

MOTS-c Dosing Chart

A mitochondria-encoded peptide studied for effects on metabolism and insulin sensitivity. Human evidence is early. Commonly discussed doses: 5 mg–15 mg. Figures circulating in research and community use. Shown in micrograms. There is no established human dose and no approved labeling.

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

FDA STATUS

Not FDA-approved for any use. MOTS-c 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	15 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	15 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/mots-c

MOTS-c 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.