

Instructions

for MOTS-C Phase One

PULL

1

Using the large syringe from your administration kit, pull air into the syringe first to about 0.50 mL (50cc), then plunge syringe all the way back into vial. Then pull out 10mL Low Soluable Saline Solution to fill the syringe. It may take a few repetitions to load your syringe with the full 10mL with no air pockets.

2

INJECT

Once you've loaded your syringe, inject the Low Soluable Saline into your MOTS-c vial. Turn the MOTS-c vial on its side to not damage the bonds of the product. **Do not shake.** Allow the solution to sit for at least five minutes before dosing.

DOSE

3

Clean both your injection area and the product top before dosing. Pull 0.50mL (50cc) of the MOTS-c and Saline mixture into the small syringe from your kit. Inject subcutaneously into abdomen (at least 3 inches from belly button) three times per week. Repeat dosing for 2 weeks. On week 3, titrate to 10mL. Increase dose to 1mL (100cc) two times per week for one week. After this week, begin phase two dosing.

