

# HMG Dosing Chart

A purified preparation of FSH and LH used for fertility treatment. A prescription drug administered under specialist care. Commonly discussed doses: 75 mcg–225 mcg. Dosing is in international units (IU) of FSH/LH activity, individualized by a fertility specialist. Figures shown are reference points. Follow the prescribing clinician's protocol.

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

## FDA STATUS

HMG (menotropins) is FDA-approved as a prescription drug for specific fertility indications. It is used under specialist supervision, not as a self-administered supplement.

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

| Water added | mg/mL | 75 mcg | 150 mcg | 225 mcg |
|-------------|-------|--------|---------|---------|
| 1 mL        | 75    | 0.1 u  | 0.2 u   | 0.3 u   |
| 2 mL        | 37.5  | 0.2 u  | 0.4 u   | 0.6 u   |
| 3 mL        | 25    | 0.3 u  | 0.6 u   | 0.9 u   |

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: [thelastpeptide.com/peptides/hmg](https://thelastpeptide.com/peptides/hmg)

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