

Hyaluronic Acid Dosing Chart

A large sugar molecule used in skin fillers, joint injections, and topical products. Approved for specific uses; widely used cosmetically. Commonly discussed doses: 5 mg–10 mg. Approved forms are administered by clinicians (fillers, joint injections). Figures shown reflect common vial amounts in micrograms. Self-injection of fillers is dangerous and not advised.

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

FDA STATUS

Hyaluronic acid is FDA-approved in specific forms for dermal fillers and for injection into the knee for osteoarthritis. Topical and oral forms are cosmetics and supplements, not approved to treat disease.

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

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

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

Hyaluronic Acid 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.