

# Epithalon Dosing Chart

A tetrapeptide studied for effects on telomerase and aging markers. Popular in longevity circles, but human evidence is limited and mostly regional. Commonly discussed doses: 5 mg–20 mg. Figures circulating in community protocols, often described as short courses. 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. Epithalon is a research peptide and is not reviewed by FDA for safety, effectiveness, or quality.

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

| Water added | mg/mL | 5 mg  | 10 mg | 20 mg |
|-------------|-------|-------|-------|-------|
| 1 mL        | 10    | 50 u  | 100 u | —     |
| 2 mL        | 5     | 100 u | —     | —     |
| 3 mL        | 3.33  | —     | —     | —     |

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

| Water added | mg/mL | 5 mg | 10 mg | 20 mg |
|-------------|-------|------|-------|-------|
| 1 mL        | 50    | 10 u | 20 u  | 40 u  |
| 2 mL        | 25    | 20 u | 40 u  | 80 u  |
| 3 mL        | 16.67 | 30 u | 60 u  | —     |

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: [thelastpeptide.com/peptides/epithalon](https://thelastpeptide.com/peptides/epithalon)

Epithalon 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.