

WELLNESS MIX: Ipamorelin + CJC1295

Mixing, Dosing & Administration Guide

For WELLNESS MIX ZPHC 25 MG Kit (5 vials of 5 mg + 11 mL bacteriostatic water)

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of WELLNESS MIX (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 WELLNESS 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 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 WELLNESS MIX vial:
 - a. Insert the needle through the rubber stopper of the WELLNESS 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.

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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.

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 Ipamorelin + 2.5 mg CJC-1295 per 2 mL = 5 mg total**

- $2.5 \text{ mg} / 2 \text{ mL} = 1.25 \text{ mg/mL} = 12.5 \text{ mcg/unit (per peptide)}$
- Each unit on insulin syringe = 25 mcg combined peptides

Step 2: Dosage Protocols – All Use Cases

1. Beginner GH Support / Sleep / Anti-Aging

- 100 mcg combined peptides daily
(= 50 mcg Ipamorelin + 50 mcg CJC-1295 = **4 units**)
- Inject once per day, 5×/week, ideally before bed
- **Cycle:** 8–12 weeks
- *Improves deep sleep, skin, mood, recovery, and vitality*

2. Fat Loss / Body Recomposition

- 150–200 mcg combined peptides daily (= **6–8 units**, or 75–100 mcg of each peptide)
- Inject once per day (AM fasted or pre-bed)
- **Cycle:** 8–12 weeks, followed by 4-week break

3. Advanced Users / Full GH Support

- 300–400 mcg daily, split into 2 doses (= **12–16 units** total = 150–200 mcg of each peptide)
- Inject morning (fasted) + pre-bed
- Stack optionally with TB-500 or ULTRA REHAB MIX
- Use for up to 12 weeks, then take 4 weeks off

Injection Timing:

Time of Day	Purpose
AM Fasted	Maximize fat loss and GH synergy
Pre-bed	Deep sleep, muscle recovery, hormone balance

⚠ Avoid carbs or fats 30–60 minutes before/after injection – insulin blunts GH release.

Step 3: Inject WELLNESS MIX

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



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 inflamed tissue
- Monitor for water retention, appetite changes, or headaches
- Avoid in those with active tumors (GH pathway stimulation)

How Long the Kit Will Last

Total peptide content: 12.5 mg Ipamorelin + 12.5 mg CJC-1295 = 25 mg each (50 mg total)

Protocol	Weekly Use	Duration	Goal
100 mcg	0.5 mg	50 weeks	Wellness / sleep / longevity
200 mcg	1 mg	25 weeks	Fat loss / recomposition
400 mcg	2 mg	12.5 weeks	Advanced protocols

For dual daily dosing (AM + PM), consider purchasing 2 kits



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:

Wellness Mix dosing is structured around known GH-release kinetics and widely accepted stacking protocols used in anti-aging and wellness clinics. All use remains investigational and should be guided by medical consultation.