

GLOW Dosing Chart

A branded supplier blend, typically combining GHK-Cu with repair peptides like BPC-157 and TB-500. Composition varies by supplier and is unregulated. Commonly discussed doses: 1 mg–5 mg. GLOW blends have no standardized composition — amounts vary by supplier. Figures shown are reference points only and do not describe a studied product. Dosing depends entirely on the specific formulation.

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

FDA STATUS

Not FDA-approved. GLOW is a compounded blend of unapproved peptides; the components are not FDA-approved and the blend is not reviewed for safety or quality.

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

Water added	mg/mL	1 mg	2 mg	5 mg
1 mL	10	10 u	20 u	50 u
2 mL	5	20 u	40 u	100 u
3 mL	3.33	30 u	60 u	—

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

Water added	mg/mL	1 mg	2 mg	5 mg
1 mL	30	3.3 u	6.7 u	16.7 u
2 mL	15	6.7 u	13.3 u	33.3 u
3 mL	10	10 u	20 u	50 u

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

GLOW 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.