Lyo LAB

RECONSTITUTION GUIDE

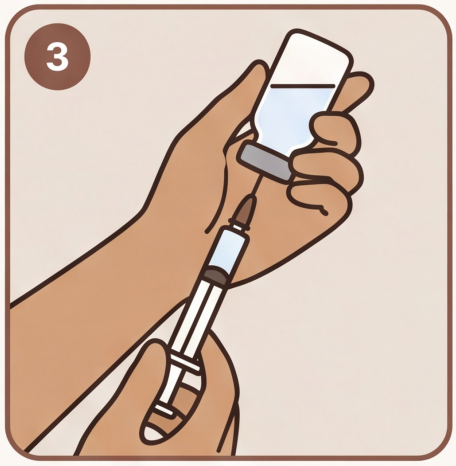
Mixing a research vial with bacteriostatic water



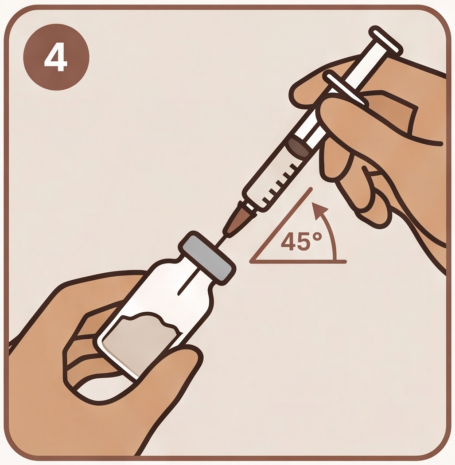
Wash hands, clean surface



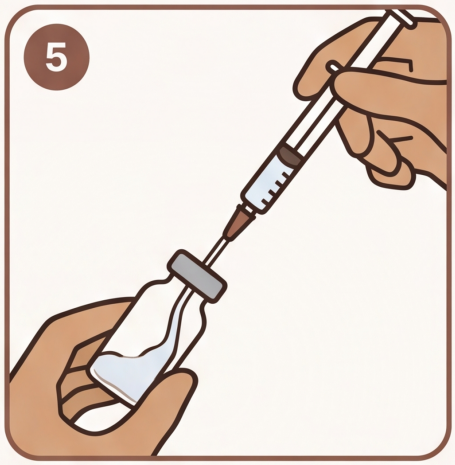
Wipe both stoppers



Draw the water



Angle the needle



Add water down the side



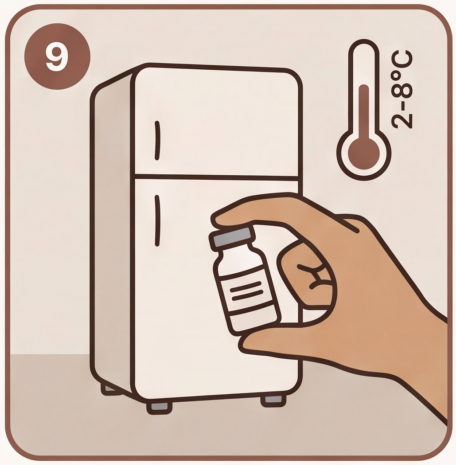
Swirl, dont shake



Never shake



Check it is clear



Label and refrigerate

Research use only. Not for human or veterinary consumption.

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01 · WHAT YOU'LL NEED

It all comes in the box.



Peptide vial

Freeze-dried powder, sealed cap.



Bacteriostatic water

3 ml or 10 ml, for mixing.



Insulin syringe

31G · 0.5 ml, fine markings.



Alcohol wipes

To clean the vial tops.

Every LYO Lab order arrives cold with an ice pack and a travel case — the peptide vial, its bacteriostatic water, an insulin syringe and alcohol wipes, ready to mix. The illustrated mixing steps are on the first page of this guide.

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02 · THE MIXING CALCULATOR

Exact strength, every time.

Reconstitution is simple arithmetic. These four formulas are all you need — the same math the calculator on our website and the LYO Lab app use.

Concentration (mg/ml)	vial mg ÷ water ml
Concentration (mcg per unit)	vial mg × 10 ÷ water ml
Volume to draw (ml)	dose mcg ÷ concentration (mcg/ml)
Units on the syringe (U-100)	volume ml × 100 (100 units = 1 ml)
Doses per vial	vial mcg ÷ dose mcg (round down)

A WORKED EXAMPLE

A 10 mg vial mixed with 2 ml of bacteriostatic water, drawing a 250 mcg amount:

- **Concentration:** 10 ÷ 2 = 5 mg/ml (5000 mcg/ml · 50 mcg per unit)
- **Volume to draw:** 250 ÷ 5000 = 0.05 ml
- **On the syringe:** 0.05 × 100 = 5 units (U-100)
- **Doses per vial:** 10 000 ÷ 250 = 40

QUICK REFERENCE · A 10 MG VIAL

Water added	Concentration	mcg per unit	250 mcg =	500 mcg =
1 ml	**10 mg/ml**	100 mcg	2.5 units	5 units
2 ml	**5 mg/ml**	50 mcg	5 units	10 units
3 ml	**3.33 mg/ml**	33.3 mcg	7.5 units	15 units
5 ml	**2 mg/ml**	20 mcg	12.5 units	25 units

Dilution math only — it sets no dose and is not medical advice. Draw volume must fit inside your syringe barrel.

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03 · STORAGE & GOLDEN RULES

Cold, dark, upright.

Before mixing

The sealed freeze-dried powder is stable. Keep it cool and out of light until you're ready.

After mixing

Keep the mixed vial in the fridge at 2–8°C, upright and away from light.

Do

- ✓ Swirl gently until clear
- ✓ Wipe every vial top first
- ✓ Keep it cold, 2–8°C, upright
- ✓ Keep it out of direct light

Avoid

- × Shaking or frothing
- × Freezing the mixed vial
- × Leaving it at room temperature
- × Jetting water onto the powder

04 · QUESTIONS

Good to know.

How much water should I add?
Whatever gives the strength you want — the calculator turns vial size + water into mg/ml and units.

Shake or swirl?
Always swirl, gently. Shaking can damage the peptide and makes bubbles.

Does it have to stay cold?
Yes — keep the sealed and the mixed vial at 2–8°C, out of direct light.

What if it looks cloudy?
Give it a few minutes and a gentle swirl. If it won't clear, message us on WhatsApp.

A real person answers, day or night. WhatsApp +62 896 7186 3722