Official Shelby Pep Talk

BEGINNER REFERENCE GUIDE

BASIC RECONSTITUTION

MATH FOR 3 mL VIALS

A quick concentration reference for U-100 insulin syringes

READ THIS FIRST

This chart shows concentration math only. It assumes a U-100 insulin syringe, where 100 units = 1 mL and 10 units = 0.1 mL. Syringe “units” measure liquid volume - they are not a universal peptide dose.

For the majority of peptides, you will use bacteriostatic water for reconstitution. Bacteriostatic water is sterile water containing 0.9% benzyl alcohol, which helps limit bacterial growth after the vial is opened.

RECONSTITUTION REFERENCE CHART

VIAL AMOUNT	BAC WATER ADDED	TOTAL U-100 UNITS	EVERY 10 UNITS
5 mg	0.5 mL	50 units	**1 mg**
10 mg	1.0 mL	100 units	**1 mg**
12 mg	1.2 mL	120 units	**1 mg**
20 mg	2.0 mL	200 units	**1 mg**
30 mg	3.0 mL	300 units	**1 mg**
40 mg	3.0 mL	300 units	**1.33 mg**
50 mg	3.0 mL	300 units	**1.67 mg**
60 mg	3.0 mL	300 units	**2 mg**
70 mg	3.0 mL	300 units	**2.33 mg**
80 mg	3.0 mL	300 units	**2.67 mg**
90 mg	3.0 mL	300 units	**3 mg**
100 mg	3.0 mL	300 units	**3.33 mg**
120 mg	3.0 mL	300 units	**4 mg**

FLEXIBLE RECONSTITUTION NOTE:

The BAC water amounts shown are basic examples - they do not have to be followed exactly. More BAC water may be used to create a lower concentration and a larger draw volume, such as with a 10 mg vial when measuring mcg amounts. Changing the water volume changes the amount per syringe unit, so always recalculate carefully.

HOW THE MATH WORKS

Amount in 10 units:

(vial mg ÷ mL added) × 0.1 mL

Example: 50 mg ÷ 3 mL = 16.67 mg/mL. Multiply by 0.1 mL, so 10 units contains 1.67 mg.

BEGINNER CHECKLIST

- Confirm the vial strength and prescribed concentration.
- Verify syringe type; this chart is only for U-100 markings.
- Clean vial stoppers and use a new sterile needle/syringe.
- Add diluent slowly toward the vial wall; swirl gently.
- Follow product-specific storage and discard instructions.

COMMON SYRINGES USED



0.3 mL SYRINGE

30 units

Small-volume / mcg measurements



0.5 mL SYRINGE

50 units

Small-to-medium measurements



1 mL SYRINGE

100 units

Standard U-100 measurements



3 mL SYRINGE

RECONSTITUTION ONLY

Used to add diluent - not for dosing

This information is for research & educational purposes only. I (OfficialShelbyPepTalk) am not a licensed medical professional, & this is not medical advice. Consult your healthcare provider and follow product-specific instructions before making medical decisions. This chart explains concentration math and does not recommend a dose. Pepper responsibly! For research purposes only. Must be 21+.