

2.0



BONUS 1 · UU LIFE PEPTIDES 2.0

UU LIFE CALCULATOR

The dose math done for you: reconstitution, concentration, the exact units on the syringe and a multi-peptide planner, in the UU Life app, in a spreadsheet, and on paper.

App + spreadsheet

U-100 and U-40

10-row planner

Educational and informational reference for adults. Not medical advice, not a prescription, and not a recommendation to use any substance. Many compounds described are not approved for human use and several are prohibited in sport. Decisions about any compound belong to you and a licensed clinician.

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Three places to run the same math

The UU Life app. Open the access page, tap Calculator, pick a peptide. The vial size, the solvent and the reported doses of that card are pre-filled with their provenance; change anything and the syringe redraws. Add rows to the planner and export it.

The spreadsheet. UU-LIFE-CALCULATOR.xlsx opens in Excel, Numbers, LibreOffice or Google Sheets (File, Import). Ten rows, every formula visible, a second sheet with the 41 peptides and their typical vials.

This booklet. The formulas, twelve worked examples and a units grid to read a dose off the page when you are away from a screen.

The four formulas

1. Concentration (mg/mL) = vial amount (mg) ÷ solvent added (mL)
2. Dose in mg = dose in mcg ÷ 1000
3. Volume to draw (mL) = dose (mg) ÷ concentration (mg/mL)
4. Units on a U-100 insulin syringe = volume (mL) × 100 (U-40 syringe: × 40)

Doses per vial = vial amount (mg) ÷ dose (mg)

Weeks per vial = doses per vial ÷ doses per week

A unit on an insulin syringe is a volume mark, one hundredth of a millilitre on a U-100 syringe. It says nothing about potency. The potency comes from your concentration, which you set when you add the solvent.

Syringes

SYRINGE	CAPACITY	MARKS	USE IT WHEN
U-100, 0.3 mL	30 units	every half unit	doses under 30 units, the most precise choice
U-100, 0.5 mL	50 units	every unit	doses of 10 to 50 units
U-100, 1 mL	100 units	every two units	large volumes only; poor precision under 10 units
U-40	40 units per mL	every unit	rare; multiply mL by 40, never by 100

Rounding rules

- Round to the nearest mark of your syringe, never in your head to a prettier number.
- If the dose falls under 5 units, add less solvent next time so the same dose lands between 10 and 50 units.
- If the dose is above 80 units, add more solvent or split the dose; a full syringe is hard to read.
- Dead space in a syringe with a detachable needle wastes about 5 units per draw; fixed-needle insulin syringes have almost none.

Twelve worked examples

Vial sizes are the typical sizes named in each card; the dose is the first reported dose of that card, with its provenance on the card itself. The solvent volume is a convenient choice, not a rule.

PEPTIDE	VIAL	SOLVENT	CONCENTRATION	DOSE	VOLUME	U-100	DOSES PER VIAL
Tirzepatide	15 mg	3 mL	5 mg/mL	2500 mcg	0.500 mL	50.0 units	6
CJC-1295	2 mg	2 mL	1 mg/mL	60 mcg	0.060 mL	6.0 units	33
Sermorelin	0.5 mg	2 mL	0.25 mg/mL	30 mcg	0.120 mL	12.0 units	17
Tesamorelin	2 mg	2 mL	1 mg/mL	2000 mcg	2.000 mL	200.0 units	1
IGF-1 LR3	1 mg	2 mL	0.5 mg/mL	80 mcg	0.160 mL	16.0 units	12
PEG-MGF	2 mg	2 mL	1 mg/mL	200 mcg	0.200 mL	20.0 units	10
Thymosin Alpha-1	1.6 mg	2 mL	0.8 mg/mL	1600 mcg	2.000 mL	200.0 units	1
Epitalon	10 mg	3 mL	3.33333 mg/mL	500 mcg	0.150 mL	15.0 units	20
MOTS-c	10 mg	3 mL	3.33333 mg/mL	5000 mcg	1.500 mL	150.0 units	2
SS-31	280 mg	3 mL	93.3333 mg/mL	40000 mcg	0.429 mL	42.9 units	7
FOXO4-DRI	5 mg	2 mL	2.5 mg/mL	5000 mcg	2.000 mL	200.0 units	1
Melanotan II	10 mg	3 mL	3.33333 mg/mL	10 mcg	0.003 mL	0.3 units	1000

Reading a dose off the grid

Units on a U-100 syringe for a given dose (rows) at a given concentration (columns).

DOSE	0.5 MG/ML	1 MG/ML	2 MG/ML	2.5 MG/ML	5 MG/ML	10 MG/ML
50 mcg	10.0	5.0	2.5	2.0	1.0	0.5
100 mcg	20.0	10.0	5.0	4.0	2.0	1.0
150 mcg	30.0	15.0	7.5	6.0	3.0	1.5
200 mcg	40.0	20.0	10.0	8.0	4.0	2.0
250 mcg	50.0	25.0	12.5	10.0	5.0	2.5
300 mcg	60.0	30.0	15.0	12.0	6.0	3.0
500 mcg	100.0	50.0	25.0	20.0	10.0	5.0
750 mcg	150.0	75.0	37.5	30.0	15.0	7.5
1000 mcg	200.0	100.0	50.0	40.0	20.0	10.0

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DOSE	0.5 MG/ML	1 MG/ML	2 MG/ML	2.5 MG/ML	5 MG/ML	10 MG/ML
1500 mcg	300.0	150.0	75.0	60.0	30.0	15.0
2000 mcg	400.0	200.0	100.0	80.0	40.0	20.0
2500 mcg	500.0	250.0	125.0	100.0	50.0	25.0

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The planner

One row per peptide in a protocol: vial, solvent, dose, frequency. The planner tells you units per draw, doses per vial and how many vials a protocol needs, so you buy once. In the app the planner lives in your browser and exports as text; in the spreadsheet it is the first sheet.

The spreadsheet, column by column

COLUMN	YOU TYPE	FORMULA
Peptide	pick from the list	
Vial (mg)	the amount on the label	
Solvent (mL)	what you add	
Concentration		$\text{= Vial} \div \text{Solvent}$
Dose (mcg)	from the card	
Dose (mg)		$\text{= Dose mcg} \div 1000$
Volume (mL)		$\text{= Dose mg} \div \text{Concentration}$
Units U-100		$\text{= Volume} \times 100$
Units U-40		$\text{= Volume} \times 40$
Doses per vial		$\text{= Vial} \div \text{Dose mg}$
Doses per week	from the protocol	
Weeks per vial		$\text{= Doses per vial} \div \text{Doses per week}$

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No math at the syringe.

Set the concentration once, read the units, log the dose.

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