

Follistatin Dosing Chart

A protein that binds and neutralizes myostatin, studied for muscle growth. Investigated via gene therapy; peptide use is unstudied and risky. Commonly discussed doses: 100 mcg–500 mcg. No established dosing exists for the peptide form — clinical exploration has used gene therapy, not injected peptide. Figures shown are reference points in micrograms. There is no approved or established 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. Follistatin is a research protein; direct peptide use has no human trials and is not reviewed by FDA.

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

Water added	mg/mL	100 mcg	200 mcg	500 mcg
1 mL	1	10 u	20 u	50 u
2 mL	0.5	20 u	40 u	100 u
3 mL	0.33	30 u	60 u	—

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

Follistatin 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.