5 pages. The 5 things every peptide researcher checks.

WHAT THIS IS

- The full Peptide Field Guide is 112 pages and 81 compounds.
- This free mini guide gives you the 5 habits behind safe, careful research.
- Each page is one habit. Print it, use it, keep it next to your log.

THE 5 HABITS

1. Trust the label, then verify it — page 2
2. Do the mixing math twice — page 3
3. Dose like a researcher — page 4
4. Keep a log that actually helps — page 5
5. Know the red flags early — page 5

HOW TO USE IT

- Read one page at a time. Each has a 30-second checklist at the end.
- Want the full version? The complete guide is $20 at drpeppah.com
- with all 81 compounds, 14 fillable tools and a bonus phone edition.

QUICK FACTS ABOUT THE FULL GUIDE

- 112 pages · 81 compounds · 14 fillable tools · instant download
- Educational reference only — no dosing advice, no medical claims.
- Free updates for 1 year. Works in any PDF app, best in Adobe Reader.

A vial label is a claim. Your scale and a lookup are facts.

READ EVERY LABEL FOR THESE 5 THINGS

- Compound name and the salt form (e.g. "BPC-157 acetate").
- Total milligrams in the vial — e.g. 5 mg, 10 mg.
- Fill volume if stated — how much liquid the vial claims to hold.
- Lot number and expiration — no lot? That is a red flag.
- Supplier name, website, and a batch COA you can look up.

THE 30-SECOND CHECKLIST

- ■ Name and salt form match what I ordered.
- ■ Total mg is printed clearly, not just "research grade".
- ■ Lot number present and COA available from the supplier.
- ■ Vial arrives sealed, with no visible powder clumps or cracks.
- ■ I photographed the label and filed it with my log.

WHY IT MATTERS

Research-market purity varies a lot. A COA check costs you 2 minutes and catches most bad suppliers before you mix anything.

Most mistakes happen before the first dose. This page is your second look.

THE FORMULA, IN PLAIN ENGLISH

- **Concentration = total mg ÷ mL of diluent — e.g. 5 mg ÷ 1 mL = 5 mg/mL.**
- **Per-unit dose = concentration × units drawn on your insulin syringe.**
- **Work backwards: decide the dose, then pick the diluent volume that**
- **makes the syringe math easy (a round number per tick).**

WORKED EXAMPLE

- **Vial: 10 mg. Diluent: 2 mL → 5 mg/mL = 5,000 mcg/mL.**
- **Want 250 mcg? 250 ÷ 5,000 mL = 0.05 mL = 5 units on a 100-unit syringe.**
- **Do the math once. Then do it again, backwards, from the syringe.**
- **If the backwards check does not match, stop and re-do it.**

THE 30-SECOND CHECKLIST

- ■ **I wrote total mg, diluent mL, and concentration on my log.**
- ■ **My concentration units match my syringe (mg/mL vs mcg).**
- ■ **I checked the math backwards from the syringe to the vial.**
- ■ **Second check done on a different day or by a different method.**
- ■ **I labeled the vial with my own mix date and concentration.**

Slow starts, one variable, written down.

THE PRINCIPLES

- One variable at a time. Never stack two new compounds in one week.
- Start at the low end of the published research range, if any exists.
- Hold a starting dose steady long enough to actually observe something.
- Change one thing per week, and write down the change you made.
- A peptide in the guide is not a recommendation — the guide reports
- what studies measured, not what you should take. Talk to a physician.

THE 30-SECOND CHECKLIST

- ■ My current dose came from the low end of a real study range.
- ■ Only ONE variable changed since last week.
- ■ I can name what I expect to observe this week.
- ■ Today's dose and time are written in my log before I use them.
- ■ If anything unexpected happened, I stopped and wrote it down.

What to write down, and what to watch for.

YOUR LOG: 7 COLUMNS

- Date and time
- Compound + lot number
- Dose drawn (units and mcg)
- Site of injection (if any)
- How I felt, hours 0–24
- Anything unusual
- This week's change

RED FLAGS — STOP AND ASK

- Redness, swelling, heat at the site
- Fever, chills or flu-like feeling
- Dose confusion or missed math check
- Vial looks cloudy when it should be clear
- Anything you cannot explain in one line

GET THE FULL GUIDE

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- drpeppah.com