

MGF Dosing Chart

A splice variant of IGF-1 produced by muscle in response to mechanical damage, studied for muscle repair. No human trials. Commonly discussed doses: 100 mcg–400 mcg. No established dosing exists — MGF has been studied in animals and cells, not humans. Figures shown are community reference points 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. MGF (mechano growth factor) is a research peptide and is not reviewed by FDA.

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

Water added	mg/mL	100 mcg	200 mcg	400 mcg
1 mL	2	5 u	10 u	20 u
2 mL	1	10 u	20 u	40 u
3 mL	0.67	15 u	30 u	60 u

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

Water added	mg/mL	100 mcg	200 mcg	400 mcg
1 mL	5	2 u	4 u	8 u
2 mL	2.5	4 u	8 u	16 u
3 mL	1.67	6 u	12 u	24 u

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

MGF 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.