

# Ipamorelin

## Mixing, Dosing & Administration Guide

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

### Step 1: Mixing Instructions

#### What You'll Need:

- 1 vial of Ipamorelin (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 Ipamorelin 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 Ipamorelin vial:
  - a. Insert the needle through the rubber stopper of the Ipamorelin 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

### Recommended Daily Dose:

- Ipamorelin is typically dosed at **200–300 mcg per day**.
- This can be administered in a single injection or divided into 2–3 smaller doses to mimic the body's natural pulsatile GH release.
- **Administration:** Subcutaneous or intramuscular
- **Standard Cycle:** 8–12 weeks on → 4–6 weeks off

User Level	Total Daily Dose	Injections per Day	Dose per Injection
Beginner	200 mcg	1× (evening)	200 mcg (8 units)
Intermediate	250–300 mcg	2× (morning + night)	125–150 mcg (5–6 units)
Advanced	300 mcg	3× (AM + post-workout + PM)	100 mcg (4 units) each

**Optimal Injection Timing:** Administer before bedtime, or on an empty stomach, or in a low-insulin state for maximal effect. Avoid food (especially carbs/fats) 1–2 hours before and after injection.

## Step 3: Inject Ipamorelin

1. **Wash your hands** thoroughly with soap and water.
2. **Take the Ipamorelin 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).
  - 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.

### **How Long the Kit Will Last**

Total Daily Dose	Duration (with 25 mg)
200 mcg	~17 weeks
250 mcg	~14 weeks
300 mcg	~12 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