

Peptide Research Starter Sheet

A one-page reference for reading the research.
Research use only. Not medical advice.

1 UNIT CONVERSIONS

WEIGHT	EQUALS
1 mg	1,000 mcg
0.5 mg	500 mcg
0.25 mg	250 mcg

VOLUME (U-100)	UNITS
1.00 mL	100 units
0.50 mL	50 units
0.10 mL	10 units
0.01 mL	1 unit

Concentration = peptide mg ÷ water mL

Volume = target amount ÷ concentration

U-100 units = volume mL × 100

Syringe units are volume marks, not a dose and not IU. IU measure potency for a few standardized compounds only. These relationships explain published research and are not instructions for preparing, measuring or administering anything.

2 COA CHECKS

- ☐ **Identity.** Does the compound name and sequence match what you expected?
- ☐ **Purity.** A percentage figure, ideally 98% or higher, from HPLC.
- ☐ **Method.** HPLC for purity and mass spec (MS) confirming the molecular weight.
- ☐ **Lot match.** The lot or batch number on the COA matches the number on the vial.
- ☐ **Date and issuer.** Recent, and from a named third-party lab, not the seller alone.

A COA covers the batch that was tested, not the individual vial, and says nothing about sterility or fitness for human use.

3 STORAGE QUICK REFERENCE

STATE	KEEP AT
Sealed powder, long term	near -20 °C, dark and dry
Sealed powder, short term	2 to 8 °C
Reconstituted vial	2 to 8 °C, about 25 to 30 days

- ☐ Never freeze a reconstituted vial. Ice crystals can break the peptide chain.
- ☐ Keep vials out of direct light. A closed fridge is ideal.
- ☐ Label the mix date and discard on schedule regardless of appearance.
- ☐ Cloudy, colored or foul-smelling solution means discard it.

4 SOURCE-EVALUATION CRITERIA

- Does the vendor publish a **third-party COA** for each product, with a lot number?
- Can you **match the lot** on the COA to the vial you receive?
- Is the testing from an **independent lab**, named, not just an in-house claim?
- Is purity stated as a **number** with a method, not a vague "high purity"?
- Is the company **transparent** about who they are and how to reach them?
- Do independent reviews and reshipping or refund terms hold up?

No single check proves quality. Treat a COA as one piece of evidence about identity and purity, not a green light.