

## **BPC-157**

Tissue repair

### **Total Content**

10mg

### **Dilution**

2ml

### **Dosing Guidelines**

Daily Recovery – 250mcg

Optimal Recovery – 500mcg

Advanced Recovery – 750–1000mcg

### **Click Conversion**

250mcg – 5 clicks

500mcg – 10 clicks

750mcg – 15 clicks

1mg – 20 clicks

### **Protocol**

AM

5–7 days per week

6–12 weeks depending on indication

4–6 weeks off

### **Cycle Break Support Option**

TB-500 or KPV

### **Pen Duration**

200 clicks total

250mcg (5 clicks): 40 doses

500mcg (10 clicks): 20 doses

1mg (20 clicks): 10 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.