Peptide Research Handbook and Performance Guide

Equipment, handling, terminology, compounds and sources

A practical reference to the equipment, labels and terms used in peptide research, followed by compound categories, reported uses, cautions and supporting resources.

131 CATEGORY ENTRIES / 127 DISTINCT NAMES / 10 COMPOUND CATEGORIES

Find what you need

CHAPTERS	CONTENT
01–04 Foundations	Supplies, storage, reconstitution, routes and site references
05–08 Equipment and formulations	Units, concentration, pens, nasal sprays, creams and serums
09–10 Troubleshooting and terminology	Appearance changes, handling concerns, reactions and glossary
11–20 Compound reference	The ten compound categories, with uses, reported pros and cautions
21 Resources and sources	Supplies, videos, calculators, devices and the source directory

Image note: The handbook's illustrations were identified as AI-generated in the source material. Their labels, anatomy and technique may be inaccurate; use them as visual references, not clinical instructions.

Using this handbook

- Each entry explains the product, why people seek it, community-reported or marketed pros, and important side effects. There is intentionally no evidence-rating column.
- Source tags [R#], [F#], [Y#] and [S#] point to specific Reddit posts, GLP-1 Forum discussions, YouTube clinician content, and reliable safety references listed at the end. Community stories are not controlled proof.
- When no direct firsthand account was verified, the pros cell explicitly says “marketed for” or “sought for.” A source tag on a blend does not prove which ingredient caused a reported effect.
- This guide also includes oral drugs, HGH, anabolic oils and related performance compounds. Most experimental products have no validated safe long-term cycle. No doses, cycles, mixing instructions or injection schedules are recommended.

Compound categories

CHAPTER	COVERAGE
11 Fat Loss & Metabolic	Weight management and appetite • 14 entries
12 Hormone & Support	Growth hormone and reproductive signaling • 19 entries
13 Beauty & Repair	Skin, hair, inflammation and repair • 13 entries
14 Muscle & Recovery	Exercise, injury and connective tissue • 14 entries
15 Brain & Mood	Focus, sleep, anxiety and cognition • 12 entries
16 Anti-Aging	Longevity and cellular-energy products • 8 entries
17 Solvents	Reconstitution liquids; not peptides • 3 entries
18 Orals & Tablets	Oral medicines, research compounds and supplements • 26 entries
19 Performance Injectables	HGH and reproductive hormone injectables • 3 entries
20 Oils / Anabolic Injectables	Injectable anabolic steroids and testosterone oils • 19 entries

Blend note Commonly marketed GLOW = GHK-Cu + BPC-157 + TB-500; KLOW = GLOW + KPV. Seller ingredients and milligram amounts are not standardized or verified here.

01 The essential supply kit

Know what each item does before choosing equipment. The correct supplies depend on the medicine and device.

ITEM	PLAIN LANGUAGE PURPOSE
Correct diluent	The liquid specified for a particular product. BAC water, sterile water and saline are not automatic substitutes.
Syringe or delivery device	Measures and delivers liquid. The scale and capacity must match the prescribed instructions.
Alcohol prep pads	Used as part of the cleaning procedure taught for the product.
Sharps container	A puncture-resistant container for used needles and syringes.
Labels and a simple log	Track the product, concentration, opening or preparation date, storage and discard date.

Keep preparation areas clean and away from sinks or other contamination sources. Needles and syringes are single-use items. [H1]



02 Storage and stability

There is no single shelf life for every peptide. Dry powder, mixed medicine and an opened diluent can have different requirements.

PRODUCT STATE	WHAT TO CHECK
Unopened dry powder	The product's stated temperature, light protection and expiration date. Do not assume freezing is appropriate.
After reconstitution	The exact product instructions for refrigeration, freezing restrictions and the use-by time after mixing.
Opened multi-dose diluent	The labeled storage temperature and discard date after the first puncture.
Temperature excursion	Record the temperature and time outside the allowed range. Ask the pharmacist or manufacturer before using the product.

For the Pfizer/Hospira BAC water products cited here, labeled storage is 20–25°C (68–77°F). CDC's general rule is to date opened multi-dose vials and discard within 28 days unless the manufacturer gives a different interval; never extend beyond the original expiration date. [H1, H2]

A clear liquid can still be contaminated. Appearance is one check, not proof of sterility. [H1]

Research notes

Dry powder — 2–5-year estimate: This is a general storage estimate, not a verified shelf life for every peptide. Actual stability depends on the compound, formulation, packaging and storage conditions. Use product-specific stability data and the labeled expiration date to establish a supported shelf life.

Hospira BAC water — 120-day forum assessment: The GLP-1 Forum post "A 120-Day Stability Assessment of Hospira Bacteriostatic Water Under Three Storage Conditions" is retained as a research reference. Its methods and results have not been independently verified here. A 120-day assessment does not establish a safe 120-day use period after repeated puncture or replace the labeled discard instructions. Source: https://glp1forum.com/threads/a-120-day-stability-assessment-of-hospira-bacteriostatic-water-under-three-storage-conditions.18262/

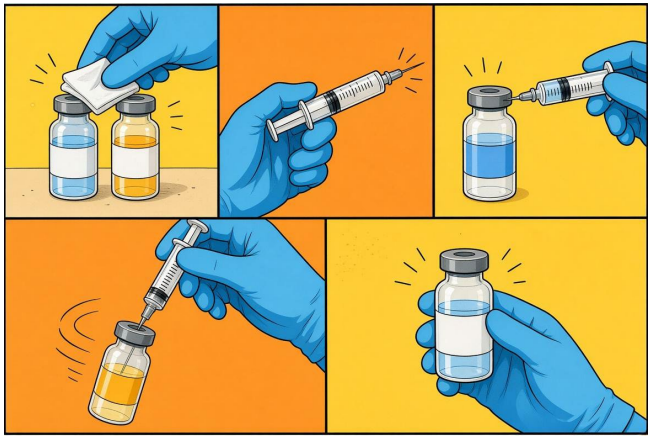
03 Understanding reconstitution

Reconstitution means adding a specified liquid to a dry medicine so it becomes a solution. The liquid and its amount determine the final concentration.

Check four things first

1. Product identity — the name, strength, expiry date and whether it is intended for the proposed use.
2. Correct liquid — the exact diluent required by the manufacturer or dispensing pharmacy.
3. Final concentration — the strength after preparation, written clearly on the label.
4. Handling instructions — mixing method, expected appearance, storage and use-by time.

There is no universal mixing recipe. Water, saline, acetic acid and DMSO have different properties and cannot be treated as interchangeable. Follow the product-specific instructions rather than adapting a recipe from another compound. [H2]



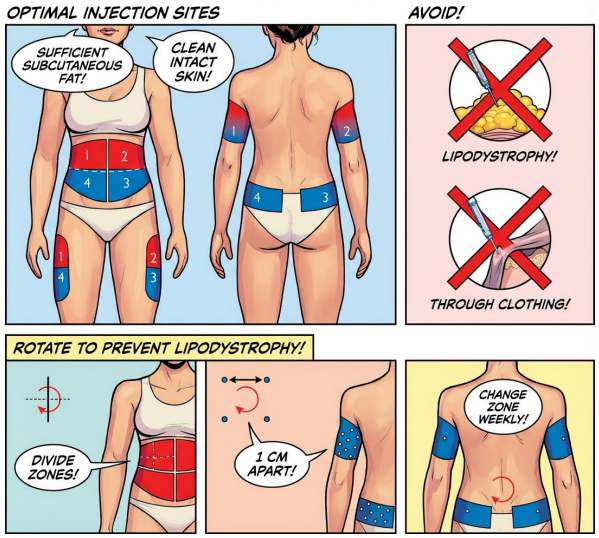
Unexpected gel, particles, discoloration or failure to dissolve needs professional review. Do not improvise a repair by adding more liquid or another solvent.

04 Routes and injection sites

The route tells you where a medicine is meant to go. The route, site and device must match the exact product instructions.

TERM	WHAT IT MEANS
Subcutaneous or Sub-Q	Into the tissue beneath the skin.
Intramuscular or IM	Into muscle.
Intravenous or IV	Into a vein. Requires appropriate medical care and equipment.
Site rotation	Moving between permitted spots rather than repeatedly using the same spot.

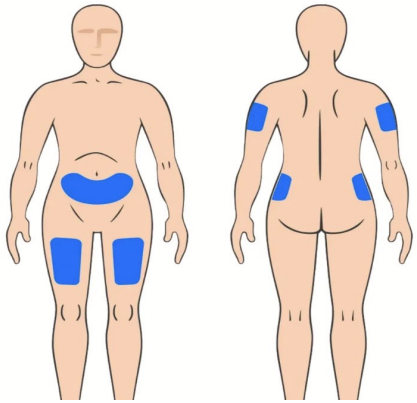
A picture of an injection zone is not enough to choose a route, needle or angle. Different medicines and devices have different requirements. Have a clinician demonstrate the technique for your prescribed product.

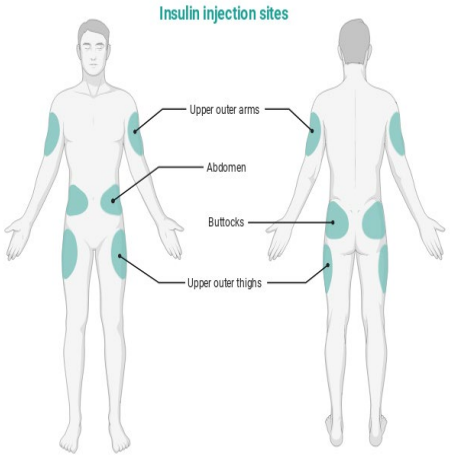


Routes and sites • Visual reference

The diagrams show general body regions, not a personal site-selection plan.

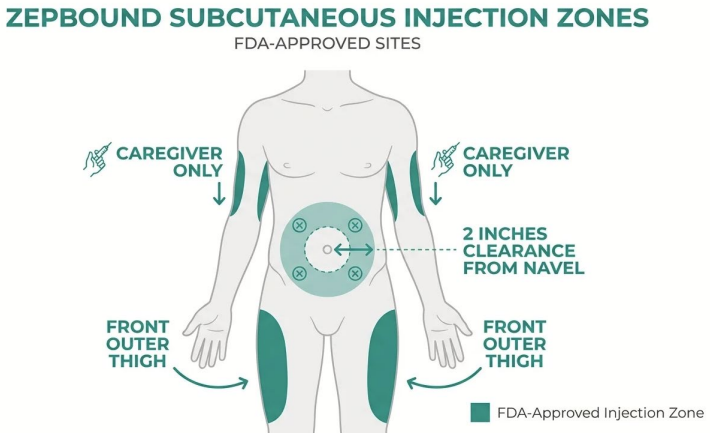
Different products allow different sites. An area shaded on a diagram is not automatically suitable for every medicine, route or device.

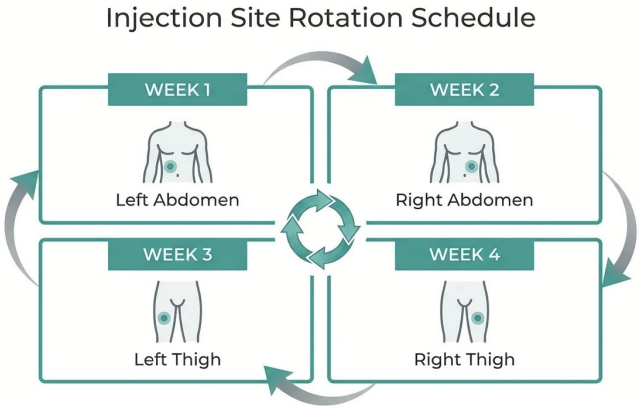






Some images contain brand-specific labels. Those directions apply only to the named product and its current instructions.





Rotation means avoiding repeated use of exactly the same spot within the sites permitted for the product.

A rotation picture does not determine dose, frequency, route or which areas are appropriate for a particular person.

05 Understanding units and concentration

Keep three measurements separate: the amount of substance, the volume of liquid and the markings on the device.

MEASUREMENT	WHAT IT TELLS YOU
mg and mcg	Mass. 1 mg = 1,000 mcg.
mL	Liquid volume. This is different from the amount of drug.
mg/mL or mcg/mL	Concentration: the amount of substance in each mL.
U-100 markings	On a U-100 insulin syringe, 100 marked units correspond to 1 mL; 1 marked unit corresponds to 0.01 mL.
IU for a medicine	Biological activity units. IU cannot be converted to mg using one rule for every substance.

The important distinction

The same volume can contain different amounts of medicine when concentrations differ. A pen’s clicks, syringe markings and a medicine’s IU are not automatically equivalent.

Use the concentration printed by the dispensing pharmacy and have the intended amount and device marking checked together. A calculator can check arithmetic; it cannot choose a safe dose.

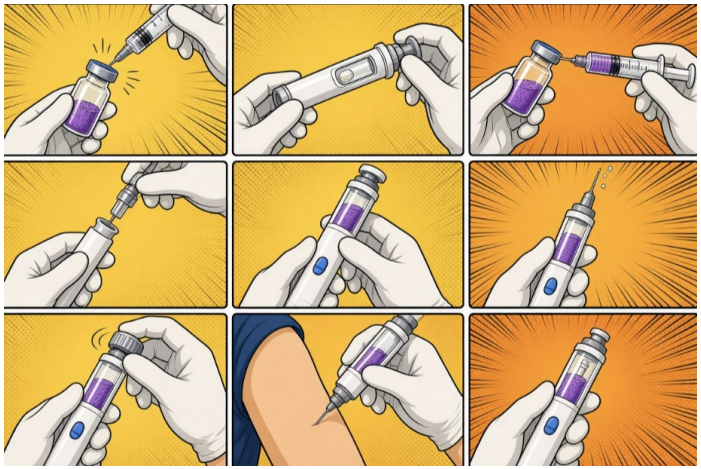
06 Pens and cartridges

A pen combines a cartridge, a dose-setting mechanism and a compatible needle. A reusable pen is not automatically compatible with every liquid medicine.

PART	WHAT TO UNDERSTAND
Pen body	The mechanism that moves the cartridge plunger. Dial behavior varies by model.
Cartridge	The container that holds the medicine. Size, material and compatibility matter.
Needle	Must be compatible with the device and intended product.
Instructions for use	Specify assembly, priming, dose settings, storage and disposal for that model.

Do not assume a click equals one U-100 marking. Moving a product into a different cartridge can change the container, introduce contamination and invalidate storage assumptions.





Pen illustrations: use the actual device instructions, not the illustrated transfer sequence.

07 Nasal sprays

A spray bottle is a delivery device, not a guarantee of a consistent dose or a suitable formulation.

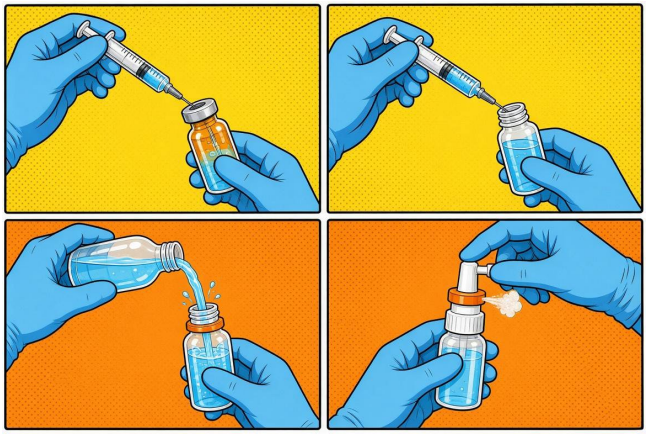
What determines what comes out

The liquid concentration, the pump's delivered volume and correct operation all matter. Bottle capacity is not the same as volume per spray. Pump output should not be assumed from a similar-looking bottle.

Why the formulation matters

An injectable liquid is not automatically appropriate for the nose. The diluent, preservative, pH, stability and contamination controls need to suit the nasal route.

A household filter or a filter labeled PES does not establish that a mixture is sterile or free of endotoxins. A claim that a compound crosses the blood–brain barrier also does not validate a homemade spray.



08 Topical creams and serums

Topical means applied to the skin. Cosmetic skin care and treatment of deeper tissue are different claims.

PRODUCT TYPE	WHAT TO UNDERSTAND
Cosmetic skin care	Copper peptides and other ingredients are marketed for skin or hair appearance. Results depend on the actual formulation.
Claims about joints or muscle	A cream marketed for deep-tissue repair is not proof that it reaches the target tissue or provides that benefit.
Carrier or base	The cream, gel or serum affects stability, absorption and irritation. Compatibility cannot be assumed.
DMSO-containing products	DMSO changes skin penetration. Avoid improvised mixtures or treating it as a universal delivery solution.





Use a finished product's directions for application, ingredient compatibility and storage. Refrigeration and mixing ingredients at home are not universal requirements.

09 Troubleshooting

Appearance changes

When a product looks different from its labeled description, pause. A visual change cannot reliably tell you the cause or how to repair it.

WHAT YOU NOTICE	WHAT IT MAY MEAN	WHAT TO DO
Gel or clumps	Solubility, formulation or other quality problems.	Do not add acid or extra solvent as a guess. Ask the pharmacist or manufacturer.
Cloudiness or discoloration	A change from the expected appearance; causes vary.	Check the exact product description. Do not assume cloudiness is normal for a whole compound category.
Black specks or other particles	Could be stopper fragments or another contaminant.	Do not inject around particles or try to salvage the vial with a home filter.
Fast liquid movement or vial vacuum	Pressure differences can affect liquid movement.	Follow the specific preparation instructions. Do not improvise pressure adjustments.
Uncertain sterility	Contamination may be invisible.	Discard medication vials when sterility is compromised or questionable. [H1]

The diluent label calls for inspection of the prepared medicine for unexpected precipitation or discoloration. [H2]

Troubleshooting • Handling and reactions

Handle uncertainty by checking the product and the situation, rather than using a blanket rule.

SITUATION	CLEAR NEXT STEP
Left outside the allowed temperature range	Record how long it was out and the temperature. There is no universal “under 24 hours is fine” rule.
Burning or stinging	Do not assume it is harmless or automatically solve it by diluting. Ask the prescriber or pharmacist to review the product and technique.
Redness, itching or swelling	A local reaction and infection can overlap. Seek advice if it persists, worsens or is unusual for you.
Spreading redness, warmth, pus, fever or worsening pain	Seek prompt medical evaluation.
Trouble breathing, facial or throat swelling, or fainting	Get emergency medical help.
Air bubbles or device malfunction	Use the exact device instructions or ask a pharmacist. Do not estimate a dose from a faulty or unfamiliar device.

10 Glossary

Quick definitions for the terms used in the practical guide.

TERM	PLAIN LANGUAGE MEANING
Pinning	Informal slang for injecting.
Subcutaneous or Sub-Q	Beneath the skin, in the underlying tissue.
Intramuscular or IM	Into muscle.
Gauge or G	Needle thickness. A higher gauge number means a thinner needle; it does not specify needle length.
Luer lock	A threaded connection for compatible removable needles or other components.
Fixed needle	A needle permanently attached to its syringe.
Lyophilized	Freeze-dried.
Reconstitution	Adding a specified liquid to a dry product to prepare a solution.
Diluent or solvent	A liquid used to dilute or dissolve another substance.
Concentration	The amount of substance per volume, such as mg/mL.
COA	Certificate of analysis. Reports the tests listed for a particular sample; it does not automatically prove sterility or safe human use.
ISR	Injection-site reaction, such as redness, swelling or itching.

Glossary • Drug and hormone terms

These definitions explain language; they do not establish that a product or regimen is safe or effective.

TERM	PLAIN LANGUAGE MEANING
Stacking	Using multiple compounds during the same period. Benefits and safety of a combination are not guaranteed.
Cycling	Planned periods of use and non-use. A cycle does not automatically prevent suppression or other harm.
Titration	Adjusting a dose gradually under a treatment plan.
Maintenance dose	A dose used to continue a desired treatment effect; it is not necessarily lower for every medicine.
ED / EOD / E3D	Every day / every other day / every third day.
Bioavailability	How much of a substance reaches the circulation after it is given.
Half-life	The time for the measured amount or concentration to decrease by half under the stated conditions.
Secretagogue	A substance that triggers release of another substance, such as a hormone.
GHRH	Growth hormone-releasing hormone; a signal involved in growth hormone release.
GHRP	Growth hormone-releasing peptide; a term used for peptides that stimulate GH release through related pathways.
Desensitization	Reduced responsiveness to a signal. Causes and time course vary.
Systemic / local	An effect throughout the body / an effect mainly in a particular area.

11 Fat Loss & Metabolic

Weight management and appetite • 14 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Reta + Tirz	Weight-loss combination of retatrutide and tirzepatide; two drugs acting on overlapping metabolic pathways.	People discuss stronger hunger control when weight loss stalls [F8]; an added benefit over either drug alone is not demonstrated.	Combining overlapping drugs can intensify nausea, vomiting, constipation, dehydration, and excessive appetite loss; combination safety is unknown.
Reta + Cagrilintide	Experimental pairing of a triple-receptor weight-loss drug with an amylin-based appetite suppressant.	Community discussions emphasize reduced food noise, faster fullness, and appetite control [F8].	Potential severe nausea, constipation, fatigue, dehydration, and inadequate nutrition; combined use has not been validated.
Semaglutide	GLP-1 medicine for diabetes and weight management; makes you feel full and eat less.	Users commonly discuss fewer cravings, smaller portions, and steady weight loss [F4].	Nausea, constipation, reflux, vomiting, gallbladder problems, and pancreatitis warnings; thyroid C-cell tumor boxed warning.
Retatrutide	Investigational triple-receptor weight-loss drug that affects hunger and metabolism.	Reports include less hunger, major weight loss, and sometimes more alertness or energy [R1,F4]. Some describe the opposite.	Nausea, sulfur burps, diarrhea or constipation, fatigue, dehydration, sleep disruption, and increased heart rate have been reported [R2,F10].
AOD-9604	Growth-hormone fragment promoted for body-fat reduction, not a standard growth-hormone treatment.	Community is split: some report a stubborn-fat or plateau benefit, while others notice no measurable change [F4,R8].	Injection burning or welts reported; significant fat-loss efficacy is unproven and injectable formulation safety is uncertain.
Cagrilintide	Investigational amylin-based appetite drug aimed at making people feel full sooner.	Members discuss strong hunger suppression, fewer snacks, and better portion control [F2,F11].	Nausea, constipation, and marked fatigue are reported; may make it hard to eat and hydrate adequately [F11].
Tirzepatide	GLP-1/GIP medicine for diabetes and weight management.	Reports include less food noise, sustained weight loss, and better appetite control [F1,F4].	Nausea, constipation or diarrhea, dehydration, gallbladder risks and pancreatitis warnings; thyroid C-cell tumor boxed warning.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Survodutide	Experimental GLP-1/glucagon medicine studied for obesity and fatty-liver disease.	Often discussed as a potential next-generation weight-loss and liver-fat option; firsthand outcomes were not verified here.	Common clinical concerns include nausea, vomiting, diarrhea, and unknown longer-term tolerability.
5-Amino-1MQ	Research compound targeting an enzyme called NNMT; marketed for fat metabolism.	Users discuss fat loss and metabolic support, but GLP-1 Forum reports include no noticeable effect [F5].	One forum user reported migraines; human dosing and long-term metabolic safety are not established [F5].
Lipo-C with B12	Injectable nutrient mixture usually containing lipotropic ingredients plus vitamin B12; exact formula varies.	Marketed for energy and metabolic support; B12 can improve fatigue if a deficiency is present.	Injection reactions and ingredient-specific issues; meaningful fat loss is not proven.
Lipo-C without B12	Lipotropic nutrient mixture without B12; exact ingredients vary.	Marketed for energy, metabolism, and support during weight loss, not established as a fat burner.	May sting or cause injection reactions; forum accounts report little noticeable benefit [F5].
Lemon Bottle	Cosmetic injectable product marketed for localized fat dissolution.	Sellers and users seek reduction of small fat pockets and improved contour; consistent results not verified.	Risk of tissue damage, infection, inflammation, uneven results, and scarring.
L-Carnitine	Substance that helps transport fatty acids into mitochondria for energy production.	People use it for exercise energy, fatigue support, and possible modest weight-loss help.	Stomach upset, fishy odor, and potential seizure concerns in susceptible people; weight effects are often modest.
Eloralintide	Investigational amylin-receptor drug being studied for appetite suppression and obesity.	Discussed as a newer option for strong fullness and weight control; limited firsthand user reporting verified.	Nausea, vomiting, constipation, fatigue, and unknown long-term safety.

12 Hormone & Support

Growth hormone and reproductive signaling • 19 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
TESA 5 + IPA 5	Tesamorelin plus ipamorelin; both affect growth-hormone signaling.	Users discuss sleep, energy, workout recovery, and a leaner waist [F2,F9]; effects cannot be attributed to the mix reliably.	Elevated IGF-1, swelling, joint symptoms, and blood-sugar changes; combined long-term safety not established.
HCG	Hormone that mimics LH and can stimulate testicular testosterone production.	Discussed for fertility support and preserving testicular function in certain testosterone-treatment settings.	Can increase estrogen-related symptoms, acne, breast tenderness, and fluid retention; requires hormone monitoring.
HMG	Fertility medicine containing gonadotropin activity that helps stimulate sperm or egg development.	Sought for male or female fertility treatment under specialist supervision.	Hormone fluctuations, injection reactions; ovarian hyperstimulation and multiple-pregnancy risks in women.
Sermorelin	GHRH analog that prompts the pituitary to release growth hormone.	Marketed for steadier energy, improved sleep, recovery, and body composition; reports are not consistently verified.	Flushing, headache, injection reactions; possible IGF-1, glucose, and fluid-retention effects.
CJC-1295 with DAC	Longer-acting GHRH analog; DAC extends GH and IGF-1 stimulation.	Video and community discussions mention energy, sleep, recovery and muscle maintenance [Y1,Y2].	Longer hormone exposure, flushing, fast heart rate, swelling, joint discomfort, and possible blood-sugar changes.
CJC-1295 without DAC	Shorter-acting product often sold as modified GRF(1-29), not identical to DAC CJC.	Discussed for sleep, morning energy, workout recovery, and body composition [F9,Y1].	Headache, flushing, swelling, glucose changes; product identity and long-term safety uncertain.
CJC-1295 without DAC + Ipamorelin	Common GH-secretagogue pair acting through different pituitary pathways.	Users mention better sleep, more energy, workout stamina, faster recovery, and possible leaner appearance [F9,Y1,Y2].	Can raise IGF-1, affect glucose, cause swelling, tingling or headaches; benefits and safety of the pairing remain unproven.
Kisspeptin	Brain signaling peptide controlling reproductive-hormone release (LH and FSH).	Discussed for libido, testosterone-related signaling, and fertility research; responses vary.	Can change reproductive hormone levels; effects on fertility and long-term hormone feedback are uncertain.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
PT-141	Bremelanotide-type melanocortin peptide influencing sexual desire.	Users report higher desire and arousal, sometimes spontaneous erections [R7].	Common nausea, flushing, headache, blood-pressure increases, and possible skin darkening.
PE-22-28	Experimental peptide explored for antidepressant-like effects.	Marketed for mood, motivation, and stress resilience; no dependable firsthand report verified here.	Human brain and long-term safety effects unknown.
Cortagen	Short research peptide marketed for nervous-system and brain support.	Marketed for mental clarity, stress tolerance, and brain-cell protection; specific firsthand reports unverified.	No reliable human benefit or safety profile.
Oxytocin Acetate	Hormone involved in labor, milk release, and certain social signaling pathways.	Sometimes discussed for connection and bonding, but routine mood benefits are not established.	May affect blood pressure, fluid balance, and uterine contractions; can be dangerous in pregnancy outside medical care.
B12	Essential vitamin involved in red blood cells, nerve health, and energy metabolism.	Can improve tiredness, brain fog, or nerve symptoms when B12 deficiency is present.	Usually well tolerated; occasional injection reactions or rare severe allergy.
VIP	Vasoactive intestinal peptide; affects blood vessels, digestion, and immune signaling.	Marketed for circulation, breathing, inflammation, and gut comfort; firsthand outcomes not verified here.	Possible low blood pressure, dizziness, flushing, and rapid heart rate.
Super Human Blend (SHB)	Seller-branded blend; not one standardized peptide or formula.	Marketed for vitality or workout support; reliable benefits require the full ingredient list.	Cannot assess interactions, doses, or safety without the actual label.
HHB	Product label whose specific composition is unclear.	No responsible benefit claim can be assigned from the name alone.	Unknown ingredients, identity, interactions, and safety.
Ipamorelin	Ghrelin-receptor agonist designed to stimulate growth-hormone release.	Frequently discussed for better sleep, morning energy, recovery and lean-body goals [Y1,Y2,F9].	Can affect GH/IGF-1 and blood sugar; possible swelling, headache and injection-site reactions.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
SS-31	Mitochondria-targeting peptide also called elamipretide.	Forum users sometimes report less fatigue and more exercise energy [F1]; approved elamipretide has a specific Barth-syndrome use.	Injection reactions and allergic reactions; improvement in healthy people's energy is not established.
Gonadorelin Acetate	GnRH hormone that prompts the pituitary to release LH and FSH.	Discussed for fertility and reproductive hormone signaling under specialist protocols.	Can alter testosterone, estrogen, and fertility; continuous exposure may suppress LH/FSH instead of boosting them.

13 Beauty & Repair

Skin, hair, inflammation and repair • 13 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
GHK-Cu	Copper-binding peptide associated with skin repair and collagen pathways.	Users report smoother skin, healthier hair, less visible lines, and sometimes improved pigmentation [R4,F2,Y4].	Topical irritation; injections may sting, create welts, and carry poorly studied systemic safety risks.
KLOW	Common example 80 mg mix: GHK-Cu 50 + BPC-157 10 + TB-500 10 + KPV 10 mg; verify seller.	Forum members seek smoother skin, hair support, quicker healing and less inflammation; some say it helped recovery [F3,F2].	Four experimental ingredients with unestablished combination safety; injection reactions, unknown interactions.
Melanotan 1	Pigmentation-related melanocortin peptide sold for tanning.	Desired effect is darker skin or improved tanning response; product names may not match an approved formulation.	Nausea, flushing, new/darker pigmentation, and unknown gray-market quality.
Melanotan 2	Experimental melanocortin peptide used for tanning.	Users discuss faster tanning and sometimes increased libido or erections [F4].	Nausea, flushing, changes to freckles or moles, unwanted erections, and rare serious complications.
GLOW	Common example 70 mg mix: GHK-Cu 50 + BPC-157 10 + TB-500 10 mg; verify seller.	Users discuss improved skin texture, hair, collagen, joint comfort, and injury recovery; responses are mixed [F3,R4,F7].	Three experimental ingredients; injection irritation and uncertain blend safety; benefits cannot be assigned to one component.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
AHK-Cu	Copper peptide mainly marketed for hair and skin research.	Desired improvements include hair density, scalp appearance and skin texture; firsthand reports not verified.	Topical irritation possible; injectable and long-term safety unknown.
IGF-1 LR3	Modified insulin-like growth factor that stimulates growth pathways.	Marketed for muscle fullness, tissue repair, recovery and growth.	Can lower blood sugar and may stimulate unwanted cell growth; serious long-term uncertainties.
Thymosin Alpha-1	Thymus-associated peptide that modulates immune activity.	Community discussions focus on immune support and resilience; a general immune boost in healthy people is not established.	Injection reactions, immune-related interactions, and limited safety data for many unapproved preparations.
Snap-8	Cosmetic peptide used in some wrinkle creams.	Marketed for softer expression lines and smoother facial appearance.	Local skin irritation; results depend heavily on topical formulation.
KPV	Small peptide fragment investigated for anti-inflammatory actions.	Forum reports mention less inflammation, calmer skin or gut symptoms and better recovery [F2,F8].	No well-established human treatment effect or injectable safety; reactions and long-term risks unknown.
Glutathione	Antioxidant that helps cells handle oxidative stress.	Discussed for skin appearance, feeling recovered, and antioxidant support [F2]; effects can be hard to separate in stacks.	Injections can sting; allergic or infusion reactions possible; cosmetic uses lack reliable safety data.
LL-37	Human antimicrobial peptide involved in immune signaling.	Marketed for wound and infection-related research; reliable firsthand treatment reports not verified.	May promote inflammation; experimental safety concerns include possible reproductive and growth-related effects.
Cartalax	Short research peptide marketed for cartilage and joint support.	People seek joint comfort, flexibility, and cartilage recovery; reliable firsthand outcomes not verified.	No demonstrated human cartilage regrowth or clear long-term safety profile.

14 Muscle & Recovery

Exercise, injury and connective tissue • 14 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
TB-500 + BPC-157 + Cartalax	Three-peptide injury-recovery blend marketed for soft tissue and joints.	People seek less tendon pain, faster gym recovery, improved joint motion and cartilage support [R3,Y3].	No validated benefit for triple blend; reaction and growth-signaling concerns, plus uncertain interactions.
Tesamorelin	GHRH analog with a studied effect on excess visceral fat in specific adults with HIV.	Forum users report smaller waist, better sleep, gym recovery and energy, often while on multiple peptides [F2,F7].	Documented IGF-1 elevation, edema, joint/carpal-tunnel symptoms and worsening glucose control; active cancer contraindication.
BPC-157	Experimental peptide mostly studied for digestive and tissue-repair effects in animals.	Reddit users describe less tendon pain, easier movement and better recovery, but experiences differ [R3,R5,Y3].	Some report fatigue, anxiety or other symptoms [R3,R6]; there is no reliable long-term human safety profile.
MOTS-C	Mitochondrial-derived peptide explored for metabolism and exercise responses.	Some GLP-1 Forum members describe more get-up-and-go and gym energy [F1,F10].	Others report unusual fatigue or stubborn injection lumps [F7]; long-term human safety and safe cycle length unknown.
TB-500	Experimental peptide fragment associated with thymosin beta-4 and cell movement research.	Users report less stiffness, better range of motion and quicker tendon or muscle recovery [R3,R5].	Uncertain human benefit; users report restlessness, sweating or sleep issues [R3]; injection quality risks.
BPC-157 + TB-500	Pair commonly nicknamed the Wolverine recovery stack.	Reddit users describe less pain, improved mobility, and faster workout recovery [R3,R5,Y3].	Some report fatigue, anxiety, poor sleep, or no gain; no established combination safety.
Lipo-C without B12	Lipotropic nutrient mix, not a muscle-repair peptide.	Marketed to support energy metabolism when dieting or training.	No proven recovery benefit; variable ingredients and injection irritation.
GHRP-2 Acetate	Growth-hormone secretagogue that stimulates pituitary GH release.	Marketed for recovery, muscle support, and sleep; specific firsthand results not verified here.	May also raise cortisol/prolactin and disturb glucose or appetite regulation.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
KPV	Experimental anti-inflammatory peptide fragment.	People discuss less post-workout soreness, less swelling, calmer gut and skin [F2].	Unknown human treatment effect, injection safety and long-term effects.
IGF-1 LR3	Modified growth factor promoted for muscle-building and tissue regeneration.	Marketed for more muscle fullness, growth, and workout recovery.	Hypoglycemia and uncertain abnormal cell-growth risk; not established for healthy athletes.
Relaxation PM-PR226	Seller-branded product with no verified formula.	Presumably marketed for nighttime relaxation; cannot reliably name specific benefits.	Ingredients and interactions unknown; label required.
GHRP-6 Acetate	Growth-hormone secretagogue with appetite-stimulating effects.	People use it hoping for more hunger, easier bulking, and recovery.	Increased appetite may work against weight loss; cortisol/prolactin and glucose effects possible.
PEG-MGF	Pegylated form of a mechano-growth-factor research product.	Marketed for muscle development and healing after exercise; firsthand effects not verified.	Little or no human exposure data; immune and growth-signaling concerns.
MGF 2 mg	Mechano-growth-factor research peptide related to IGF-1 biology.	Marketed for muscle repair, recovery and growth.	No reliable established human benefit or safety; theoretical unwanted growth effects.

15 Brain & Mood

Focus, sleep, anxiety and cognition • 12 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Selank + Semax + DSIP	Three-peptide blend marketed for calm focus and sleep.	Users of its individual components report focus, relaxation, or sleep support [R9,F6], but not proven for the three-way blend.	Possible headache, agitation, sleep changes, mental fog; combination safety unknown.
SK 5 + SX 5	Common shorthand that may indicate 5 mg Selank plus 5 mg Semax; verify label.	Community reports include calmer attention and improved focus [R9].	Some report fatigue, dissociation, poor sleep or no benefit [R9]; exact ingredients require verification.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Cerebrolysin	Mixture of neuroactive peptides studied for stroke and neurological disorders.	Community interests include mental clarity, memory, and recovery after neurological injury; no direct firsthand report verified here.	Headache, dizziness, agitation, rare allergy, and cautions around seizures.
Selank	Experimental neuroactive peptide investigated for anxiety-related effects.	Some Reddit members report less anxiety, calmness and better sleep [R9].	Others report fatigue, mental fog or little effect; nasal irritation can occur.
Semax	Experimental neuroactive peptide investigated for cognition and neurological effects.	Reddit users report sharper focus, motivation and sometimes more energy [R9].	Reports also mention insomnia, anxiety, dissociation or no effect [R9].
DSIP	Delta sleep-inducing peptide investigated for sleep biology.	People try it for falling asleep, fewer awakenings and feeling rested; forum outcomes are mixed [F6].	Some report no benefit or next-day grogginess; long-term neurological safety unknown.
Dihexa	Experimental small molecule researched for neuronal signaling, not an established cognitive medicine.	Marketed for memory and learning; reliable firsthand outcomes not verified.	No adequate human safety data; theoretical unwanted tissue-growth concerns.
Pinealon	Short experimental peptide marketed for brain-cell protection.	Marketed for memory, focus, sleep regulation and healthy brain aging; firsthand effects not verified.	Very limited controlled human information; long-term safety unknown.
Adamax 984	Seller-specific Adamax variant; full chemical identity unclear from catalog.	Marketed for focus and motivation; meaningful firsthand effects not verified for this exact variant.	Cannot assess product-specific safety without identity and formulation.
Adamax 1032	Seller-specific Adamax variant; full chemical identity unclear from catalog.	Marketed for cognition and mental performance; meaningful firsthand effects not verified for this exact variant.	Cannot assess product-specific safety without identity and formulation.
P21 (5 mg)	Experimental neurotrophic peptide explored for nerve and brain-cell processes.	Marketed for memory, motivation and nerve-growth support.	No robust human outcomes or long-term safety data; altered nerve-growth signaling uncertain.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Humanin	Mitochondrial-derived peptide involved in cell-survival signaling.	Marketed for cognitive resilience, energy and healthy aging; firsthand effects not verified.	Human safety, dosing and growth/survival pathway effects are uncertain.

16 Anti-Aging

Longevity and cellular-energy products • 8 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
NAD+ + MOTS-C + 5-Amino-1MQ	Three-compound blend aimed at cellular and energy-metabolism pathways.	Community members separately report energy from NAD+/MOTS-C and pursue fat metabolism with 5-Amino-1MQ [F1,F5,F10].	Triple combination unstudied; nausea, injection stinging, fatigue or metabolic reactions possible.
Thymalin	Thymus-derived preparation promoted for immune regulation and longevity.	Marketed for immune resilience and healthy aging; dependable firsthand outcomes not verified.	Immune effects and long-term safety unclear; composition can vary.
Vesugen	Short peptide marketed for blood-vessel and vascular-aging support.	Discussed for circulation and vessel protection; direct useful effects not verified here.	Human benefits and cardiovascular safety poorly studied.
Epithalon	Research peptide associated with telomere and pineal-aging hypotheses.	Some forum members seek better sleep and longevity; reports range from longer sleep to no effect [F6].	Headaches or grogginess reported; no proof of lifespan extension, unknown long-term growth regulation.
NAD+	Coenzyme naturally used in cellular energy processes.	GLP-1 Forum members mention calmer energy or less fatigue, while others notice nothing [F5,F10].	Injections/infusions can sting or cause nausea and flushing; anti-aging effects in healthy people unproven.
SS-31	Elamipretide, a mitochondrial-targeting peptide; approved formulation is for certain Barth-syndrome patients.	Forum members sometimes say they need fewer naps or feel more active [F1]; general wellness benefit unproven.	Injection reactions and possible allergy; gray-market formulations are not equivalent to approved medicine.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
ARA-290	Experimental erythropoietin-derived peptide studied for neuropathy and inflammation.	Marketed for nerve comfort, less burning pain and inflammation; firsthand outcomes not verified here.	No established long-term safety for general anti-aging use.
FOXO4	Usually marketed as FOXO4-DRI, experimental senescent-cell targeting peptide.	Discussed as a theoretical way to remove some aging cells; no verified human rejuvenation result.	Very high uncertainty, possible unintended effects on healthy cells; no established human safety.

17 Solvents

Reconstitution liquids; not peptides • 3 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
BAC Water	Preserved sterile water (typically benzyl alcohol) for reconstituting compatible injectable medicines.	Practical benefit is multi-dose preservation when the drug label allows its use; not a treatment itself.	Not suitable for every medication; preservative reactions and contamination risks remain.
AA Water	Acetic-acid-containing diluent sometimes used in research peptide preparation.	Community discussions mention using acidity to help some AOD-9604 batches dissolve; not a proven injectable recipe.	Can sting or irritate tissue; final pH, stability, compatibility and sterility are critical.
Sterile Water	Preservative-free sterile water used with compatible medications.	Does not add preservative or salt when reconstituting a product that calls for it.	Usually single-use; after opening contamination risk rises, and it is not appropriate for every injection route.

18 Orals & Tablets

Oral medicines, research compounds and supplements • 26 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Anavar (oxandrolone; 10/50 mg listings)	Oral anabolic-androgenic steroid; promotes protein building and muscle mass, not a general weight-loss medicine.	Bodybuilding users seek strength, lean appearance, and muscle retention during a cut [R10,R16].	Can lower HDL, raise LDL, injure liver, suppress testosterone and fertility, and cause acne or hair loss; women risk virilization [S6].

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Winstrol (stanozolol; tablet listings)	Anabolic steroid often marketed for a lean, dry-looking physique.	Users seek strength and a defined look without much water retention [R10,R16].	Can strongly worsen lipids, affect liver, cause joint discomfort, acne, and natural testosterone suppression [S4].
Clenbuterol (Clen; 40 mcg listings)	Long-acting beta-2 agonist, not an approved human weight-loss medication in the US.	Discussed for appetite suppression, thermogenesis and a stimulatory feeling; actual fat-loss results vary.	Tremor, anxiety, insomnia, low potassium, high heart rate, palpitations and potentially life-threatening arrhythmias.
Armodafinil (Armo; 50/250 mg)	Prescription wakefulness-promoting medicine for certain sleep disorders.	Reddit users describe sustained alertness, focus and reduced mental fatigue; experiences vary [R15,R17].	Headache, anxiety, insomnia, elevated heart rate or blood pressure; rare serious skin reactions [S7].
Modafinil (Moda / ModaSafe; multiple strengths)	Prescription wakefulness-promoting medication for narcolepsy and specific sleep-wake conditions.	Discussed for staying awake, concentration and getting through long work or study sessions [R17].	Headache, insomnia, anxiety, nausea, drug interactions, and rare serious rashes [S8].
Z-Pack (azithromycin)	Antibiotic for certain bacterial infections; not a fat-loss or performance compound.	Treating a susceptible bacterial infection can help recovery from illness; no performance enhancement is established.	Diarrhea, nausea, allergy and QT-related abnormal heart rhythm risk; avoid unnecessary antibiotic use [S9].
Arimidex (anastrozole)	Aromatase inhibitor that lowers estrogen; an approved breast-cancer drug.	Discussed for controlling estrogen-related symptoms during hormone treatment, not for building muscle on its own.	Excessively low estrogen can cause joint pain, low libido and bone loss; mood changes and fractures are concerns [S10].
Clomid (clomiphene)	Estrogen-receptor modulator used clinically for ovulation induction; sometimes prescribed off-label in men.	Discussed for raising gonadotropins and testosterone in selected men or fertility contexts.	Headaches, hot flashes, mood changes and possible visual disturbances; not an automatic fix for hormone suppression [S11].
Enclomiphene	Estrogen-receptor modulator studied for increasing LH/FSH and testosterone in some men.	Community seeks maintained testosterone signaling and fertility support when clinically appropriate.	Can change estradiol and other hormones; headaches, mood symptoms and uncertain long-term self-treatment safety.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Cardarine (GW-501516)	Experimental PPAR-delta agonist, not a SARM; investigated for metabolism and endurance.	Users report improved cardio tolerance or endurance, sometimes while cutting [R13,R14].	Cancer findings in animal studies led to major development concerns; long-term human safety unknown.
LGD-4033 (Ligandrol)	Investigational SARM targeting androgen receptors for muscle-related effects.	Users discuss strength and lean-mass gains [R14].	Can suppress testosterone, worsen cholesterol, affect liver and pose cardiovascular risks [S4].
Ostarine (MK-2866)	Investigational SARM promoted for lean-mass retention.	Users discuss preserving strength during weight loss; reports are mixed [R13,R14].	May suppress hormones and cause liver injury or cholesterol changes; not FDA-approved [S4].
RAD-140 (Testolone)	Investigational SARM marketed for muscle growth and strength.	Reddit users mention stronger workouts or lean-mass gains [R13,R14].	Hormone suppression, liver injury, adverse lipid changes and potential cardiovascular or mood problems [S4].
MK-677 (ibutamoren)	Oral ghrelin-receptor agonist that increases growth hormone and IGF-1; not a SARM.	Community reports increased hunger, better sleep and possible recovery effects [R13,R14].	Water retention, strong appetite, fatigue and glucose intolerance; FDA has noted heart-failure safety signals in some studies [S1].
SLU-PP-332	Early-stage experimental ERR agonist promoted as an 'exercise mimetic.'	Marketed for endurance, metabolism and fat oxidation; no reliable human performance results established.	Human dose, side effects and long-term safety unknown; preclinical claims do not establish human benefit.
Stenabolic (SR9009)	Experimental REV-ERB agonist studied for circadian and metabolic pathways.	Marketed for endurance or fat metabolism; forum members question whether oral use works [R14].	Human benefits, bioavailability and long-term safety unestablished.
Tesofensine	Experimental monoamine reuptake inhibitor studied for appetite and weight reduction.	Discussed for reducing hunger and increasing alertness; user experiences vary.	Can elevate heart rate/blood pressure and cause dry mouth, constipation, insomnia or anxiety.
Orforglipron (catalog spelling: Orforgliporon)	Small-molecule oral GLP-1 receptor agonist developed for obesity and diabetes.	Sought for appetite suppression and weight management without injections.	Nausea, vomiting, diarrhea or constipation; product status and safety are formulation-specific.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Tadalafil (Cialis)	PDE-5 inhibitor for erectile dysfunction and certain other medical uses.	Users seek erection support and sometimes a perceived workout 'pump'; the workout claim is not a licensed indication.	Headache, flushing, dizziness and blood-pressure lowering; dangerous with nitrates or poppers [S12].
Yohimbine HCl	Alpha-2 adrenergic antagonist marketed for fat loss or sexual function.	Some users seek alertness and stubborn-fat loss, but results vary.	Anxiety, palpitations, high blood pressure and agitation; may interact with psychiatric or cardiovascular medications.
Methylene blue	Pharmaceutical dye used in selected medical settings; marketed in low doses for mitochondrial/cognitive effects.	Community seeks focus or energy; general cognitive enhancement remains unproven.	Can cause serotonin syndrome with serotonergic drugs; dose/formulation matters; may cause hemolysis in G6PD deficiency.
NAC (N-acetylcysteine)	Glutathione precursor; medically used as an antidote for acetaminophen overdose.	Sought for antioxidant support and mucus thinning; not a proven fat burner.	Nausea, stomach upset; medical interactions and route-specific reactions possible.
Vitamin B6	Essential vitamin involved in nerve signaling and metabolism.	Corrects deficiency; commonly marketed for energy and nerve function.	Excess supplemental B6 over time can cause peripheral neuropathy.
BCAA 2:1:1	Branched-chain amino acids (leucine, isoleucine, valine) marketed for exercise nutrition.	Marketed for muscle protein synthesis and workout recovery; added benefit may be small when protein intake is sufficient.	Digestive upset; no special benefit over adequate dietary protein established.
Vitamin C	Essential vitamin involved in collagen formation and antioxidant defense.	Helps correct deficiency and maintain normal immune and skin function; extra energy or fat loss not established.	High oral intakes can cause diarrhea and may increase stone risk in susceptible people.
Acetyl D-Glucosamine	Amino sugar used in joint/skin supplements and experimental formulations.	Marketed for joint comfort, skin barrier and tissue support.	Human benefits depend on exact form; possible stomach upset or allergy and unknown formulation effects.

19 Performance Injectables

HGH and reproductive hormone injectables • 3 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
HGH / Somatropin (24 IU and 36 IU kits)	Prescription human growth hormone injection, used for specific GH-deficiency and other medical conditions.	Gym communities discuss recovery, fuller muscles and altered body composition; not proven a safe general anti-aging shortcut [R10].	Fluid retention, joint pain, carpal tunnel symptoms, insulin resistance or diabetes, and rare intracranial hypertension; requires medical monitoring [S13].
HCG (5000 IU; kit / half-kit / single)	Gonadotropin hormone that mimics LH and can stimulate testosterone production in the testes.	Discussed for testicular function and fertility in certain hormone-treatment settings.	Estrogen-related symptoms, acne, fluid retention, breast tenderness, and hormone fluctuations.
HMG (75 IU)	Fertility medicine providing gonadotropin action to support reproductive-cell production.	Used clinically to stimulate sperm or egg production in appropriately selected patients.	Injection reactions, hormone shifts, and ovarian hyperstimulation / multiple pregnancies in women.

20 Oils / Anabolic Injectables

Injectable anabolic steroids and testosterone oils • 19 products / category entries

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Bold CYP 300 (boldenone cypionate)	Injectable anabolic-androgenic steroid ester; not a standard approved human bodybuilding drug.	Bodybuilders seek endurance, appetite and slower lean-mass gains [R10,Y5].	Can raise hematocrit and blood pressure, worsen lipids, suppress fertility/testosterone and increase clot or heart risks [S5].
DHB 100 (dihydroboldenone)	Injectable 1-testosterone-type anabolic steroid marketed for relatively dry muscle gains.	Users discuss strength and a lean look without much water retention [R10].	Frequently reported injection pain; hormone suppression, adverse lipids, blood pressure and limited human safety data.
EQ 300 (boldenone undecylenate)	Long-acting boldenone anabolic ester, primarily known from veterinary products.	Marketed for gradual muscle gains and appetite support [R10].	Hematocrit elevation, blood pressure changes, acne, testosterone suppression and cardiovascular risk.

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Inj Anadrol 50 (injectable oxymetholone)	Injectable preparation of an anabolic steroid better known in oral form; vendor formulation requires verification.	Users seek rapid strength, fullness and weight gain.	May cause significant swelling, blood-pressure changes, androgen effects and liver/lipid risks; injection quality is an additional concern [S5].
Mast P 100 (drostanolone propionate)	Shorter-acting drostanolone anabolic steroid ester.	Marketed for a harder, drier look and bodybuilding preparation [R10].	Can worsen HDL, cause acne or hair loss, suppress natural testosterone and increase cardiovascular risk.
Mast E 200 (drostanolone enanthate)	Longer-acting drostanolone anabolic steroid ester.	Similar marketed lean/look and muscle-retention effects to Mast P [R10].	Similar lipid, hair, acne and hormone-suppression risks; effects last longer after stopping.
MENT Ace 50 (trestolone acetate)	Potent experimental anabolic steroid affecting androgen signaling.	Discussed for rapid strength and muscle gains [R12].	Marked natural testosterone and fertility suppression, estrogen-related breast symptoms, water retention, high blood pressure and mood changes [R12,S5].
NPP 150 / 200 (nandrolone phenylpropionate)	Shorter-acting nandrolone anabolic ester.	Users describe muscle gains and perceived joint comfort or recovery [R12].	Testosterone suppression, libido/erectile changes, increased hematocrit, high blood pressure and adverse lipids.
Primo 200 (methenolone enanthate)	Injectable anabolic steroid ester marketed for lean-mass support.	Users seek lean gains and muscle retention with less water retention [R10].	Can still suppress hormones, worsen lipids, promote acne/hair loss, and raise cardiovascular risk.
Test Lady 50 (testosterone product; ester unverified)	Vendor-listed low-strength testosterone oil; exact ester and intended use not confirmed.	Hormone replacement can help confirmed testosterone deficiency; this specific product cannot be validated from its name.	Hormone suppression, virilization risk in women, acne, fluid retention and hematocrit elevation; unclear formulation.
Test P 100 (testosterone propionate)	Shorter-acting injectable testosterone ester.	Medically appropriate replacement may improve deficiency-related energy and sexual function; bodybuilders seek strength [R10,Y5].	Suppresses sperm production, can raise hematocrit, worsen acne/sleep apnea and change estrogen or blood pressure [S5].

PRODUCT	WHAT IT IS / DOES	PROS DISCUSSED ONLINE	SIDE EFFECTS / DOWNSIDES
Test C 250 (testosterone cypionate)	Injectable testosterone ester prescribed for certain testosterone-deficiency conditions.	Clinically indicated replacement may improve low-testosterone symptoms; gym users seek strength and recovery [R10].	Fertility/testicular suppression, high hematocrit, acne, sleep-apnea concerns and possible cardiovascular risk [S5].
Test E 300 (testosterone enanthate)	Injectable testosterone ester with broadly similar hormone action to testosterone cypionate.	Replacement for deficiency can improve relevant symptoms; physique users seek strength and muscle gain [R10].	Suppresses natural production/fertility; acne, erythrocytosis, fluid retention and cardiovascular concerns [S5].
Beligas Test-E 450 Ultra	High-concentration vendor formulation of testosterone enanthate; brand and concentration require authentication.	Same sought muscle and testosterone effects as Test E.	Same hormone and cardiovascular risks; concentrated oils may cause more injection irritation; sterility/strength unknown.
Sustanon 250	Multi-ester injectable testosterone formulation.	Testosterone replacement effects when medically indicated; bodybuilding use seeks muscle, strength and recovery.	Suppression of sperm/testicular function, acne, blood-count increases, fluid retention and cardiovascular concerns.
Tren A 100 (trenbolone acetate)	Shorter-acting trenbolone ester, an exceptionally potent anabolic drug not approved for human use.	Users report rapid strength and pronounced physique changes [R10,R11].	Major risks: insomnia, sweats, anxiety, mood changes, decreased cardio capacity, high blood pressure, lipid and heart problems [R11,S5].
Tren E 200 (trenbolone enanthate)	Longer-acting trenbolone ester; effects may persist longer after stopping.	Discussed for substantial muscle/strength changes [R10,R11,Y6].	Similar severe mental, cardiovascular and hormone-suppression risks as Tren A; long-acting formulation can prolong adverse effects [R11,S5].
Tren Base (trenbolone without ester)	Short-action unesterified trenbolone preparation, not approved for human use.	Marketed for strong, quick-acting workout effects.	Serious potential cardiac, mood, sleep, fertility and injection risks; safety not established.
TRT Blend (Test E 150 + Mast E 100)	Vendor blend of testosterone enanthate and drostanolone enanthate; not standard medical TRT.	Marketed for testosterone effects plus a leaner bodybuilding look.	Two androgenic drugs increase hormone-suppression, lipid, hair/skin and cardiovascular risks; not equivalent to prescribed TRT.

21 Resources and sources

Resource listings are grouped by purpose. Listings and availability have not been checked; inclusion is not an endorsement.

Supply websites

Farris Labs
farrislabs.com — Hospira bacteriostatic water and sterile solutions (may restrict unlicensed buyers).

Arpovo Health
arpovohealth.com/hospira-bacteriostatic-water — Hospira Bacteriostatic Water 30 mL.

Bacteriostatic Water Canada
bacteriostatic-water.ca
bacteriostaticwatercanada.com — Canada-focused Hospira/Pfizer BAC water.

Injection Shop
injectionshop.com — Syringes, BAC water, starter kits, and injection supplies.

Peptide Starter Kit (Hospira Bacteriostatic Water & Syringes)
Available via Injection Shop and similar retailers (verify current stock and authenticity).

Daro Pep Accessories
daropep.net — Pens, cartridges, covers, and related accessories (research use only; store status varies).

Resources • Videos

Creator videos may contain unverified claims or instructions that differ from a product label.

Peptide Reconstitution Instructions
https://www.youtube.com/watch?v=b08QwxZW0Ig

How to Prepare and Inject Peptides (Full Demo) – Dr. Jason Emer
https://www.youtube.com/watch?v=echyX7c9YjA

Does GLP-1 Injection Site Matter?
https://www.youtube.com/watch?v=4IjouARLe4A

Easy Glute Injection Technique
https://www.tiktok.com/@the.tudca.king/video/7515882244934749470

Easy Injections for Compound Medications
https://www.youtube.com/watch?v=6j0xHcPY-z0

How to Inject Peptides the Right Way (7 Steps)
https://www.youtube.com/shorts/uGMztYfKZPs

How to Inject Peptides
https://www.youtube.com/watch?v=KpuJgPq5TNA

Resources • Calculators and databases

Peptide Dosing Guides: Research Protocol Database
https://www.peptidedosingprotocols.com/
Standardized, citation-backed protocols with reconstitution tables, half-lives, and syringe unit examples.

Cellgenic Peptide Calculator
https://cellgenic.com/peptide-calculator/
Dose, vial strength, and bacteriostatic water → syringe units.

Rite Aid Peptide Calculator
https://riteaid.com/tools/peptide-dosage-calculator
Reconstitution, dosage, and syringe units (free).

Gentle Giant Care Peptide Dosage Calculator
https://gentlegiantcarellc.com/services/peptide-therapy-in-atlanta-ga/
Atlanta clinic tool (dose per injection, volume, syringe draw, doses per vial).

HGH Reconstitution & Dosage Calculator
https://www.peprecon.com/hgh/

Calculators cannot verify vial identity, concentration, purity or a safe treatment plan. A correct arithmetic result can still be based on incorrect inputs.

DEVICE RESOURCES

Use the manufacturer's instructions for the exact device model. The directory includes the personal notes supplied with these links.

Autoject 2 (Owen Mumford)
https://www.owenmumford.com/us/autoject-2
Personal note: Used for upper glute injections.

Official How-To: Autoject 2 How to Use
https://www.youtube.com/watch?v=hPbhEpUN43Y

Related guide: Easy injections for compound meds (search for Autoject EI tutorials).

Auto Injector (Ventroglute / TRT Style)
Guide: Self Injecting Testosterone with the Auto Injector | Vent Glute Easy & Pain Free!
https://www.youtube.com/watch?v=MG_i06bMHYw
Spark Hormone Therapy – short ventroglute demo.

90 Super Grip (Union Medico)
https://unionmedico.com/product/super-grip/
Reusable 90° auto-injector platform for IM/SC.

Sources • Handling and storage

H1 CDC injection safety

Preventing Unsafe Injection Practices. Includes single-use equipment, contamination, single-dose and multi-dose vials, and the general 28-day opened multi-dose-vial rule.

https://www.cdc.gov/injection-safety/hcp/clinical-safety/

H2 Pfizer BAC water information

Bacteriostatic Water for Injection, USP. Includes compatible diluents, product-specific preparation, visual inspection and labeled storage.

https://www.pfizermedical.com/bacteriostatic-water

Sources checked 4 November 2026. Product-specific directions can change.

For research and education only. Consult a licensed physician or pharmacist before making health decisions.

Community and compound references

Links below are the material actually consulted for community reports and the safety notes. Reddit, forums, and YouTube are anecdotal or educational and do not validate results.

GLP-1 Forum

[F1] What's your stack? — energy, MOTS-C, SS-31 and fat-loss experiences

[F2] Which peptide gave you real, noticeable results? — multisubstance recovery/skin experiences

[F3] New and looking for ideas — GLOW/KLOW skin and hair comments

[F4] Top/Bottom Peptides — anecdotal forum preferences, not a clinical ranking

[F5] What did you "nope" out of and why? — 5-Amino-1MQ, NAD and Lipo-C

[F6] Interesting new sleep medication trial — DSIP, epithalon and Selank sleep reports

[F7] What did you "nope" out of and why? (page 2) — mixed peptide reactions

[F8] What to Buy Next? — appetite stacks and experimental combinations

[F9] Stacking ATX 304… — CJC / Ipamorelin stamina account

[F10] Fatigue? — varied retatrutide, NAD and other peptide energy reports

[F11] Knocked me out! — cagrilintide fatigue reports

Reddit and Reddit-derived roundup

[R1] Retatrutide — users reporting more energy and alertness

[R2] Retatrutide — user reporting severe GI effects and poor sleep

[R3] BPC-157 and TB-500 — tendon recovery report with fatigue/sleep effects

[R4] GHK-Cu — skin and hair changes reported by users

[R5] BPC-157 and TB-500 — 30-day recovery experience

[R6] BPC-157 and TB-500 — unwanted effects reported by a user

[R7] PT-141 — libido report (single user account)

[R8] AOD-9604 experiences — curated Reddit user reports (secondary summary)

[R9] Selank and Semax — focus, anxiety, sleep and mixed experiences

[R10] 24 years of PED usage: one experienced user on testosterone, trenbolone, orals and other compounds

[R11] User describes cardiovascular symptoms during trenbolone use

[R12] Mixed nandrolone and MENT experiences, including adverse effects

[R13] SARMs safety discussion and reported high blood pressure

[R14] Community comparison of Ostarine, RAD-140, MK-677 and Cardarine

[R15] Armodafinil user account of focus benefit and increased heart rate

[R16] Anavar users discuss strength and joint discomfort

[R17] Modafinil versus armodafinil reports: alertness, headaches and anxiety

YouTube

[Y1] Performance Medicine — CJC-1295 / Ipamorelin explained by Robin Riddle, FNP-C

[Y2] Regan Archibald — CJC-1295 / Ipamorelin recovery and sleep discussion (not a physician)

[Y3] Dr. Alex Tatem — BPC-157 and TB-500 potential benefits and risks

[Y4] Bioavailable — GHK-Cu overview; distinguishes topical and injection claims

[Y5] Peter Attia, MD / Mike Israetel, PhD: steroid benefits and harms

[Y6] Doctor Mike and Mike Israetel: the dark side of steroids and TRT

Safety reference

[S1] FDA — Safety concerns with certain bulk substances used in compounded peptides

[S2] FDA — Tesamorelin (EGRIFTA WR) prescribing label

[S3] FDA — Elamipretide (Forzinity) accelerated approval for Barth syndrome

[S4] FDA — SARMs risks: serious liver and cardiovascular concerns

[S5] MedlinePlus — Anabolic steroids: health and hormonal risks

[S6] MedlinePlus — Oxandrolone (Anavar) safety and warnings

[S7] MedlinePlus — Armodafinil indications and risks

[S8] MedlinePlus — Modafinil indications and risks

[S9] MedlinePlus — Azithromycin (Z-Pack) indications and risks

[S10] MedlinePlus — Anastrozole (Arimidex) hormone and bone effects

[S11] MedlinePlus — Clomiphene (Clomid) indications and risks

[S12] MedlinePlus — Tadalafil and nitrate interaction

[S13] MedlinePlus — Somatropin (HGH) indications and adverse effects

Scope & accuracy note. This reference includes the supplied peptide catalog, performance/oil inventory, and previously supplied oral/tablet listing. Strengths, packs and kits are consolidated, but different esters may remain separate. Products appearing in multiple original categories are repeated intentionally. Unregulated compounds carry contamination, mislabeling, hormonal, cardiovascular and long-term risks; community experiences are not medical guidance.