

# 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.

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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.

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### 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