

DSIP Dosing Chart

A nonapeptide studied for sleep and stress effects since the 1970s. Evidence for a clear sleep-inducing effect is inconsistent. Commonly discussed doses: 100 mcg–500 mcg. Community protocols describe doses in the low hundreds of micrograms. Figures shown are reference points. There is no established or approved dose.

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

FDA STATUS

Not FDA-approved for any use. DSIP is a research peptide and is not reviewed by FDA for safety, effectiveness, or quality.

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

Water added	mg/mL	100 mcg	250 mcg	500 mcg
1 mL	2	5 u	12.5 u	25 u
2 mL	1	10 u	25 u	50 u
3 mL	0.67	15 u	37.5 u	75 u

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

Water added	mg/mL	100 mcg	250 mcg	500 mcg
1 mL	5	2 u	5 u	10 u
2 mL	2.5	4 u	10 u	20 u
3 mL	1.67	6 u	15 u	30 u

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

DSIP 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.