

GHRP-2

Mixing, Dosing & Administration Guide

For GHRP-2 ZPHC 25 MG Kit (5 vials of 5 mg + 11 mL bacteriostatic water)

Step 1: Mixing Instructions

What You'll Need:

- 1 vial of GHRP-2 (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 GHRP-2 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 GHRP-2 vial:
 - a. Insert the needle through the rubber stopper of the GHRP-2 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 solvent is in.
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.

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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/mL = 2500 mcg/mL = 25 mcg per unit**

Step 2: Choose Your Dose

Typical Dose:

- 100–300 mcg
- 2–3 times daily

Phase	Dose (mcg)	Syringe Units
Start Phase	100 mcg	4 units
Titration	200 mcg	8 units
Advanced Protocol *Stack with CJC-1295 for maximum GH pulse	300 mcg	12 units

Injection Timing: GHRP-2 mimics natural GH pulsatility and has a short half-life (~30 minutes). Best timing:

Time of Day	Purpose
Morning (fasted)	Enhances GH in low-insulin state, supports fat loss
Post-workout	Boosts muscle recovery, nutrient partitioning
Before bed	Maximizes nocturnal GH surge, improves sleep repair

⚠ Pro Tip: Avoid carbs and fats 30 minutes before and after injection, as insulin blunts GH release.

Optional: Use ZMT (zinc-magnesium supplement + theanine) at night to further support GH release and sleep.

Step 3: Inject GHRP-2

1. **Wash your hands** thoroughly with soap and water.
2. **Take the GHRP-2 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).
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 - 4.4. Flip the vial upside down and slowly draw your dose

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- 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.

Injection Timing & Cycling

- **Standard Cycle:** 8–12 weeks on → 4 weeks off
- **Maintenance (advanced users):** 1–2×/day dosing with periodic breaks

Deloading prevents receptor desensitization and maintains responsiveness to GH pulses.

How Long the Kit Will Last

Dose per Injection	Frequency	Weekly Use	Duration (with 25 mg)
100 mcg	2× daily	1.4 mg	~17–18 weeks
200 mcg	3× daily	4.2 mg	~6 weeks
300 mcg	3× daily	6.3 mg	~4 weeks

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