

Peptide Dosing Cheat Sheet

Reconstitution math on one page · U-100 insulin syringes · PeptideDial.com

Math reference only — not medical advice and not a dose recommendation. Many peptides are not approved for human use. Verify every number against your own vial label and syringe.

The 3 formulas

- 1. **Concentration** (mcg/mL) = vial mg × 1,000 ÷ water mL
 - 2. **Volume** (mL) = dose mcg ÷ concentration
 - 3. **Units** = volume mL × 100 (U-100 syringe)
- Example: 5 mg + 2 mL = 2,500 mcg/mL → 250 mcg = 0.1 mL = 10 units. 1 mg = 1,000 mcg.

Units ↔ mL (U-100)

5 u = **0.05 mL** 10 u = **0.1 mL** 20 u = **0.2 mL** 25 u = **0.25 mL**

30 u = **0.3 mL** 40 u = **0.4 mL** 50 u = **0.5 mL** 100 u = **1 mL**

Syringe sizes: 0.3 mL = 30 u · 0.5 mL = 50 u · 1 mL = 100 u.

Concentration chart — mcg per unit (and mcg/mL)

Vial	1 mL water	2 mL water	3 mL water
2 mg	20 mcg/unit · 2,000 mcg/mL	10 mcg/unit · 1,000 mcg/mL	6.7 mcg/unit · 667 mcg/mL
5 mg	50 mcg/unit · 5,000 mcg/mL	25 mcg/unit · 2,500 mcg/mL	16.7 mcg/unit · 1,667 mcg/mL
10 mg	100 mcg/unit · 10,000 mcg/mL	50 mcg/unit · 5,000 mcg/mL	33.3 mcg/unit · 3,333 mcg/mL
15 mg	150 mcg/unit · 15,000 mcg/mL	75 mcg/unit · 7,500 mcg/mL	50 mcg/unit · 5,000 mcg/mL
20 mg	200 mcg/unit · 20,000 mcg/mL	100 mcg/unit · 10,000 mcg/mL	66.7 mcg/unit · 6,667 mcg/mL
30 mg	300 mcg/unit · 30,000 mcg/mL	150 mcg/unit · 15,000 mcg/mL	100 mcg/unit · 10,000 mcg/mL

Dose → units quick reference

Dose	5 mg + 2 mL	10 mg + 2 mL	10 mg + 3 mL	20 mg + 2 mL
100 mcg	4 u	2 u	3 u	1 u
200 mcg	8 u	4 u	6 u	2 u
250 mcg	10 u	5 u	7.5 u	2.5 u
300 mcg	12 u	6 u	9 u	3 u
500 mcg	20 u	10 u	15 u	5 u
1 mg	40 u	20 u	30 u	10 u
2 mg	80 u	40 u	60 u	20 u
2.5 mg	100 u	50 u	75 u	25 u
5 mg	—	100 u	—	50 u

"—" = more than 1 mL or under 1 unit at that mix.

Common vial sizes

Compound	Usually sold as	Status
Retatrutide	5 mg · 10 mg · 15 mg · 20 mg · 30 mg	Investigational drug
Tirzepatide	5 mg · 10 mg · 15 mg · 20 mg · 30 mg · 60 mg	FDA-approved drug
Semaglutide	2 mg · 3 mg · 5 mg · 10 mg	FDA-approved drug
BPC-157	5 mg · 10 mg	Not approved for human use
TB-500	2 mg · 5 mg · 10 mg	Not approved for human use
Tesamorelin	2 mg · 5 mg · 10 mg	FDA-approved drug
Ipamorelin	2 mg · 5 mg · 10 mg	Not approved for human use
CJC-1295	2 mg · 5 mg	Not approved for human use
GHK-Cu	50 mg · 100 mg	Not approved for human use
MOTS-c	5 mg · 10 mg · 40 mg	Not approved for human use
Sermorelin	2 mg · 5 mg · 10 mg	Not approved for human use
PT-141	10 mg	FDA-approved drug
Kisspeptin	5 mg · 10 mg	Not approved for human use

Before every draw

- Confirm vial mg on the label
- Check the dose unit: mcg vs mg
- Wipe the stopper with an alcohol pad
- Confirm how much water you added
- Check the syringe says U-100
- Label the vial with date + concentration