

BPC-157 Dosing Chart

A synthetic 15-amino-acid peptide widely discussed in connection with tissue repair. Human evidence is very limited. Commonly discussed doses: 200 mcg–500 mcg. Figures circulating in community protocols. There is no established human dose and no approved labeling.

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

FDA STATUS

Not FDA-approved for any use. In 2023 FDA placed BPC-157 in Category 2 of its bulk drug substances list, citing significant safety risks for use in compounding.

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

Water added	mg/mL	200 mcg	250 mcg	500 mcg
1 mL	5	4 u	5 u	10 u
2 mL	2.5	8 u	10 u	20 u
3 mL	1.67	12 u	15 u	30 u

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

Water added	mg/mL	200 mcg	250 mcg	500 mcg
1 mL	10	2 u	2.5 u	5 u
2 mL	5	4 u	5 u	10 u
3 mL	3.33	6 u	7.5 u	15 u

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/bpc-157

BPC-157 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.