

# ULTRA REHAB MIX: BPC157 + TB500

## Mixing, Dosing & Administration Guide

For ULTRA REHAB 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 ULTRA REHAB 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 ULTRA REHAB 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 ULTRA REHAB MIX vial:
  - a. Insert the needle through the rubber stopper of the ULTRA REHAB 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 the solvent is in.

*(continued on next page)*

## 7. Mix the solution:

- Do not shake the vial.
- Gently swirl the vial in small circles until the solution becomes clear and fully dissolved (this may take a few minutes).
- If foam forms, let it settle in the fridge before use.

## 8. Label the vial with the date you mixed it.

## 9. Store the mixed vial in the refrigerator (36–46°F).

Final concentration: **10 mg / 2 mL = 5,000 mcg/mL = 50 mcg per 1 unit**  
Each unit = 25 mcg BPC-157 + 25 mcg TB-500

# Step 2: Dosage Protocols – All Use Cases

## 1. Mild Inflammation / Recovery Maintenance

- 250 mcg of each peptide daily = **500 mcg total (10 units)**
- Inject once per day, 5×/week
- Cycle:** 8–12 weeks
- Ideal for joint soreness, mild sports injury, post-workout recovery*

## 2. Moderate Injury / Soft Tissue Damage

- 500 mcg of each peptide daily = **1,000 mcg total (20 units)**
- Inject once per day, 5×/week
- Cycle:** 6–8 weeks
- Effective for tendon strain, ligament stress, or overtraining*

## 3. Severe Injury / Surgery Recovery (Loading Protocol)

- 1,000 mcg of each peptide daily = **2,000 mcg total (40 units)**
- Inject once or split into 2×/day
- Cycle:** 4–6 weeks, then transition to maintenance
- Used for post-op rehab, torn ligaments, ruptures*

## Injection Timing:

Time of Day	Purpose
Morning	Start healing process, align with GH rhythms
Pre-bed	Deep tissue restoration during sleep
Pre-workout (if local)	Inject near injury for max site response

## Step 3: Inject ULTRA REHAB MIX

1. **Wash your hands** thoroughly with soap and water.
  2. **Take the ULTRA REHAB 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. **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.

### **Safety Notes**

- Do not inject into areas of infection
- Not for use in individuals with active cancer or tumors (angiogenesis risk)
- Avoid injecting near nerves or major veins

# How Long the Kit Will Last

Total peptide content: 25 mg BPC-157 + 25 mg TB-500 = 50 mg = 50,000 mcg

Protocol	Weekly Use	Duration	Goal
500 mcg	2.5 mg	20 weeks	Wellness / light joint support
1,000 mcg	5 mg	10 weeks	Rehab protocol (tendons, ligaments)
2,000 mcg	10 mg	5 weeks	Post-surgery / serious tissue damage

## 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:

This dual-peptide recovery protocol reflects combined insights from animal research, clinical experimentation, and biohacking communities. While considered effective by users, it remains investigational in nature.