

EPO Dosing Chart

A hormone that stimulates red blood cell production, used to treat certain anemias. A prescription drug with serious risks in misuse. Commonly discussed doses: 3 mg–40 mg. Prescription dosing is in units of activity, individualized by a clinician with blood monitoring. Figures shown are reference points. Misuse for endurance enhancement is dangerous and prohibited.

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

FDA STATUS

Erythropoietin (epoetin alfa and others) is FDA-approved as a prescription drug for specific anemias. It carries a boxed warning for increased risk of death, blood clots, and tumor progression, and it is prohibited in sport.

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

Water added	mg/mL	3 mg	10 mg	40 mg
1 mL	1	—	—	—
2 mL	0.5	—	—	—
3 mL	0.33	—	—	—

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

EPO 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.