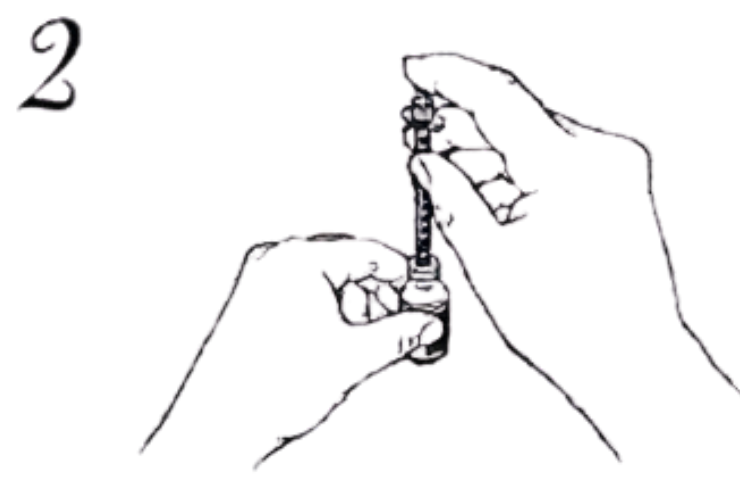


HOW TO INJECT WITH PRECISION

S.u.b.c.u.t.a.n.e.o.u.s



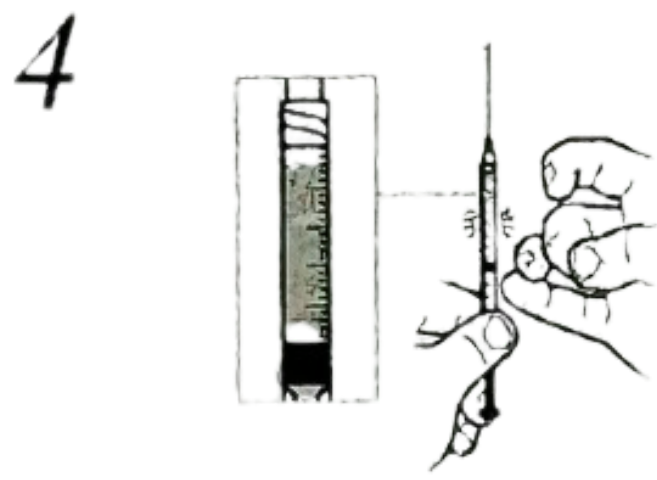
1 Clean the top of the vial using an alcohol wipe. Allow it to fully dry before use.



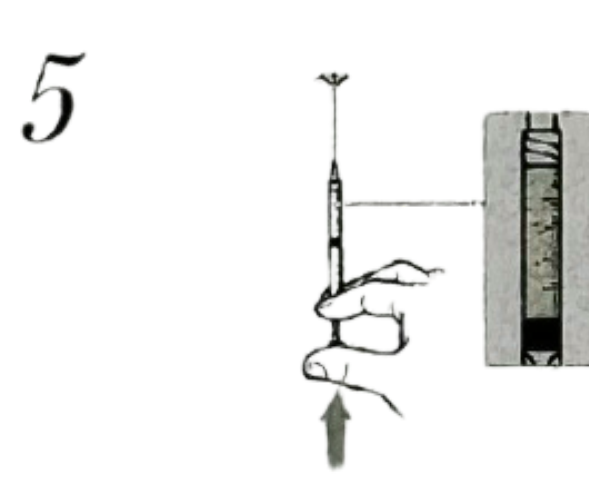
2 Insert the syringe needle into the vial at a 90° angle.



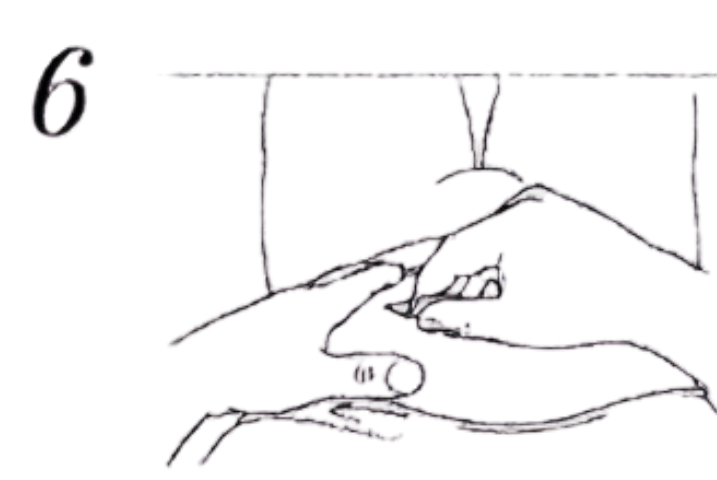
3 Turn the vial upside down and slowly pull back the plunger until you reach your prescribed dosage.



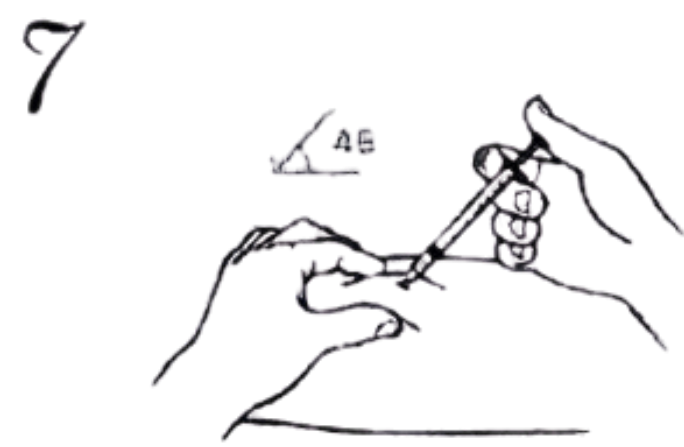
4 Turn needle right side up, Tap the syringe gently to bring air bubbles to the top.



5 Then push the plunger slightly until a small droplet appears.



6 Choose your injection area (abdomen “love handles” recommended), clean with alcohol, and allow to dry.



7 Gently pinch the skin between your thumb and index finger to create a small fold.



8 Replace cap on syringe and Safely dispose of the needle in a sharps container.



9 Return your vial(s) to the refrigerator. Always keep cool until next injection.

If you experience acute discomfort, persistent irritation, or unusual symptoms, contact your healthcare provider immediately.

HOW TO ADMINISTER AN *I.n.j.e.c.t.i.o.n*

Wash your hands with soap and warm water:

Be sure to thoroughly scrub between fingers, on the back of hands, and under fingernails. We recommend lathering for 20 seconds, the time it takes to sing “Happy Birthday” twice.

Assemble the following supplies:

- Syringes with medication
- Alcohol wipes
- Puncture-resistant container to discard needles and syringes.

Check the vial:

Before withdrawing medication from a vial and injecting yourself or someone else, make sure you’re using the correct medication, at the correct dose, at the correct time, and in the right manner. Use a new needle & syringe with every injection unless you have been instructed to combine peptides.

Clean and inspect the injection site:

Before injecting medication, inspect your skin to make sure there’s no Bruising, burns, swelling, hardness, or irritation in the area.

Subcutaneous injections are meant to be injected into the layer of fat below the skin. Certain areas of the body allow this fatty layer to be accessed more easily than others.

Intramuscular injections are meant to be injected into the muscle. The best areas are the upper deltoid and outer upper thigh in the lean area.

Rotate your injection site.

