

Humanin Dosing Chart

A mitochondria-encoded peptide with cytoprotective effects in animal models, studied for roles in aging and neurodegeneration. No human trials. Commonly discussed doses: 5 mg–20 mg. No established dosing exists — Humanin has been studied in animals and cells, not humans. Figures shown are reference points from research discussion in micrograms.

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

FDA STATUS

Not FDA-approved for any use. Humanin is a research peptide and is not reviewed by FDA for safety, effectiveness, or quality.

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

Water added	mg/mL	5 mg	10 mg	20 mg
1 mL	5	100 u	—	—
2 mL	2.5	—	—	—
3 mL	1.67	—	—	—

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

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

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

Humanin 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.