

PEPTIDE HELP GUIDE

INDEX:

Page 2	Cjc-1295 & Ipamorelin / benefits
Page 3	GHRP2
Page 4	GHRP6/ benefits/side-effects
Page 5	Sarms / benefits/ side effects
Page 6-7	Mk677 & MK2866
Page 8	Thymosin
Page 9	BPC157
Page 10	HCG
Page 11	Pregnyl
page 12	Melatonin
Page 13	DHEA
Page 14-15	Vitamins
Page 16	Testosterone injection creams
Page 17-18	How to inject my peptides subcutaneous
Page 19-21	Injecting intra-muscular injections
Page 22	Application of creams
Page 23-24	FAQ

CJC-1295 and Ipamorelin.

CJC-1295 and Ipamorelin have been combined as a peptide blend because they share similar functional properties that allow them to work well together.

It has the ability to synthesize proteins at an accelerated rate, which would then lead to more efficient bodily functions related to several endocrine system-related processes. CJC-1295 and Ipamorelin peptide is generally very well tolerated by most individuals. The most common side effect noted is a head "rush" and throbbing of the temples which may start 10 minutes post injection and lasts up to 20 minutes. This side effect is not serious, and is caused by a release of GABA (gamma-aminobutyric acid, one neurotransmitter) in the brain. Some users take this as a good sign their peptide is working to stimulate HGH release.

By increasing our own growth hormone levels (which normally decrease as we age), we have the advantage of the following benefits:

Benefits

- Quicker rate of injury recovery
- Increase in bone density
- Stronger immune system
- Strength of bone mass and connective tissue
- More efficient fat loss
- Joint rejuvenation and strengthening
- More efficient growth of muscular tissue, and mass
- Stimulates muscle growth
- Increase in physical strength
- Anti-ageing, reduces wrinkles
- Aids the regrowth of internal organs which have atrophied or shrunk due to age.
- Promotes slow wave sleep to provide more quality of sleep.
- Increased energy

Minimal Side Effects

The side effects that have been associated with the CJC-1295/ Ipamorelin blend consist of:

- Headaches
- Light-headedness
- Fatigue
- Water retention
- Temporary numbness of the extremities
- Administration site reactions (redness, pain, itching, inflammation)

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, face, neck or other external body parts

GHRP2 & CJC/GHRP2

Growth Hormone Releasing Peptide-2 (GHRP 2) is a peptide made up of just six amino acids, which stimulates secretion of endogenous GH. Research shows GHRP 2 can stimulate the pituitary to increase secretion of GH by 7-15 times, stimulating ghrelin receptors to promote appetite.

Benefits

- Appetite enhancement
- Fat mass decrease
- Muscle mass increase
- Lowering of cholesterol level
- Skin and bone strengthening
- Protection of the liver
- Anti-inflammatory action
- Repair properties that can be attributed to its immune boosting function

Minimal Side Effects

- Increase prolactin
- Increase aldosterone
- Increase cortisol levels
- Increase water retention

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, face, neck or other external body parts

GHRP6 & CJC/GHRP6

GHRP 6 is a true HGH substance which promotes secretion. Which means it stimulates the body's own secretion of HGH {Human Growth hormone}. It is for this reason ghrelin {Hungers sensor} stimulates your appetite. Ghrelin is produced predominantly by cells in the fundus of the stomach. It increases just before a meal and decreases after a meal. In therapy GHRP 6 is used to stimulate growth hormone production whilst increasing body mass. Patients deficient in growth hormone and underweight would be ideal candidates for GHRP 6.

The increase in GH secretion due to GHRP-6 leads to an increase in IGF-1 (thought to be the anabolic mechanism of GH). As we get older GH and subsequently IGF-1 decrease substantially. This decline is thought to be one of the major causes of the ageing process.

Benefits

- Increased collagen synthesis
- Promotion of lean muscle mass
- Improved healing capability
- Improved bone strength
- Improved sleep cycle
- Increased energy
- Repair and regeneration of internal organs
- Strengthening of joints/cartilage/connective tissue
- Anti-ageing effects on the skin
- Stimulates appetite
- Gain weight for those needing to gain weight

Minimal Side Effects

Can have some lipogenic action i.e. turns sugar into fats if not taken at the right time. Always have your injection before meals to again more lean muscle over fat production.

- Gynecomastia { sore tender nipples}
- Dizziness,
- Tingling or numbness on the skin,
- Reduction of touch sensitivity,
- Nausea,
- Sore bones
- Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, , face, neck or other external body parts

SARMS

(SARMS) Selective Androgen Receptor Modulators provide the benefits of traditional anabolic/androgenic steroids such as testosterone (including increased muscle mass, fat loss, and bone density), while having a lower tendency to produce the unwanted side effects of steroids (increased levels of estrogen).

By stimulating on the androgen receptor, SARMS can provide a similar therapeutic outcome to androgen therapy without any increase in androgen levels. SARMS has the potential to take the place of the androgens, and therefore exert many of the same positive effects on muscle tissue as anabolic steroids like testosterone. The anabolic effect has been measured to be roughly the same as testosterone.

SARMS22 only mimics the effect of testosterone without actually altering any testosterone levels. So what that means for you is added benefits of testosterone (building muscle, strengthening bone, fat metabolism, enhanced libido and joint/tendon regeneration and repair) without the negative side effects.

POTENTIAL BENEFITS INCLUDE:

- Increased lean muscle gains
- Decrease body fat
- Faster muscle recovery
- Increased physical strength
- Improved healing capability
- Increased collagen synthesis
- Improved sleep cycle
- Supports bone strength
- Strengthening of joints/cartilage/connective tissue
- Increased energy

Minimal Side Effects

- Acne
 - Baldness
 - Cholesterol disparities
 - Excess body hair growth
 - Gynecomastia (growth of abnormal large breasts in men) •
- High blood pressure
- Liver toxicity

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, , face, neck or other external body parts

SARMS oral tablets

- Same as above
- **Directions :**
Take 1 tablet daily

MK2866 ORAL PEPTIDE

Ostarine, also known as MK-2866, is in class of drugs called SARMS, which stands for selective androgen receptor modulators. Ostarine is selective in that it binds only to bone and muscle androgen receptors, which prevent things like prostate issues or hair loss or any of the other nasty side effects anabolic steroids can result in.

MK-2866 supplements have been shown to increase lean muscle mass not only in athletes and bodybuilders but in cancer patients too.

One of the many Ostarine health benefits is its ability to treat osteoporosis, a common condition that makes bones brittle. MK-2866 supplements can help significantly in strengthening the bones and stimulating bone formation in the body. It can also speed up bone fracture healing thanks to its muscle strengthening qualities.

Can also improve heart function. Many heart problems are generally caused by low muscle mass which result in poor heart function. It is also said to reduce cholesterol levels in the body.

These gains are absolutely maintainable after use is discontinued, as long as workouts stay consistent and diet remains on track.

Mk-2866 has proven to be quite beneficial in healing and perhaps preventing injuries in tendons, bone, and ligaments. It shows potential for use in the treatment of muscle wasting diseases, osteoporosis, and other ailments.

Benefits

Helps improve heart function

Lowers cholesterol

Treats osteoporosis

Strengthens bones and stimulates bone formation

Speeds up bone fracture healing times

Assists with muscle wasting disease

Does not convert to oestrogen

Does not affect your liver

Has 24hr half life

Speeds up healing process of injuries

Effective in treating bone and tendon injuries

Side Effects

As for MK2866 side effects, well, there are none. It is one of the safest drugs you can take for muscle gain. Some people who have used the supplement have complained of mild headaches

Discontinue use immediately and seek medical attention DIAL 000

Anaphylaxis- swelling of the throat, face, neck or other external body parts

MK677 ORAL PEPTIDE

MK677 is a synthetic Growth Hormone, meaning it is a substance which promotes the secretion of another substance, in this instance the secretion of Growth Hormone and Insulin-Like Growth Factor 1 (IGF-1).

MK677 works by mimicking Ghrelin, which is a naturally occurring growth hormone. It binds itself to your Ghrelin receptors and this process stimulates the release of GH, without affecting any of your other hormones. Ghrelin is your 'Hunger Hormone' and works in conjunction with Leptin and makes you either feel hungry or satisfied.

MK677 is non-steroidal peptide which means that you won't be taking steroids and this is just one of the great benefits that you can take advantage of. When you take one dose, you will get one full dose and this is going to last for the next 24 hours

MK-677 also has fantastic fat burning capabilities and this makes it a very viable option if you would like to shed weight as well.

You can take these tablets orally and you only need a single dose in order to benefit from the growth benefits that MK-677.HGH promotes and it also helps you to stabilise new tissues. This helps new muscle to be built and it also helps you to make sure that your cell division is accelerated as well. It can help you with your hair growth and it can also help you to stay asleep for longer.

What are the Benefits of Mk677:

Preserves muscle - prevents muscle loss during calorie restriction.

Increases Muscle Strength & Bone Density

Increase your appetite - stimulates IGF-1 (Insulin-like Growth Factors) levels and will make you feel hungrier.

Improved Sleep - GH plays a pivotal role in sleep quality so it's no surprise that MK677 has been shown to improve sleep quality and increase your time spent in Deep REM sleep.

Slow the ageing process

May lead towards increased energy levels

Reduces fatigue

Studies are showing benefits in Alzheimer's Disease

Minimal Side Effects

Fasting blood glucose increased

May cause some muscle pain

Mild lower extremity oedema

Increase in appetite that subsided within a few months and transient,

Discontinue use immediately and seek medical attention DIAL 000

Anaphylaxis- swelling of the throat, , face, neck or other external body parts

THYMOSIN

Thymosin is a hormone secreted from the thymus, which is situated in the vertebrates of your neck, of which produces T-lymphocytes for the immune system. Its primary function is to stimulate the production of T cells, which are an important part of the immune system.

Thymosin also assists in the development of B cells to plasma cells to produce antibodies. Thymosin-beta4 has a role in tissue repair. Tβ4 has been found to play an important role in protection, regeneration and remodelling of injured or damaged tissues. The gene for Tβ4 has also been found to be one of the first to be unregulated after injuries.

It is perfect for any inflammation and swelling in the body. Thymosin can stimulate angiogenesis in dermal tissue, decrease inflammation of tissue in joints, increase muscle growth and strength and encourage tissue repair. Thymosin is wonderful at treating any inflammation within the body.

This peptide is present in wound fluid and when administered subcutaneously, it promotes wound healing, muscle building and speeds up recovery time of muscles fibres and their cells.

POTENTIAL BENEFITS INCLUDE:

- Angiogenesis (growth of new blood cells from pre-existing vessels) in dermal tissues
- Decreases inflammation of tissue in joints
- Increase muscle growth with huge increases in endurance and strength noted
- Relaxed muscle spasm and improved muscle tone
- Encourage tissue repair
- Stretches connective tissue and helps maintain flexibility
- Prevents the formations of adhesions and fibrous bands in muscles, tendons and ligaments.
- Increased lean muscle gains
- Increased body fat loss
- Faster muscle recovery
- Increased physical strength
- Improved healing capability
- Increased collagen synthesis
- Improved sleep cycle
- Supports bone strength
- Strengthening of joints/cartilage/connective tissue
- Increased energy
- Decreased inflammation

After thorough research Thymosin simply have no reports to confirm any side effects.

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, , face, neck or other external body parts

BPC157

BPC 157 has proven to deliver great results. It provides such a wide range of potential benefits from tendon to bone repair to gut health.

For any tendon-to-bone injuries, as well as damaged muscles or ligaments, this peptide provides the ability to promote effective tendon-to-bone healing and superior healing of damaged ligaments. It has been proven to speed up healing after tears in quadriceps muscles, as well as promoting faster healing of Achilles tendons, damaged muscle tissue and crushed muscle tissue. It also helped with recovery from torn muscles, along with its effects on alleviating acute and chronic inflammation, it can also help to increase wound and fracture healing.

BENEFITS

- Angiogenesis (growth of new blood cells from pre-existing vessels) in dermal tissues
- Decreases inflammation of tissue in joints
- Increase muscle growth with huge increases in endurance and strength noted
- Relaxed muscle spasm and improved muscle tone
- Encourage tissue repair
- Stretches connective tissue and helps maintain flexibility
- Prevents the formations of adhesions and fibrous bands in muscles, tendons and ligaments.
- Strengthening of joints/cartilage/connective tissue
- Increased energy
- Decreased inflammation
- Improved healing of fractures
- Faster wound healing
- Improved muscle, ligament, and tendon repair
- Aids in tendon-to-bone and tendon-to-muscle recovery
- Improve digestive issues such as stomach ulcers
- Has potential benefits for repair of the pancreas, liver,
- Can decrease heart damage

POSSIBLE SIDE EFFECTS:

- Headache
- Nausea
- Diarrhoea
- Administration site reactions (redness, pain, itching, inflammation)

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, face, neck or other external body parts

HCG

HCG stands for Human Chorionic Gonadotropin. It is found naturally in the body and medically used to induce ovulation in females and to stimulate testosterone production in males. HCG also increases adrenal function, which has positive effects on wellbeing, libido and energy levels.

HCG and its action on males. HCG helps prevent the side effects of infertility and testicle shrinkage that commonly occurs during testosterone treatment. When your androgens (testosterone) are being supplied from an external source{ testosterone injections or cream}, your body will slowly stop its own production. Over time, your testicles will shrink and your natural production of testosterone will stop. HCG will quickly restore the size and function.

HCG mimics luteinizing hormone (LH) which stimulates the testicles to produce testosterone. This action also causes the testes to return to normal size and function if they were suppressed due to external source of testosterone. Men who currently are on low testosterone therapy should use HCG every third day. It can be taken alone or in conjunction with prescribed low hormone therapies to help to increase testosterone. Whilst this is an effective mechanism to induce more testosterone it can potentially increase oestrogen levels.

HCG will increase your own testosterone for several days after you inject it. Your body will convert the testosterone into oestrogen as its levels rise.

BENEFITS

- Weight loss,
- Muscle growth,
- Body reconstruction
- Stimulates the testicles to produce testosterone
- Increased libido and energy
- Helps prevent the side effects of infertility
- Helps prevent testicle shrinkage

POSSIBLE SIDE EFFECTS:

- Headache.
- Irritability.
- Restlessness.
- Fatigue.
- Swelling in the feet, ankles, lowers legs, or hands.
- Gynecomastia (growth of abnormal large breasts in men)
- Pain in the area where you received the injection.

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

- Anaphylaxis- swelling of the throat, face, neck or other external body parts

HCG oral drops

Same as above – directions are apply drops under tongue Monday to Friday mornings

PREGNYL

****see video link on how to mix pregnyl then watch video link on how to inject it using video for peptide sub –cut injections**

Same as HCG just pharmaceutical branding

HCG stands for Human Chorionic Gonadotropin. It is found naturally in the body and medically used to induce ovulation in females and to stimulate testosterone production in males. HCG also increases adrenal function, which has positive effects on wellbeing, libido and energy levels.

HCG and its action on males. HCG helps prevent the side effects of infertility and testicle shrinkage that commonly occurs during testosterone treatment. When your androgens (testosterone) are being supplied from an external source {testosterone injections or cream}, your body will slowly stop its own production. Over time, your testicles will shrink and your natural production of testosterone will stop. HCG will quickly restore the size and function.

HCG mimics luteinizing hormone (LH) which stimulates the testicles to produce testosterone. This action also causes the testes to return to normal size and function if they were suppressed due to external source of testosterone. Men who currently are on low testosterone therapy should use HCG every third day. It can be taken alone or in conjunction with prescribed low hormone therapies to help to increase testosterone. Whilst this is an effective mechanism to induce more testosterone it can potentially increase oestrogen levels.

HCG will increase your own testosterone for several days after you inject it. Your body will convert the testosterone into oestrogen as its levels rise.

Dosage:

- Inject same as HCG into fat tissue, { Sub - Cutaneous} ,
- In the box it will come with 2 bottles, mix the liquid into the powder bottle and give it a gentle shake
- This is then ready to use
- Keep in the fridge

BENEFITS

- Weight loss,
- Muscle growth,
- Body reconstruction
- Stimulates the testicles to produce testosterone
- Increased libido and energy
- Helps prevent the side effects of infertility
- Helps prevent testicle shrinkage

POSSIBLE SIDE EFFECTS:

- Headache.
- Irritability.
- Restlessness.
- Fatigue.
- Swelling in the feet, ankles, lowers legs, or hands.
- Gynecomastia (growth of abnormal large breasts in men)
- Pain in the area where you received the injection.

Severe reactions:

Discontinue use immediately and seek medical attention DIAL 000

Anaphylaxis- swelling of the throat, face, neck or other external body parts

MELATONIN

MELATONIN is a hormone produced by the pineal gland, alerting the body when it's time to sleep. Melatonin works by helping regulate the body's natural 24-hour body clock, with levels being highest at night. If you have been struggling to get a good night's sleep, adding melatonin to your nightly routine can greatly enhance the quality of your sleep, providing a solid foundation for the new day ahead.

BENEFITS

- Natural Sleep Aid.
- Potential Treatment for Breast and Prostate Cancer.
- Decreases Negative Menopause Symptoms.
- Heart Disease Helper.
- Fibromyalgia and Chronic Pain Relief.
- Immune System Strengthened.
- Eases Jet Lag.

POSSIBLE SIDE EFFECTS:

- Headache,
- Daytime sleepiness,
- Dizziness,
- Stomach cramps,
- Irritability.

DHEA

DHEA is a hormone that is naturally made by the human body. DHEA serves as a precursor to male and female sex hormones (androgens and estrogens) DHEA levels in the body begin to decrease after age 30. This decrease occurs more quickly in women than men.

DHEA is produced by the adrenal glands near the kidneys and in the liver. In men, DHEA is also secreted by the testes. It is changed in the body to a hormone called androstenedione. Androstenedione is then changed into the major male and female hormones.

DHEA. slowing reverses aging, improving thinking skills in older people, and slowing the progress of Alzheimers disease.

Athletes and other people take DHEA by mouth to improve physical performance.

BENEFITS

- Sexual dysfunction improvement
- Improve well-being and sexuality in men and women
- Preventing clogged arteries
- Preventing Breast cancer
- Preventing infertility
- Preventing diabetes
- Weight loss
- Reduction of menopause symptoms
- Rheumatoid arthritis
- Increases bone mineral density

POSSIBLE SIDE EFFECTS:

- DHEA might make liver problems worse
- Polycystic ovary syndrome (PCOS): Taking DHEA might make this condition worse.

VITAMINS

I-herb.com <https://au.iherb.com>

VIT D : Helps treats depression, memory, bone strength

Healthy Origins, Vitamin D3, 10,000 IU, 360 Softgels

Approx.: AU\$19.73



CORTISONE RELIEF

- Metagenics adaptan
- Helps with low and high cortisone levels that are often due to stress/fatigue
- Normal dose is 2 tablets twice a day
- Needs a script to get this and collect from health food stores
- approx.. \$100



Ashwagandha- is a herb that can help with cortisol adjustments as well, available in most health food stores and pharmacies.

- \$40

VIT B COMPLEX-

- Helps with stress,
- helps reduce high homocystine levels { prevention of heart attack and stroke}
- helps with energy

21st Century, B-100 Complex, Prolonged Release, 60 Tablets
Approx.: \$8.84

Iron supplements:

Enzymatic Therapy, Ultimate Iron, Women's Health, 90 Softgels
Approx.: AU\$20.15



Nature's Plus, Mega Zinc, 100 mg, 90 Tablets
Approx. AU\$25.10



Pro- Biotics:

Now Foods, Probiotic-10, 100 Billion, 30 Veg Capsules
Approx.: AU\$35.41



TESTOSTERONE INJECTIONS/ CREAMS

Low testosterone, is a condition that affects both men and women. It occurs when the body is unable to produce sufficient quantities of testosterone. Low testosterone is often associated with aging in both men and women – however, it can also be caused by many other factors, including certain genetic conditions, testicular damage or infection, and exposure to toxins, radiation, or chemotherapy. Physicians see more effects from testosterone deficiency as both men and women age, and particularly when a woman approaches and enters menopause.

Testosterone is an important male hormone produced mainly in the testicles. While testosterone helps the body develop male characteristics during puberty, it also plays a central role in maintaining healthy sexual function, energy, mood, and body composition in adult males. Testosterone treatment may cause a decrease in the number of sperm (male reproductive cells) produced, especially if it is used at high doses. So speak to us if you are considering to have more children before using.

In women, the ovaries produce the majority of testosterone and estrogens. With the cessation of 80% of hormonal production, a peri-menopausal woman suffers from estrogen, progesterone, and testosterone deficiency. The replacement of estrogen alone does not correct an absent sex drive, loss of muscle tone, and general lack of mental “get-up-and-go”.

Symptoms of low testosterone:

- Fatigue or low energy
- Decrease in sex drive and sexual function
- Increased irritability or depression
- Loss in muscle mass, decreased strength,
- More fat around their abdomen
- Decrease in bone mineral density, increasing the risk for osteoporosis (loss of bone mass).
- Shrinkage of the testicles
- Impotency
- Erectile dysfunction
- Body and facial hair loss
- Difficulty concentrating
- Low sense of well-being

Side Effects:

Gynecomastia (an abnormal enlargement of one or both breasts)

- Skin redness or irritation, rash
- Headache
- Contribute to sleep apnoea — a potentially serious sleep disorder in which breathing repeatedly stops and starts
- Cause acne or other skin reactions
- Stimulate noncancerous growth of the prostate (benign prostatic hyperplasia) and growth of existing prostate cancer
- Limit sperm production or cause testicle shrinkage
- Increase the risk of a blood clot forming in a deep vein

How to use the cream:

- Make sure that you wash your hands with soap and water before and after applying the cream.
- Apply testosterone cream 1ml to a clean, dry, intact skin.
- Squeeze 1ml of the cream into your hands rubbing them together to apply liberally and equally to the clavicle bone, biceps, and wrist and the remainder of what is left on your hands to your testicles{Men}
- Female need to apply the cream to buttock and inner thighs.
- The cream can be transferred to another person if they touch or rub the skin where the cream was placed or if some of the cream remains on your hands. To keep this from happening, wash your hands again after applying the cream. Also, wash the area where you applied the gel with soap and water if you expect to have a skin-to-skin contact with another person.

Some side effects can be serious. If you experience any of the following symptoms, call your doctor immediately:

- Lower leg pain, swelling or redness
- Shortness of breath
- Swelling of the hands, feet, ankles, or lower legs
- Slow or difficult speech
- Dizziness or faintness
- Weakness or numbness of an arm or leg
- Chest pain
- Difficulty breathing, especially during sleep
- Erections that happen too often or that last too long
- Difficulty urinating, weak urine flow, frequent urination, sudden need to urinate right away
- Nausea
- Vomiting
- Skin colour changes
- Yellowing of the skin or eyes

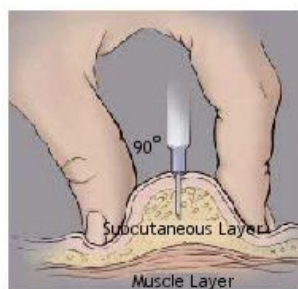
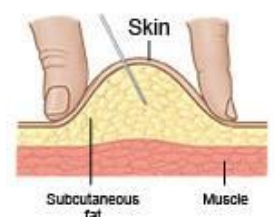
What do I need to give a subcutaneous injection?

- One alcohol wipe
- A new needle and syringe that are the correct size 31g insulin needle
- Your peptide bottle
- Clean hands

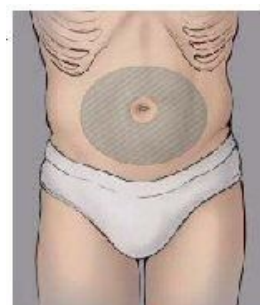
Where can I give a subcutaneous injection?

- **Abdomen:** Uncover your abdomen. You may give an injection within the following area: below the waist to just above the hip bone and from the side to about 4cm from the belly button. Avoid the belly button.

Subcutaneous Injection



A subcutaneous injection into the fatty layer of tissue under the skin.



Thigh:

- Uncover the entire leg.
- Find the area halfway between the knee and hip and slightly to the side. Gently grasp the area to make sure you can pinch 3-4cm inches of skin.
 - **Lower back:** Uncover the back from the waist to the top of the buttocks. Imagine a line that runs across the back just above the crack between the buttocks. An injection may be given below the waist and above this line. Give the injection halfway between the spine and the side.
 - **Upper Arm:** Uncover the arm to the shoulder. Have the person getting the injection stand with his hand on his hip. Stand next to and a little behind the person. Find the area halfway between the elbow and shoulder. Gently grasp the skin at the back of the arm between your thumb and first 2 fingers. You should be able to grasp 3-4cm inches of skin.

https://www.youtube.com/watch?v=o_AgLYBvYx8

How to inject my peptides subcutaneous:

Subcutaneous injections can be given straight in at a 90 degree angle. Give the injection at a 90 degree angle if you can grasp 2 inches of skin between your thumb and first finger.

- **Open the alcohol wipe:** Wipe the top of the peptide bottle and area where you plan to give the injection. Let the area dry. Do not touch this area until you give the injection.
- **Prepare the needle:** Hold the syringe with your writing hand and pull the cover off with your other hand. Place the syringe between your thumb and first finger. Let the barrel of the syringe rest on your second finger.
- **Grasp the skin:** With your other hand, grasp the skin to a slight pinch.
- **Insert the needle into the skin:** Hold the syringe barrel tightly and use your wrist to inject the needle into the skin. Once the needle is all the way in, push the plunger down to inject the peptide
- **Keep holding the pinch/ grasp of your skin.**
- **Pull out the needle:** Remove the needle at the same angle you put it in.
- **Release the skin grasp/pinch.**
- **Recap your needle and dispose in sharps container.**

[Video link for Mixing PREGNYL](#)

<https://youtu.be/x8-B7y10Vxl>

video link for intramuscular injections:

https://www.youtube.com/watch?v=o_AgLYBvYx8

https://www.youtube.com/watch?v=E__kMjcp0XM

<https://www.youtube.com/watch?v=3WHBKwC4w5c>

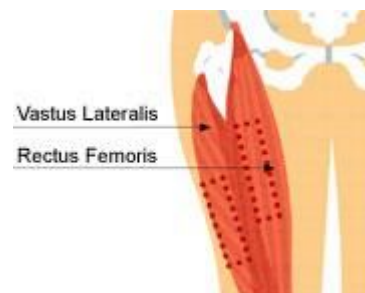
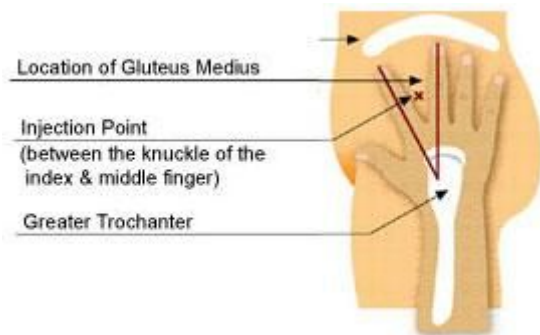
INJECTING INTRA- MUSCULAR

INJECTIONS –Testosterone

Giving an IM injection into the THIGH muscle

1. To find the thigh injection site, make an imaginary box on the upper leg. Find the groin. ...
2. Find the top of knee. ...
3. Stretch the skin to make it tight.
4. Open the Primoteston box and remove the yellow gauge needle from the box- dispose
5. Make sure you have read the box to check the amount you are to inject... i.e 1ml is the whole vial
6. Place a 23g {blue tip needle} on vial
7. Press the fluid in the vial to the top of the needle
8. Swab your injection site
9. After measuring the site for injection
10. Insert the needle at a right angle to the skin (90°) straight in.
11. Slowly inject all the fluid
12. Once all injected, remove the needle
13. Rub the sight gently with cotton ball
14. Place Band-Aid over the injection site
15. Dispose the needle in sharps bin

Up to 2ml of fluid may be given into this site.



https://www.youtube.com/watch?v=E__kMjcp0XM

INJECTING INTRA- MUSCULAR INJECTIONS –Testosterone

Giving an IM injection into the Buttock{ this is best done with assistance from someone injecting you}

Where to place injection in buttock:

Lay on a bed face down,

Have someone inject for you

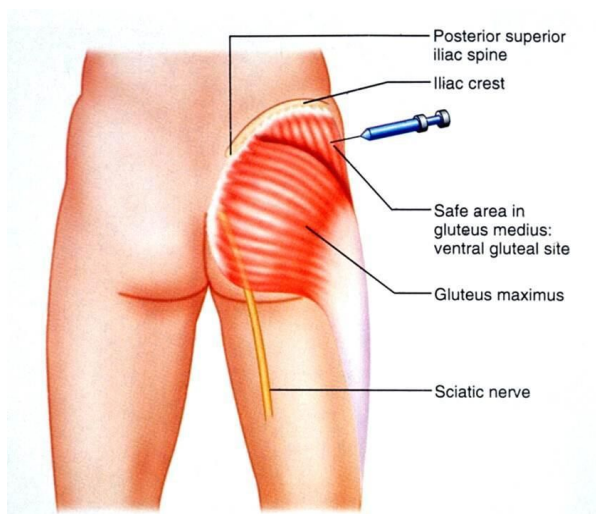
Expose your buttock cheek

The injector needs to imagine dividing your buttock into quarters

You are then going to inject the testosterone into the top outer quarter of the buttock

Before injection palpate this area to make sure it is soft and bouncy.

It is very important for you to be relaxed to prevent pain and hitting any nerves.



1. Open the Primoteston box and remove the yellow gauge needle from the box- dispose
2. Make sure you have read the box to check the amount you are to inject... i.e 1ml is the whole vial
3. Place a 23g {blue tip needle} on vial
4. Press the fluid in the vial to the top of the needle
5. Swab your injection site
6. After measuring the site for injection
7. Insert the needle at a right angle to the skin (90°) straight in. 8. Slowly inject all the fluid
9. Once all injected, remove the needle from injection site
10. Rub the sight gently with cotton ball
11. Place Band-Aid over the injection site
12. Dispose the needle in sharps bin

<https://www.youtube.com/watch?v=3WHBKwC4w5c>

INJECTING INTRA- MUSCULAR INJECTIONS –Sarms

Giving an IM injection into the Buttock{ this is best done with assistance from someone injecting you}

Where to place injection in buttock:

Lay on a bed face down,

Have someone inject for you

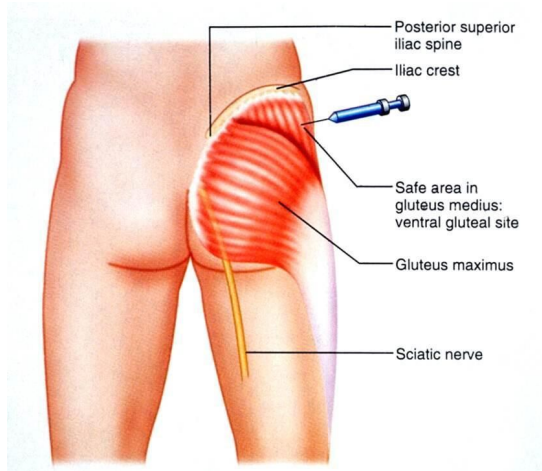
Expose your buttock cheek

The injector needs to imagine dividing your buttock into quarters

You are then going to inject the testosterone into the top outer quarter of the buttock

Before injection palpate this area to make sure it is soft and bouncy.

It is very important for you to be relaxed to prevent pain and hitting any nerves.



1. Swab the top of the Sarms bottle with alcohol swab
2. Make sure you have read the box to check the amount you are to inject... i.e 1ml
3. Place a 18g needle on a 3ml syringe
4. Put the needle in the bottle, whilst turning the bottle upside down
5. Draw back the desired amount eg 1ml to the 1ml mark on the syringe
6. Remove all air to the top of the syringe
7. Remove the needle and dispose
8. Place a 23 gauge needle on the top of the syringe
9. Swab your injection site
10. After measuring the site for injection
11. Insert the needle at a right angle to the skin (90°) straight in.
12. Slowly inject all the fluid
13. Once all injected, remove the needle from injection site
14. Rub the sight gently with cotton ball
15. Place Band-Aid over the injection site
16. Dispose the needle in sharps bin

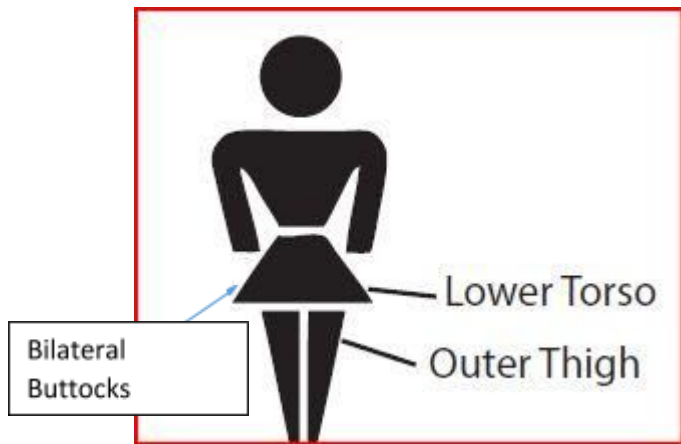
Giving Sarms injection into the THIGH muscle

Follow the same injection site method as above in testosterone.

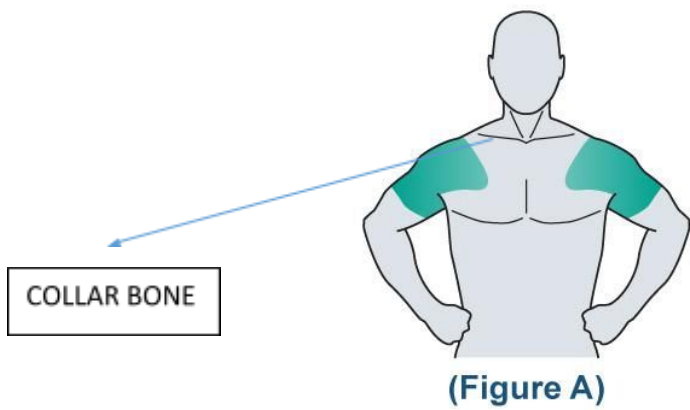
<https://www.youtube.com/watch?v=3WHBKwC4w5c>

APPLICATION OF BIEST / FEMALE

CREAMS



APPLICATION OF TESTOSTERONE CREAM



FAQ

PATHOLOGY TESTING AND WHY

How often do I require testing?

- The frequency of pathology testing is every 10 weeks, whilst still on your course of peptides.
- It is vital to test Wednesday to Saturday as you are off your Peptides on the weekends.
- You need to be fasting.
- You must also make sure if you are taking testosterone injections { Primotestone} you are to only do your bloods at the end of the cycle of your last injection.
- If you are using testosterone cream do not place the cream on your skin the morning of testing

Why do you need to test every 10 weeks?

- We need to check the levels in your blood to make sure the dose is correct
- That there is no need for adjustments.
- So we can supply new scripts
- **How do I dispose of syringes and needles?**
- It is extremely important to properly dispose of used syringes and needles. Please do not throw them in the rubbish. Visit your pharmacy to purchase a disposable Sharps container. You can dispose the sharps container at a willing pharmacy.

What if I get drug tested at work?

- Check with your workplace to see if peptides are on a banned list. If not, we can supply a letter stating your prescription to provide to your employer.

Can I use peptides in professional sport?

- In most sporting codes that are frequently drug tested, peptides are a banned substance and cannot be used. Please check with your governing body before ordering.

Are peptides legal?

- Peptides are a Schedule 4 medication which are completely legal and obtainable through a Doctor's prescription and dispensed by a licensed compounding pharmacy.
- However, what is illegal, is the importation and exportation of peptides to and from Australia.

When do I receive my order?

- We fax your scripts off to the compounding chemist on the day of your consult, they then CALL you within 24hrs for you to make payment.
- I always suggest if you are keen or have not received your call to make contact with them directly to make payment and get your supplies sent promptly.
- Once the payment has been made with the pharmacy, they send the products out to you via express courier.

What if I am using testosterone injections?

If you are taking testosterone injections { Primoteston, Sustanon or Pregnyl} you need to coordinate your blood test to be done on the last day of your cycle. E.g. if you are injecting every 7 days, you need to get bloods done on day 6.

Why?

If you are testing your bloods following an injection outside the end of the cycle your testosterone levels are severely elevated and new scripts will not be issued. Another blood test and new appointment will need to be made.

What happens to my body with high testosterone levels?

- Your body naturally only handles so much testosterone, when you give it more that it requires you shut off your receptors causing your body to shut down the testosterone supply.
- It also can cause elevated estrogen levels which lead to Gynecomastia (growth of abnormal large breasts in men).
- Greater assertiveness
- Acne (primarily on back and shoulders)
- Minor testicle shrinkage.
- Reduced fertility
- Hair Loss
- Enlarged prostate

Is my peptide script claimable by Medicare or my private medical insurer?

No. This is a private script with no rebate.

How do I inject subcutaneously?

A subcutaneous injection is done with a small insulin size needle. It is a painless injection which is given just in the stomach, follow instructions above for correct method.

Do I need to swab the area before I inject?

Yes. Before you inject you want to clean both the top of the rubber stopper of the vial before drawing up the product and the area where you are going to inject with alcohol swabs.

What areas can I inject?

The most common areas to inject is the abdominal area between the hip bone 4cm away from the belly button. The middle outer portion of the thigh can also be used if you find it difficult injecting into stomach. Ensure when injecting you are rotating between sides and sites.

What happens if I get lumps and bumps where I injected?

It is not uncommon to experience local irritation where you inject. The lump will resolve on its own within a few hours to a few days. If you are concerned at any time, please contact us directly and speak to our medical team.

If using more than one peptide, can I combine them in the one syringe?

Yes but only after cleaning the tip of the syringe needle before inserting into a new peptide bottle. This is to avoid cross contamination.