



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 seal on top of the peptide pen
- The peptide pen has no needle - its cap stays off
- Water pen above, peptide pen below - hold them upright and in line

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

6

Transfer 200 units of water

- Rotate the dial fully to 60, then press to dispense
- Three full winds of 60, then one wind of 20
- Water will be left over - this is correct. Discard it

Do not transfer more than 200 units. Extra water dilutes the solution and the dosing chart will no longer apply.

The pen will look about two-thirds full - that is correct. It still holds the full 40mg of peptide; 2ml is used because it makes the dosing figures come out cleanly.

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 solution is clear
- A little undissolved peptide may remain - it will clear on its own

Never shake. Shaking damages peptides and creates foam. Do not shake to speed up dissolving.

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 until a droplet appears at the tip
- Repeat if no droplet appears

Priming clears the air left in the cartridge. It often takes several attempts before a droplet appears. The small amount expelled is normal - 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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