



A Class Apart

TB-500

10mg pen, reconstituted with 3mL of bacteriostatic water



WHAT IT DOES

- Supports tissue repair and recovery
- Helps recovery of muscles, tendons and ligaments
- May reduce inflammation and support mobility

HOW IT IS USED



Taken 2–3 times weekly initially



Subcutaneous injection



Can be used for recovery support



Best used in the morning or post-workout



Review after 6–12 weeks

DOSAGE PROTOCOL

Concentration: 10mg / 3mL = 3.33mg/mL

UNITS / CLICKS	VOLUME	DOSE
30 units / clicks	0.30mL	1mg
60 units / clicks	0.60mL	2mg
90 units / clicks	0.90mL	3mg
120 units / clicks	1.20mL	4mg

All dose conversions assume the peptide has been reconstituted exactly to 10mg in 3mL.



Recovery Support:

1mg 2–3 times weekly (30 units/clicks)



Standard Recovery:

2mg 2–3 times weekly (60 units/clicks)



Advanced Recovery:

3mg 2–3 times weekly (90 units/clicks)



Higher Dose Example:

4mg 2–3 times weekly (120 units/clicks), if tolerated



Duration / Cycle:

6–12 weeks, then review; take a break if needed

POSSIBLE SIDE EFFECTS

- Mild irritation or redness at injection site
- Occasional headache or temporary tenderness



WhatsApp 05262 78691