

Peptide PROTOCOLS

Dosages & More

CHI Holistic Health Ministry
7-2025 Edition



Peptide PROTOCOLS

CHI Holistic Health Ministry v.2025

Dosage Chart



PEPTIDE	Purpose	Amount in Vial	Bac Water to Reconstitute	Dosage	Pull to (for 100 Unit Syringe)	Frequency	Duration	Notes
BPC-157	Regen, Brain, Gut, Immunity, Injury Repair	10 mg	2 ml	250-350 Mcg	250 = 5	2 x day (am/pm)	8 wks on/ 1-2 wks off	If needed, can DD 500-700 mcg/dy for 1 mo. OR 100-150 mcg/dy w/o break OR 3-5 x/wk
LL-37	Immunity	5 mg	2 ml	125 mcg	5	Daily	6-7 weeks on/ 2-4 weeks off	Ideal during Parasite/Infection Protocols
KPV	Gut, Regen, Brain, Immunity, BII, Mast Cell (MCAS)	5 mg	1 ml	200-500 Mcg	200 = 4, 300 = 6, 400 = 8, 500 = 10	1 x day (am)	Until Resolved	
		Oral	NA	250 mcg	NA	2 x day (am/pm)	Until Resolved	
Larazotide	Leaky Gut 'Miracle', protects from Gluten damage	Oral	NA	250 mcg	NA	1 x day (am)	Until Resolved	
GHK-Cu	Regen (Beauty/Hair/Skin Gut, Brain/Viral Responses like HSV due to Lysine in this peptide)	Oral	NA	2 mg	NA	2 x day (am/pm)	Until Resolved	Can take daily indefinitely
		Nasal	10 ml	2-4 mg	NA	1-2 sprays total	Titrate low, work up to max dose	5-10 days on/ 5-10 days off
		100mg 200mg	2ml 4ml	5 mg (can also start low w/1-2mg)	10 for either	1 x day	Take for 8-12 weeks then reevaluate	5-10 days Cycle (100 mg) 5-30 days On, 30 days off (200mg)

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TAI (Thymosin Alpha 1)	Immunity, Regen	5 mg	1 ml	2 mg	30	2 x weekly (ie Tues/Fri)	4-6 wks on/2 wks off, 4-6 wks on	5 days on, 2 off
TB-500 or TB4	Immunity, Regen, Gut	5 mg	1 ml	2 - 2.5 mg	40-50	2 x weekly (ie Tues/Fri)	4-6 wks on/2 wks off, then repeat	Best paired with BPC
TB4 Frag 17-23	Autoimmunity, Circulation & Drainage (esp Lymph), Gentle Immune Balance	5 mg	2 ml	250-500 mcg	250 = 5, 500 = 10	Daily (or every other day)	4-6 wks on/2 wks off, then repeat	
Adamax	Restorative Brain (Energy)	Nasal	10 ml	100-200 mcg (not to exceed 300 mcg)	1-2 sprays	1-2 x/day	4-8 weeks on, 2-4 weeks off	
P-21	Restorative Brain (Cognition Similar to Cerebrolysin)	Nasal	10 ml	100-1000 mcg	1-10 sprays	1-3 x/day	5 days on / 2 days off	Cycle off for 4 wks after 8 weeks if effects diminish

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AOD-9604	Metabolism, Belly Fat Burner, Muscle Preserver, Cartilage Repair	5 mg	2 ml	300 mcg	11	5 days on, 2 days off	8 weeks on, 8 weeks off	5 days on, 2 off
Kisspeptin	Fertility, Hormone Balance, Libido, Cycle Regulation	5 mg	3 ml	100 mcg	6	1 hour before bed	Daily	30 days on, 30 days off
Spermadine	Longevity, Mitochondria Protection, Autophagy	90 mg	1 drop = .5 mg	5-7 mg	10 drops	Daily in morning before food	2 months on, 1 month off	In off cycle, can micro 3-5 drops every other day
Orexin	Focus, Cognitive Function, Energy, 'wake up' peptide	Nasal	2 ml	250 mcg	1-2 sprays	1 x in am, 5 days per week, 2 off	4-8 weeks, pause for 2-4 weeks	STRONG so start low
Oxytocin	Sleep, Immunity, Brain, Fat Loss, Sexual Health	Nasal	10 ml	300-600 mcg	3-6 sprays	1-3 x/day	2-3x/week max as needed	
		10 mg	2 ml	250-500 mcg	250 = 2.5, 500 = 5	2 x weekly (ie Tues/Fri)	4-6 wks on/2 wks off, 4-6 wks on	
VIP	Mold Toxicity, CIRS, Severe Inflammation, Gut/Brain Axis	Nasal	10 ml	50 mcg per spray	1-4 sprays	5 days on / 2 days off	1-3 months then reassess	

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Melanotan 1	Cognitive Enhancement	10 mg	3 ml	Brain 250 mcg	7.5	1-2 x/week	as long as needed	
Epitalon	Beauty & Longevity	3.3 mg Caps	NA	10 mg	NA	1 cap 3 x/dy	10 days in a row (or 3 x/wk for 3 wks in a row)	1-2 x / year
Tesofensine	Food Cravings, Brain Health, Fat Loss	Capsules	NA	125-500 mcg	NA	1 x/Day (am)	Take for 3-6 mo, break for 1 mo	
Gastro Inflamm Caps	Leaky Gut, Autoimmunity, Food/Chem Sensitivities	KPV, BPC and Larazotide	NA	NA	NA	30-60 min before meals, 1-2 x day	8-12 weeks on, 4 then can take 1 x day long term	Pair with digestive enzymes, binders & biofilm protocol
Healing & Repair Caps	Wound, Injury & Tissue Recovery, Circulation, Pain	BPC-157, Arginine, Thymosin Beta-4 Fragment, and GHK-Cu	NA	NA	NA	1-2 caps per day, am and/or pm	8-12 weeks on, then reassess	Mimics body's natural repair signals, so can use longer-term.

****All Intranasals Kits require and most companies ship with 4 things: Peptide Vial, Deionized Water, Recon Needle and an Empty Intranasal Bottle. Combine and administer as per instructed in my course, Peptide Power.***

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Glutathione	Supports metal & mold detox, supports liver as antioxidant, skin radiance etc	500 mg	2.5 ml	200 mg	Microdose 10-20 Macrodose - 100	Daily 5-7 days a week	3-6 months on, 1-2 months off	Can be stacked with GHK-Cu, MOTS-c, or CJC/Ipamorelin for synergistic effects
N-Acetyl SS-31	Supports detox, anti-aging, mitochondrial repair.	10 mg	1 ml	.5 - 1 mg	.5 = 5 1 = 10	5 days per week	6-8 weeks on 2-4 weeks off, then Repeat as long as needed	Great with MOTS-c, NAD+, BPC-157, or Epitalon
Mots-C	Fat Loss, Mitochondria (Energy)	5 mg	2 ml	2 mg (belly fat ideal)	Microdose 10-20 Macrodose 80	Every 3 rd Day, take in morning	Microdose = 4-6 wks then 5mg 1/wk for 4 wks, Macro = 2 wks	Break for 1-10 months, repeat for up to 10 wks, then break
NAD (Nicotinamide Adenine Dinucleotide)	Cell spark plug for energy, repair, & brainpower. Use PM for sleep brain detox, calm Neuroinflam: Mold, Lyme, CIRS	500 mg	2 ml	100 mg	40	2-3x/week in the morning	8-12 weeks on, 2-4 weeks off	Can rotate with Glutathione or BPC-157 during breaks. Safe for longer cycles with monitoring
		Nasal	10 ml	300-600mcg	1-3 sprays	30 min before sleep	4-6 weeks on, 2 weeks off	see above

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SLU-PP-332	Fat Loss, Energy, Toning, 'Exercise in a Pill', Improves Drainage (sweating), & so much more	Oral	NA	250 mcg	NA	1 x/Day (am)	On empty stomach, can add second dose in pm before bed in month 2	
5-Amino 1-MQ	Fat Loss, Energy, Toning, Longevity	50 mg Cap	NA	50, 100 or 150 mg	NA	am w/food (can take second dose at lunch)	3-4 wks on, 1-2 wks off	Can also buy 'size 4' capsules & add (scale) 50mg powder using Pill Filler like this
Selank	Brain Restore (Calming)	10 ml / 30 mg	300 mcg per spray	300-1000 mcg	1-3 sprays	1-3 x/day	2-4 weeks (ideally 12)	
Semax	Brain Restore (Energizing)	10 ml / 30 mg	100 mcg per spray	300-1000 mcg	3-10 sprays	1-3 x/day	2-4 weeks (ideally 12)	
Semax/Selank	Clear mind, Calm Nerves, Focus, Mood Swings, Burnout	10 ml 30 mg / 30 mg	600 mcg per spray	1200-2400 mcg	2-4 sprays	1-2 times daily	8-12 weeks, then break for 4	
DSIP (Delta Inducing Sleep)	Regen (Beauty/Hair/Skin Gut, Brain/Viral Responses like HSV due to Lysine in this peptide)	Injection - 5mg	2 ml	100-300 mcg	100 = 4, 200 = 8 300 = 12	30 min before sleep	4-6 weeks on, 2 weeks off	Can use as needed for insomnia, stress or post-travel
		Nasal	10 ml	300-600mcg	1-3 sprays	30 min before sleep	4-6 weeks on, 2 weeks off	see above

Peptides are for Research purposes only, and when taking it's advised to work under the care of a Qualified Practitioner. For medical support, visit: DianeKazer.com

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GLP-1's								
Semaglutide (not CHI recommended)	Fat Loss	3 mg	2 ml	.25 (increase every 4 wks, up to 2.5 mg)	.25 = 17, .50 = 33, .75 = 50	1 x/wk same day	8 wks on/8 wks off ideal	
Retatrutide	Fat Loss NOTE: GLP-1's should ONLY be used under the Care of a Doctor	6 mg	1 ml	.5-12 mg (avg = 2-5 mg)	2 = 33, 2.5 = 42, 3 = 30, 3.5 = 58, 4 = 67, 4.5 = 75, 5 = 83, 6 = 100	1 x/wk same day	8 wks on/8 wks off ideal	
Tirzepatide	Fat Loss	5 mg	1 ml	1.5-2.5 (starting dose)	30-50	1 x/wk same day	week 1-4	
				3, 3.5, 4, 4.5, 5	60, 70, 80, 90, 100	1 x/wk same day	week 5-8	
				2.5 increase weekly, not to exceed 15 mg total		1 x/wk same day	week 9+	

***Can phase from one GLP to another (ie from Reta to Tirz) using dial down dosing of one, while simultaneously dialing up dosing of another as per instructed in my course, Peptide Power. Also ideal to take metabolic enhancers, mitochondria stimulators and HGH Secretagogue peptides to gain and retain muscle as well as supporting drainage and detox via supplementation as instructed in The Warrior Cleanse. Lastly, everyone on GLP's MUST exercise 4-5 times per week, ideally walk 8,000-10,000 steps per day as well as eat more protein. A good formula is to consume the same grams of protein daily as pounds of your lean body mass (ie - if you're 170 pounds and 40% body fat, you have 60% lean body mass or about 100 pounds. Eating 100 grams of protein daily equates to 3 meals per day of 33 grams of protein. As an example 5 oz of red meat (approx the size of the surface of your palm) is about 35 grams of protein.**

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BLENDS								
BPC-157/TB4 Frag 17-23	Gut, Regen, Brain, Immunity	10 / 25 mg (35 mg)	10 ml	350 mcg per spray	3-4 sprays	Daily for 4-8 weeks	4-8 weeks ON, 2-4 weeks OFF	Can use 3-5 days/wk for maint
Ipamorelin / CJC 1295	Stimulates GH release, deep sleep, post-surgery repair, collagen, mitochondria	12 / 6 mg (18 mg)	3 ml	600-750 mcg (Includes 200-250 mcg CJC & 400-500 mcg Ipamorelin)	10	at night before bed	8-12 weeks on / 4 weeks off (then re-eval)	Best in pm before bed. Can double dose in the morning taking same amount
HGH Analogues (Human Growth Hormone)								
Ipamorelin HGH Analogue	Regen, Gut Motility, Brain, Sleep, Fat Loss, Beauty, Toning	10 mg	3 ml	100-500 mcg (300 avg)	100 = 3, 200 = 6, etc up to 500 = 15	1-3 x/dy (5 dys on, 2 off)	6-8 wks on; 6-8 wks off	See Ipa/CJC (ideal before bed)
Tesamorelin HGH Analogue	Regen, Gut, Brain, Sleep, Fat Loss, Beauty, Toning	5 mg	1 ml	1000 mcg (1 mg)	20	1-2 x/dy (5 dys on, 2 off), OR 1 x/dy, 6 dys/wk	6-8 wks on; 6-8 wks off	
CJC-1295 (w/o DAC) HGH Analogue	Regen, Gut, Brain, Sleep, Fat Loss, Beauty, Toning	10mg	3 ml	200 mcg	6	5 days on/2 off	6-8 wks on; 6-8 wks off	See Ipa/CJC (ideal before bed)

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