

BPC-157 + TB-500 Dosing Chart

A popular unregulated pairing of BPC-157 and TB-500 for tissue repair. Neither component is approved, and the combination is unstudied. Commonly discussed doses: 250 mcg–1 mg. No established dosing exists for the combination — figures circulating reflect the individual components' community doses. There is no approved labeling for either.

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

FDA STATUS

Not FDA-approved. Both BPC-157 and the thymosin beta-4 fragment in TB-500 are in Category 2 of FDA's bulk drug substances list, and the combination has not been studied.

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

Water added	mg/mL	250 mcg	500 mcg	1 mg
1 mL	5	5 u	10 u	20 u
2 mL	2.5	10 u	20 u	40 u
3 mL	1.67	15 u	30 u	60 u

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

Water added	mg/mL	250 mcg	500 mcg	1 mg
1 mL	10	2.5 u	5 u	10 u
2 mL	5	5 u	10 u	20 u
3 mL	3.33	7.5 u	15 u	30 u

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/bpc-157-plus-tb500

BPC-157 + TB-500 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.