



A Class Apart

SS-31

10mg pen, reconstituted with 3mL of bacteriostatic water



WHAT IT DOES

- Mitochondrial-targeted peptide that supports cellular energy production
- Helps reduce oxidative stress and supports recovery
- May support endurance, resilience and healthy ageing

HOW IT IS USED



Taken 5 days per week



Subcutaneous injection



Best used in the morning or pre-workout



Can be used for energy, longevity or recovery support



4–8 weeks on, then 2–4 weeks off

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.



Energy / Longevity:
2mg 5 days weekly (60 units/clicks)



Standard Support:
3mg 5 days weekly (90 units/clicks)



Advanced Support:
4mg 5 days weekly (120 units/clicks)



Higher Dose Example:
5mg 5 days weekly (150 units/clicks), if tolerated



Duration / Cycle:
4–8 weeks, then 2–4 weeks off

POSSIBLE SIDE EFFECTS

- Mild irritation or redness at injection site
- Occasional headache, nausea or temporary fatigue



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