spray = 500mcg total blend

Beginner:

1 spray daily

Common:

1 spray each nostril daily

Advanced:

2–3 total sprays/day

QUICK REFERENCE SUMMARY

<u>Peptide</u>	<u>Beginner Dose</u>	<u>Common Dose</u>
<u>Retatrutide</u>	<u>0.25mg weekly</u>	<u>0.5–1mg weekly</u>
<u>Cagrilintide</u>	<u>0.125–0.25mg weekly</u>	<u>0.25–0.5mg weekly</u>
<u>Tesamorelin</u>	<u>1mg nightly</u>	<u>1–2mg nightly</u>
<u>CJC + Ipamorelin</u>	<u>100mcg daily</u>	<u>100–300mcg 1–3x/day</u>
<u>KLOW</u>	<u>5u daily</u>	<u>5–15u daily</u>
<u>MOTS-C</u>	<u>2.5mg 2–3x/week</u>	<u>5mg 2–3x/week</u>
<u>NAD+</u>	<u>25mg 2x/week</u>	<u>25–50mg 2–3x/week</u>
<u>Kisspeptin-10</u>	<u>100mcg 3x/week</u>	<u>100–200mcg 3x/week</u>
<u>Semax + Selank</u>	<u>1 spray/day</u>	<u>1 spray each nostril</u>

CORE RULES

Start low

Track side effects

Increase one variable at a time

Refrigerate after recon

Label each vial clearly

LEVEL UP RULE:

Your best protocol is the one you can measure, tolerate, and adjust clearly — not the most aggressive one.

CORE RECON RULES

Add BAC slowly down vial wall

Swirl gently

Refrigerate after mixing

Label date

Track units, not guesses

Reconstitution Basics

Always:

- 1. Clean vial tops**
- 2. Inject BAC slowly down vial wall**
- 3. Swirl gently — DO NOT SHAKE**
- 4. Refrigerate after mixing**
- 5. Use within ~30 days**

All starter kits include:

- BAC Water**
- Syringes**
- Alcohol Wipes**
- Mixing essentials**

Store Dry:

Freezer recommended

After Reconstitution:

Refrigerate 36–46°F

FAQs

1) WHAT COMES IN A STARTER KIT?

All starter kits include:

- **Peptide vial**
- **BAC water**
- **Syringes**
- **Alcohol wipes**
- **Basic mixing essentials**

Everything needed to get started.

2) HOW DO I RECONSTITUTE (MIX) MY VIAL?

Standard process:

- 1. Clean vial tops**
- 2. Inject BAC water slowly down vial wall**
- 3. Swirl gently**
- 4. Do NOT shake**
- 5. Refrigerate after mixing**

Your product page or Starter Guide includes exact BAC amounts.

3) HOW SHOULD I STORE MY PRODUCT?

Before mixing:

Store in freezer or cool dark place

After mixing:

Refrigerate (36–46°F / 2–8°C)

General rule:

Use reconstituted product within ~30 days.

4) HOW DO I KNOW HOW MANY UNITS TO TAKE?

Units depend on:

- **Vial strength**
- **BAC amount added**
- **Desired dose**

Always refer to your product's Quick Reference Guide for unit conversions.

5) HOW LONG DOES SHIPPING TAKE?

Most orders:

- **Local pickup: Same day or scheduled**
- **Shipping: Typically 1–3 business days depending on carrier/location**

Tracking is provided when applicable.

6) DO YOU OFFER PICKUP?

Yes — pickup may be available depending on location and scheduling.

Contact support for local arrangements.

7) DO I NEED TO KEEP MY ORDER COLD DURING SHIPPING?

Lyophilized (powder) products are generally more stable before mixing.

Once reconstituted:

Keep refrigerated.

Avoid prolonged heat exposure whenever possible.

8) WHAT IF I'VE NEVER USED BAC WATER OR INSULIN SYRINGES BEFORE?

No problem.

Your Starter Guide is designed for beginners and includes:

- **Mixing basics**
- **Unit guides**
- **Storage instructions**

Always review carefully before use.

9) ARE THESE PRODUCTS MEDICAL OR FDA-APPROVED?

No.

Products are intended for research/educational purposes only and are not FDA-approved for human use.

Always do your own research.

10) WHAT IF I STILL NEED HELP?

We're here to help.

If you have product, reconstitution, or order questions:

Contact Level Up Labs Support directly through the website or contact page.

BONUS FAQs

CAN I SCREENSHOT THE DOSING GUIDE?

Yes your Starter Guide page is designed specifically for easy reference and screenshots.

DO SALES APPLY TO ALL PRODUCTS?

Promotions may exclude select products (such as KLOW).

Always check banner details before ordering.

Research & educational purposes only.

Not medical advice. Not FDA-approved for human use. Consult a qualified professional.