

Relaxation PM Dosing Chart

A branded supplier blend marketed for relaxation and sleep. Composition varies by supplier and is unregulated. Commonly discussed doses: 500 mcg–3 mg. Relaxation blends have no standardized composition — amounts vary by supplier. Figures shown are reference points only and do not describe a studied product. Dosing depends entirely on the specific formulation.

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

FDA STATUS

Not FDA-approved. Relaxation PM is a compounded blend with no standardized formulation, and it is not reviewed by FDA for safety or quality.

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

Water added	mg/mL	500 mcg	1 mg	3 mg
1 mL	10	5 u	10 u	30 u
2 mL	5	10 u	20 u	60 u
3 mL	3.33	15 u	30 u	90 u

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

Water added	mg/mL	500 mcg	1 mg	3 mg
1 mL	30	1.7 u	3.3 u	10 u
2 mL	15	3.3 u	6.7 u	20 u
3 mL	10	5 u	10 u	30 u

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

Relaxation PM 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.