

GHRP-6

Mixing, Dosing & Administration Guide

For GHRP-6 ZPHC 25 MG Kit (5 vials of 5 mg + 11 mL bacteriostatic water)

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of GHRP-6 (5 mg, powder)
- 2 mL of bacteriostatic water (included in the kit)
- 1 mL (100-unit) insulin syringe
- Alcohol prep pad
- Clean working surface

Step-by-Step Instructions:

1. **Wash your hands** thoroughly with soap and water.
2. **Prepare your materials:**
 - a. Place the vial, syringe, and solvent vial on a clean surface.
 - b. Open an alcohol pad, but don't use it yet.
3. **Remove the plastic cap** (flip-off rubber cap) from the top of the GHRP-6 vial. You'll see a rubber stopper underneath — do not remove the stopper.
4. **Wipe the top of the vial** (rubber stopper) with the alcohol pad. Let it air dry for a few seconds — this keeps it sterile.
5. Do the same with the **solvent vial** — remove its cap and wipe the rubber top with a new alcohol pad.
1. **Draw 2 mL (200 units) of solvent** (split into 2×1 mL injections):
 - a. Uncap your insulin syringe.
 - b. Pull back the plunger to draw in 1 mL (100 units) of air.
 - c. Insert the needle into the solvent vial and push the air in (this equalizes pressure).
 - d. Turn the vial upside down and draw out exactly 1 mL (100 units) of solvent.
6. **Inject the solvent** into the GHRP-6 vial:
 - a. Insert the needle through the rubber stopper of the GHRP-6 vial.
 - b. Slowly inject the solvent down the inner wall of the vial, not directly onto the powder — this helps it dissolve gently.
 - c. Remove the needle once all solvent is in.
7. **Mix the solution:**
 - a. Do not shake the vial.
 - b. Gently swirl the vial in small circles until the solution becomes clear and fully dissolved (this may take a few minutes).
 - c. If foam forms, let it settle in the fridge before use.

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8. **Label the vial** with the date you mixed it.
9. **Store** the mixed vial in the refrigerator (36–46°F).

Final concentration: **2.5 mg/mL = 2500 mcg/mL = 25 mcg per unit**

Step 2: Choose Your Dose

Typical Dose: 100–300 mcg per injection

Frequency: 2–3 times per day

Administration: Subcutaneous (preferred) or intramuscular (optional)


Standard Cycle: 8–12 weeks on → 4–6 weeks off

Example Beginner GHRP-6 Cycle:

| Week | Dose (mcg) | Syringe Units | Frequency |
|---------------------|------------|---------------|--------------|
| 1-4 | 100 mcg | 4 units | 3×/day |
| 5-8 | 150 mcg | 6 units | 3×/day |
| 9-12 | 200 mcg | 7 units | 2-3×/day |
| <i>Max Protocol</i> | 300 mcg | 12 units | up to 3×/day |

Injection Timing: For maximum GH response and minimal blunting by insulin:

| Time of Day | Purpose |
|------------------|--|
| Morning (fasted) | Enhances fat-burning GH pulse |
| Post-workout | Boosts muscle repair and nutrient partitioning |
| Before bed | Improves nocturnal GH release and recovery |

 **Pro Tip:** Avoid eating carbs/fats 1–2 hours before or after injection — insulin can block GH release.

Step 3: Inject GHRP-6

1. **Wash your hands** thoroughly with soap and water.
2. **Take the GHRP-6 vial out of the refrigerator** and let it sit for a few minutes at room temperature — this makes the injection more comfortable.
3. **Wipe the rubber top of the vial** with an alcohol prep pad. Let it dry fully.
4. **Draw the dose into the syringe:**
 - 4.1. Remove the cap from the insulin syringe.

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- 4.2. Pull the plunger back to the number of units that matches your dose.
 - 4.3. Insert the needle into the vial and push the air into the vial (this helps equalize pressure).
 - 4.4. Flip the vial upside down and slowly draw your dose
 - 4.5. Check for air bubbles — if there are any, tap the syringe gently and push the air out.
 - 4.6. Confirm you're at the correct unit mark for your dose.
 5. **Choose an injection site:**
 - 5.1. **Systemic injection:** Inject subcutaneously into abdominal fat (2 inches from belly button)
 - 5.2. **Local injection:** Inject close to the injury site (subcutaneous or intramuscular)
 6. **Clean the skin at the injection site** with a new alcohol prep pad. Let it dry.
 7. **Inject the medication:**
 - 7.1. Hold the syringe like a pencil at a 90° angle (or 45° if very lean).
 - 7.2. Pinch the skin if needed.
 - 7.3. Insert the needle in one smooth motion.
 - 7.4. Slowly push the plunger all the way down.
 - 7.5. Hold for 5–10 seconds, then gently remove the needle.
 8. **Dispose of the used syringe** in a sharps container.
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Tips for a Comfortable Injection:

- Inject at room temperature (cold solution can sting)
- Use a fresh needle every time
- Apply light pressure to the site if there's a small drop of blood
- Use a different injection site each week when injecting in the same body region.

How Long the Kit Will Last

| Dose per Injection | Frequency | Weekly Use | Duration (with 25 mg) |
|--------------------|-----------|------------|-----------------------|
| 100 mcg | 3× daily | 2.1 mg | ~12 weeks |
| 200 mcg | 3× daily | 4.2 mg | ~6 weeks |
| 300 mcg | 3× daily | 6.3 mg | ~4 weeks |

Storage & Safety Tips

- **Unmixed vials:** Store at room temperature, away from light
- **Mixed vials:** Store in the refrigerator (36–46°F)
- **Do not freeze**
- Always use sterile technique
- Dispose of used syringes in a sharps container

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