

GHK-Cu Dosing Chart

A copper-binding tripeptide common in topical skin and hair formulations, also sold as a lyophilized vial. Commonly discussed doses: 1 mg–2 mg. Vials are far larger than most peptides, so concentrations and draw volumes differ substantially. Topical use is the far more common route.

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

FDA STATUS

Not FDA-approved as a drug. GHK-Cu appears widely as a cosmetic ingredient in topical products, which are regulated differently from injectable drugs.

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

Water added	mg/mL	1 mg	2 mg
1 mL	50	2 u	4 u
2 mL	25	4 u	8 u
3 mL	16.67	6 u	12 u

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

Water added	mg/mL	1 mg	2 mg
1 mL	100	1 u	2 u
2 mL	50	2 u	4 u
3 mL	33.33	3 u	6 u

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

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