

MEGA MASS MIX: GHRP-2 + CJC-1295

Mixing, Dosing & Administration Guide

For MEGA MASS MIX ZPHC 50 MG Kit (5 vials of 10 mg + 11 mL bacteriostatic water)

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of MEGA MASS MIX (10 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 MEGA MASS MIX 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 2x1 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 MEGA MASS MIX vial:
 - a. Insert the needle through the rubber stopper of the MEGA MASS MIX 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.

(continued on next page)

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

Final concentration: **5 mg GHRP-2 + 5 mg CJC-1295 = 10 mg per 2 mL**
= 5 mg/mL = 5000 mcg/mL = 50 mcg per unit

Step 2: Choose Your Dose

Typical Dose: 100–300 mcg per injection
Frequency: 1× daily (PM)
Administration: Subcutaneous (preferred) or intramuscular (optional)
Standard Cycle: 8–12 weeks on → 4–6 weeks off

User Level/Week	Dose (mcg)	Syringe Units	Notes
Beginner (Weeks 1-4)	100 mcg	2 units	For fat loss/recomposition
Intermediate (Weeks 5-8)	200 mcg	4 units	Add pre-workout option if desired
Advanced (Weeks 9-12)	300 mcg	6 units	Optional 2×/day for bulking

Injection Timing:

Time of Day	Purpose
Morning (fasted)	Initiates GH pulse, supports fat loss
Pre-workout	Boosts recovery and muscle response
Pre-bed (most common)	Amplifies nocturnal GH surge, improves sleep & repair

 Avoid carbs/fats 1–2 hours pre/post injection to prevent insulin blunting of GH.

Advanced users may incorporate this mix into a year-round GH support plan with lower-frequency maintenance doses and periodic deloads.

Step 3: Inject MEGA MASS MIX

1. **Wash your hands** thoroughly with soap and water.
 2. **Take the MEGA MASS MIX 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.
 - 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. Inject subcutaneously into abdominal fat (2 inches from belly button)
 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.
-

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

Daily Dose (Total)	Weekly Use	Weeks Covered	Notes
100 mcg	700 mcg	~71 weeks	Low-dose, long-term wellness use
200 mcg	1,400 mcg	~35 weeks	Standard dose for recomposition
300 mcg	2,100 mcg	~23 weeks	For aggressive growth/recovery

💡 You can complete 2–3 full 8–12 week cycles with one kit depending on your dosing strategy.

❄️ 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

Disclaimer:

Dosing for this mix is based on established synergy between GHRPs and GHRHs, with protocols commonly used in performance clinics. The mix is intended to simplify dual-peptide administration for muscle gain and hormonal balance.