

## **MOTS-C**

Metabolic boost

### **Total Content**

30mg

### **Dilution**

3ml

### **Dosing Guidelines**

Beginner – 1mg (5 days per week)

Optimal – 2mg (3 days per week)

Advanced – Increase by 1mg weekly up to 5mg per dose (max 3 days per week)

### **Click Conversion**

1mg – 10 clicks

2mg – 20 clicks

3mg – 30 clicks

4mg – 40 clicks

5mg – 50 clicks

### **Protocol**

AM fasted or 60 minutes prior to training

3–5 days per week depending on protocol

4–8 weeks on

2–4 weeks off

### **Cycle Break Support Option**

SS31 or NAD+

### **Pen Duration**

300 clicks total

1mg (10 clicks): 30 doses

2mg (20 clicks): 15 doses

5mg (50 clicks): 6 doses

### **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.