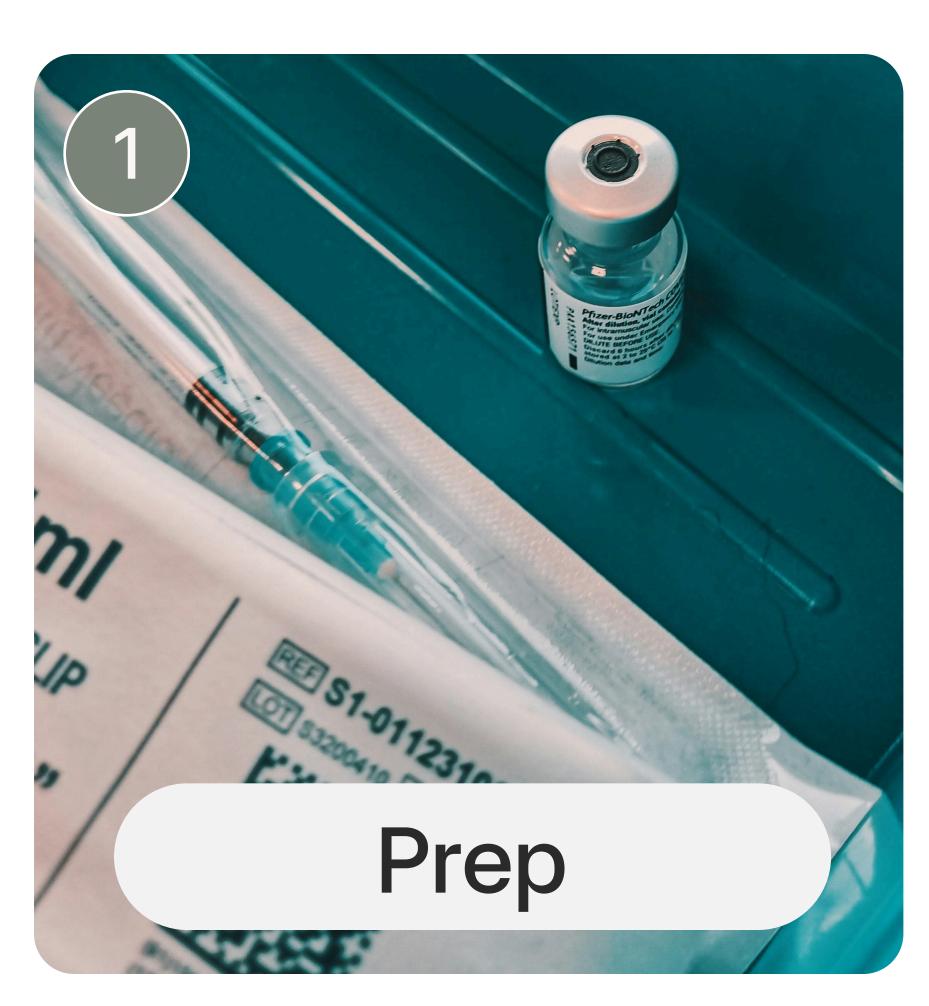
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Instructions

Simple, Safe, and Precise: Your Guide to Reconstitution.

BPC-157 Reconstitution



STEP 1: Remove plastic cover, clean product and water top with alcohol pad for 15 seconds.

STEP 2: Using the large syringe from your administration kit, pull out 10mL of Bacteriostatic water to fill the syringe.

• It may take a few repetitions to load your syringe with the full 10mL with no air pockets.

STEP 3: Once you've loaded your syringe, inject the 10mL of Bacteriostatic water into your BPC-157 vial:

- On its side to not damage the bonds of the product.
- Do not shake.
- Allow the solution to sit for at least 5 minutes before dosing.

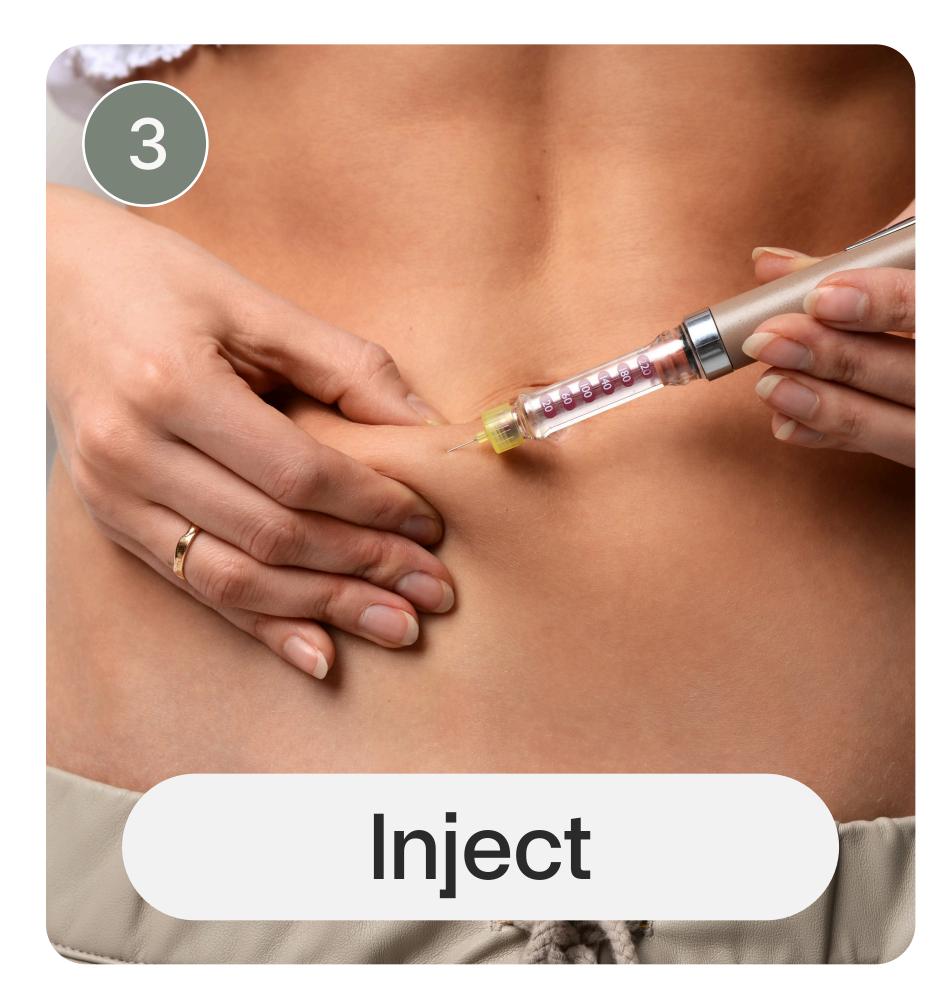
***Supplies:** 10 mL syringe (large), 25G needle with syringe, Bacteriostatic water, BPC-157 vial, Alcohol pad



STEP 1: Dose: 0.25mg each injection.

STEP 2: With the smaller needle pull 0.25mL of the BPC-157 and Bacteriostatic water into the small syringe from your kit.

*Supplies: 27G-30G subq syringe w/ needle (small), Alcohol pad



STEP 1: Clean your injection area with an alcohol pad.

STEP 2: Inject subcutaneously (See next page).

- Once in the AM and once in the PM.
- Repeat dose 5 days per week, 2 days off for 8 weeks.
- Each vial contains a 4 week supply

Precautions: Contraindicated in individuals with a history or current diagnosis of depression and/or anxiety as it may exacerbate or bring symptoms to surface. Contact provider before using.





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Safe, Simple, and Effective: Your Guide to Proper Injections.

Injection Steps



Subcutaneous Injection steps:

STEP 1: Choose & Clean the Injection Site

• Use the abdomen (3 inches from the belly button), thigh, or upper arm. Rotate sites to prevent irritation. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

• Pinch 1–2 inches of skin, insert the needle at a 45° or 90° angle, and slowly push the plunger down.

STEP 3: Remove the Needle & Dispose

• Pull the needle out at the same angle, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

• Mild redness or soreness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.

Intramuscular Injection steps:

STEP 1: Choose & Clean the Injection Site – Use the thigh (vastus lateralis), upper arm (deltoid), or glute (ventrogluteal or dorsogluteal muscle).

Rotate sites to prevent soreness. Clean the area with an alcohol swab and let it dry.

STEP 2: Inject the Medication

• Stretch the skin taut, hold the syringe like a dart at a 90° angle, and insert the needle quickly and smoothly. Slowly push the plunger down to inject the medication.

STEP 3: Remove the Needle & Dispose

• Pull the needle straight out, apply light pressure with gauze (don't rub), and dispose of the syringe in a sharps container.

STEP 4: Monitor for Reactions

· Mild soreness or redness is normal. Seek medical help if you experience severe pain, swelling, or an allergic reaction.



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