

Epithalon 10mg

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Reconstitution & Dosing Reference Guide

1. Reconstitution Calculation

To reconstitute Epithalon, **Bacteriostatic Water (BAC water)** is used to dissolve the lyophilized (freeze-dried) powder. A standard recommended volume for a 10mg vial is **2 mL of BAC water**.

Using a standard 100-unit (**1 mL**) insulin syringe, the concentration breaks down as follows:

$$10 \text{ mg Epithalon} \div 2 \text{ mL BAC Water} = 5 \text{ mg per mL}$$
$$5 \text{ mg per mL} = 50 \text{ mcg per unit on a U-100 syringe}$$

2. Dosing Reference Table

The two most common research protocols for Epithalon are the high-dose short cycle (Vladimirovich protocol) and the low-dose maintenance cycle.

Target Dose	Volume in mL	Units on U-100 Syringe	Vials Needed per 10-Day Cycle
10 mg (Daily)	2.0 mL	100 Units (Full Syringe)	10 Vials
5 mg (Daily)	1.0 mL	50 Units	5 Vials
1 mg (Daily)	0.2 mL	20 Units	1 Vial

3. Protocol Overview

- **The 10-Day Protocol (Standard Research Cycle):**
 - Dose: **5 mg** to **10 mg** per day.
 - Duration: 10 consecutive days.
 - Frequency: Repeated once or twice per year.
- **The Low-Dose Protocol:**
 - Dose: **1 mg** per day.
 - Duration: 10 to 20 days.

4. Step-by-Step Reconstitution Process

1 Sanitize Equipment

Clean the rubber stoppers of both the BAC water and the Epithalon vial with an alcohol swab. Let them air dry completely.

2 Draw BAC Water

Using a sterile syringe, draw up exactly **2.0 mL** of Bacteriostatic Water.

3 Slow Injection (Critical)

Insert the needle into the Epithalon vial at a 45-degree angle. **Slowly inject** the water down the inside glass wall of the vial. Do not spray the liquid directly onto the lyophilized powder, as aggressive pressure can damage the peptide structure.

4 Dissolve Without Shaking

Remove the syringe. Gently swirl the vial in circles until the liquid is perfectly clear. **Do not shake the vial.** Shaking causes foaming and denatures the peptide chain.

Storage Requirements

Store the dry, lyophilized powder in a cool, dark place or freezer. Once reconstituted with BAC water, the liquid solution **must be refrigerated** between **2°C to 8°C (36°F to 46°F)** and used within 30 days.