

HGH 191AA Dosing Chart

Recombinant human growth hormone — the full 191-amino-acid hormone. A prescription drug for specific deficiency states; widely misused. Commonly discussed doses: 1 mg–4 mg. Prescription dosing is individualized by a clinician, often expressed in milligrams or international units. Figures shown are reference points in micrograms. Follow the prescribing clinician's labeling.

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

FDA STATUS

FDA-approved as somatropin for specific indications including growth hormone deficiency and certain wasting syndromes. Use for anti-aging, athletic, or cosmetic purposes is not an approved use and distributing it for those purposes is illegal.

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

Water added	mg/mL	1 mg	2 mg	4 mg
1 mL	5	20 u	40 u	80 u
2 mL	2.5	40 u	80 u	—
3 mL	1.67	60 u	—	—

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

Water added	mg/mL	1 mg	2 mg	4 mg
1 mL	10	10 u	20 u	40 u
2 mL	5	20 u	40 u	80 u
3 mL	3.33	30 u	60 u	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/hgh-191aa

HGH 191AA 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.