

Pinealon Dosing Chart

A short pineal-gland-targeted 'peptide bioregulator' marketed for sleep and cognitive support. Evidence is thin and largely regional. Commonly discussed doses: 10 mg–30 mg. Bioregulator peptides are typically sold as oral capsules dosed in milligrams. Figures shown are community reference amounts in micrograms. There is no established or approved dose.

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

FDA STATUS

Not FDA-approved for any use. Pinealon is a peptide bioregulator sold as a research or supplement product and is not reviewed by FDA.

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

Water added	mg/mL	10 mg	20 mg	30 mg
1 mL	10	100 u	—	—
2 mL	5	—	—	—
3 mL	3.33	—	—	—

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

Water added	mg/mL	10 mg	20 mg	30 mg
1 mL	20	50 u	100 u	—
2 mL	10	100 u	—	—
3 mL	6.67	—	—	—

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

Pinealon 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.