



HOW TO USE YOUR PEN

Step-by-step reconstitution guide

Freeze-dried peptide pen
+ bacteriostatic water pen

RESEARCH USE ONLY

1 What's in your kit

- One freeze-dried peptide pen
- One bacteriostatic water pen
- Needles
- This guide

Check everything is sealed and undamaged before you start.

2

Remove the caps

- Take the cap off the bacteriostatic water pen
- Take the cap off the peptide pen
- Keep both caps for storage afterwards

You should see dry powder inside the peptide pen.
That's the freeze-dried peptide.

3

Attach a needle to the water pen

- Screw a fresh needle onto the bacteriostatic water pen
- Remove the outer needle cover
- The peptide pen does not get a needle yet

Only the bac water pen has a needle at this stage. Use a new needle each time - never reuse.

4

Fully unwind the peptide pen

- Unwind the dial all the way out
- Never press the pen down - always unwind it
- It must stay unwound until the transfer is finished

Pressing the pen down will expel the contents. Always unwind, and leave it unwound.

5

Connect the two pens

- Insert the water pen needle into the top of the peptide pen
- The peptide pen has no needle - its cap stays off
- Hold both pens firmly and keep them straight

Only the bac water pen is needed. Go in straight to avoid bending it or creating bubbles.

6 Transfer the water

- Rotate the dial fully, then press to dispense
- Repeat until the contents of the bac water pen is gone

Go slowly and steadily. If it feels stiff, stop and check the peptide pen is fully unwound.

7 Remove and dispose

- Withdraw the water pen
- Dispose of it and the used needle safely in a sharps bin
- Untwist the peptide pen back to zero - never press it down

The water pen is now finished with and can be discarded.

8

Swirl gently to mix

- Roll the pen slowly between your palms
- Continue until the powder has fully dissolved - usually under a minute

Never shake. Shaking damages peptides and creates foam.

9

Attach a needle and prime

- Screw a fresh needle onto the peptide pen
- Hold the pen upright with the needle pointing up
- Dial 2 clicks and press
- Repeat until a droplet appears at the tip

Priming clears the air left in the cartridge. The small amount expelled is normal - it is about 1% of the pen.

10 Ready to use

- Dial your amount using the chart on the next page
- Fit a fresh needle for each use - then prime with 1 click
- Store in the fridge between 2-8C

Two clicks on first use, one click for each new needle after that.



Your dial

For the pen supplied in this box.

1 click = 0.2 mg

10 clicks = 2.0 mg

Each click delivers 0.01ml.

This conversion applies to the pen in this box only. Every pen holds a different amount, so one click is not the same figure on a different pen. The same conversion is printed on the pen label.

Always check this page before your first dose. Never assume a pen matches one you have used before. Store reconstituted pens in the fridge at 2-8C and use a fresh needle every time.



Questions?

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