

SS31

Mitochondrial support

Total Content

10mg

Dilution

2ml

Dosing Guidelines

Energy / Longevity – 2–4mg

Performance / Recovery – 5–10mg

Click Conversion

2mg – 40 clicks

3mg – 60 clicks

4mg – 80 clicks

5mg – 100 clicks

10mg – 200 clicks

Protocol

Morning or pre workout

5 days on

2 days off

4–8 weeks on

2–4 weeks off

Cycle Break Support Option

MOTS-C or NAD+

Pen Duration

200 clicks total

2mg (40 clicks): 5 doses

3mg (60 clicks): ~3 doses

4mg (80 clicks): 2.5 doses

5mg (100 clicks): 2 doses

10mg (200 clicks): 1 dose

Disclaimer & Usage Guidance

This protocol is provided for educational and informational purposes only. All compounds referenced are intended for research and therapeutic exploration and are not presented as medical advice, diagnosis, or treatment.

Dosing guidelines are illustrative and based on commonly reported practices. Individual requirements may vary significantly.

All peptides are highly individualised. Factors such as age, metabolism, mitochondrial health, lifestyle, and overall wellbeing play a significant role in determining response, benefits, and outcomes.

Cycling peptides is commonly used as a precautionary measure, although requirements may vary depending on the individual and protocol.

General Administration Guidance:

Morning injections are typically performed in a fasted state; wait approximately 30 minutes before eating

Evening injections are best administered 2 hours after the last meal to optimise absorption

Any use of these compounds should be undertaken with appropriate medical oversight where applicable. The author assumes no responsibility or liability for any outcomes resulting from the use or misuse of the information provided.