



# A Class Apart

# MOTS-C

40mg vial, reconstitute with 2mL bacteriostatic water



## WHAT IT DOES

- Mitochondrial-derived peptide that enhances metabolism
- Increases insulin sensitivity and energy expenditure
- Supports endurance and healthy ageing

## HOW IT IS USED



Can be split up to 2 times per week



Subcutaneous or intramuscular injection



4–8 weeks, followed by maintenance or a break



Best used pre-workout or earlier in the day



Suggested on training days for optimal results

## DOSAGE PROTOCOL

Concentration: 40mg / 2mL = 20mg/mL

| UNITS / CLICKS    | VOLUME | DOSE |
|-------------------|--------|------|
| 5 units / clicks  | 0.05mL | 1mg  |
| 10 units / clicks | 0.10mL | 2mg  |
| 15 units / clicks | 0.15mL | 3mg  |
| 20 units / clicks | 0.20mL | 4mg  |

All dose conversions assume the peptide has been reconstituted exactly to 40mg in 2mL.



**Standard Protocol (on training days):**  
2mg twice weekly (4mg/week total)



**Advanced Protocol (on training days):**  
4–6mg per week



**Example Advanced Dose (on training days):**  
3mg twice weekly = 6mg/week



**Higher Dose Example (on training days):**  
4mg twice weekly = 8mg/week



**Duration:**  
4–8 weeks, followed by maintenance or a break

## POSSIBLE SIDE EFFECTS

- Mild fatigue or headache after injection
- Temporary injection site tenderness



WhatsApp 05262 78691