

AICAR Dosing Chart

An AMPK activator studied as an 'exercise mimetic.' Not a peptide, prohibited in sport, and not approved for human use. Commonly discussed doses: 25 mg–100 mg. Amounts discussed in research settings are in the tens to hundreds of milligrams. Shown in micrograms for calculator consistency. There is no approved human dose, and it is banned in sport.

thelastpeptide.com · Medically reviewed by Charles Maddix, MSN, APRN, PMHNP-BC · Last reviewed 2026-08-02

FDA STATUS

Not FDA-approved for any use. AICAR (acadesine) is a research compound prohibited by WADA and not approved for human use.

50 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	25 mg	50 mg	100 mg
1 mL	50	50 u	100 u	—
2 mL	25	100 u	—	—
3 mL	16.67	—	—	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/aicar

AICAR dose figures are commonly discussed reference information with no approved labeling unless stated above. The Last Peptide is an educational reference and sells nothing. Dosing figures shown here are commonly discussed reference information, not prescriptions or medical advice. Many peptides listed are not FDA-approved. Talk to a licensed clinician before using any peptide.