



INJECTABLE PEPTIDES

STERIOD QNECT

COMMUNITY
RESOURCE

A practical reference to help you make informed decisions.

This resource is for informational purposes only and does not constitute medical advice.

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UNDERSTANDING YOUR VIAL KEY CONCEPT

The mg on the vial is strength - not powder weight

When your vial says 5mg, that is the active peptide content (potency). It does not refer to the total mass of powder in the vial, which may weigh slightly more due to excipients, fillers, or lyophilisation residue. Always dose based on the labelled strength.

Know your peptide

Before reconstituting, confirm: what is this peptide for, what is the correct dose for your goal, length of use, and how much water should be added to achieve the right concentration.

Keep a record

Note the vial strength, water added, concentration per unit, and the date of reconstitution. This avoids dosing errors across sessions.



RECONSTITUTION

Bacteriostatic water - Multi-dose use

Contains 0.9% benzyl alcohol, which prevents bacterial growth. Allows the reconstituted vial to be safely used across multiple injections over 4-6 weeks. The standard choice for most peptides.

Sterile water - Single-dose use only

Contains no preservative. Must be used immediately or discarded after a single dose. Use only when the entire vial is intended for one injection, or when bacteriostatic water is contraindicated.



STORAGE

KEEP IT COOL & DARK

Always store peptides in the fridge in a dark location

Light and heat degrade peptides over time. Once reconstituted, store your vials in the refrigerator and protect them from light exposure. A simple and effective method is to keep vials in a container wrapped in foil or wrapped in a cloth or paper towel – both block light and help preserve the integrity of your peptide.



STACKING

IMPORTANT GUIDANCE

Keep each peptide as a single, separate solution

It is always recommended to reconstitute and store peptides individually – not combined into one vial. Different peptides have differing pH balances, dosing amounts, and administration schedules.

BE INFORMED

RESEARCH

Most peptides have limited human data.

The majority of peptides in current use are unapproved for human use. Long-term human safety data is limited or absent.

If something feels wrong - stop and reassess

Pay close attention to your body. If you are feeling unwell, experiencing unexpected symptoms, or noticing adverse reactions, do not continue dosing. For any significant or concerning adverse effects, seek medical support promptly.



THE BIGGER PICTURE

Enhancing your health and performance relies on several healthy lifestyle factors, rather than turning to peptides alone.

MOVEMENT

Regular physical activity

NUTRITION

Whole food, balanced diet

HYDRATION

Consistent daily intake

MEDITATION

Mindfulness practice

STRESS REDUCTION

Rest & recovery

PEPTIDES

Prescribed & indicated

