

IGF-1 LR3

DOSING GUIDE

The chart below shows various dosing options coupled with the amount (in mg) and frequency for each dose. Dosing should be determined by the physician on an individual patient basis.

Reconstitution Instructions for our 1mg vial

Add 1mL bacteriostatic water → **0.01mg/unit** concentration

Dose	Amount	Units
Starting	100 mcg	10 units
Ramp-Up	150 mcg	15 units
Maintenance	200 mcg	20 units



Suggested Dose

100 mcg to 200 mcg
(10 to 20 units)



Administration

Method

Intramuscular



Dose Frequency

5 days on,
2 days off



Peptide Class

Polypeptide Hormone



Primary Benefit

Builds muscle, burns fat,
and increases metabolism,
muscle recovery and repair



Notes

Take after meal
/ before gym