

SS-31 Dosing Chart

A mitochondria-targeted peptide studied in human trials for mitochondrial and heart disease. Investigational, with mixed trial results. Commonly discussed doses: 40 mg–80 mg. Figures reflect published trial dosing, which used daily subcutaneous amounts. This is investigational data, not a prescribing guide.

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

FDA STATUS

Not FDA-approved for any use. SS-31 (elamipretide) is an investigational drug that has been through human clinical trials but has not been approved.

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

Water added	mg/mL	40 mg	80 mg
1 mL	10	—	—
2 mL	5	—	—
3 mL	3.33	—	—

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

Water added	mg/mL	40 mg	80 mg
1 mL	50	80 u	—
2 mL	25	—	—
3 mL	16.67	—	—

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/ss-31

SS-31 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.