

Methionine + Choline + L-Carnitine + Dexpanthenol Dosing Chart

A compounded 'lipotropic' injection blend of nutrients marketed for weight loss. Evidence for meaningful fat loss is weak. Commonly discussed doses: 5000 mg–15000 mg. These blends are dosed in milliliters of the combined solution rather than by a single active amount. Figures shown are total milligrams per typical vial, in micrograms. Dosing follows the compounding pharmacy's labeling.

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

FDA STATUS

The individual ingredients are nutrients, not FDA-approved for weight loss. Compounded lipotropic blends are not reviewed by FDA for safety, effectiveness, or quality.

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

Water added	mg/mL	5000 mg	10000 mg	15000 mg
1 mL	10	—	—	—
2 mL	5	—	—	—
3 mL	3.33	—	—	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/methionine-inositol-choline-carnitine-dexpanthenol

Methionine + Choline + L-Carnitine + Dexpanthenol 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.