

Peptide Reconstitution Chart

Insulin-syringe units (U-100, 100 units = 1 mL) for common concentrations and doses. Free chart from The Last Peptide — the calculator that sells nothing.

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

The formula

$\text{concentration (mg/mL)} = \text{vial mg} / \text{water mL}$
 $\text{draw (mL)} = \text{dose mg} / \text{concentration}$ $\text{units} = \text{draw mL} \times 100$

Units to draw, by concentration and dose

Concentration	100 mcg	250 mcg	500 mcg	1 mg	2.5 mg	5 mg
1 mg/mL	10 u	25 u	50 u	100 u	—	—
2 mg/mL	5 u	12.5 u	25 u	50 u	—	—
2.5 mg/mL	4 u	10 u	20 u	40 u	100 u	—
5 mg/mL	2 u	5 u	10 u	20 u	50 u	100 u
10 mg/mL	1 u	2.5 u	5 u	10 u	25 u	50 u
15 mg/mL	0.7 u	1.7 u	3.3 u	6.7 u	16.7 u	33.3 u

Syringe quick reference

Insulin syringe	Total units	Total mL
Standard 1 mL	100 u	1.0 mL
Half 0.5 mL	50 u	0.5 mL
Demi 0.3 mL	30 u	0.3 mL

More water never weakens a dose — it only spreads the same peptide across a larger, easier-to-measure draw. Interactive version of this chart: thelastpeptide.com/calculator