

A close-up photograph of a person's arm being injected with a syringe. A hand wearing a white medical glove holds the syringe, which has an orange plunger and needle. The syringe is positioned against the skin of the arm. The background is blurred, showing a blue garment. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

SELF INJECTION *GUIDE*

PLEASE READ *CAREFULLY*
BEFORE INJECTING

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Injection *Prep*

01

Wash your hands with soap and warm water

Be sure to thoroughly scrub between fingers, on the backs of hands, and under finger nails. We recommend lathering for 20 seconds, the time it takes to sing “Happy Birthday” twice.

02

Gather supplies

Gather your syringe, alcohol wipes, puncture-resistant container to discard the needles and syringe (typically a red, plastic “sharps container”), and bandages if needed.

03

Check the vial

Before withdrawing medication from a vial and injecting yourself or someone else, make sure you’re using the correct medication, with the correct dose, and at the correct time. Use a new needle and syringe with every injection, unless you’ve been instructed to combine peptides.

04

Clean & inspect the injection site

Before injecting, inspect your skin to make sure there’s no bruising, burns, swelling, hardness, or irritation in the area. Next, determine if it’s a Subcutaneous or Intramuscular Injection. Instructions will be on next page for both.

05

Rotate your injection site

It’s very important to rotate injection sites, as repeated injections into the same location can cause scarring and hardening of the fatty tissue. This makes future injections more difficult.

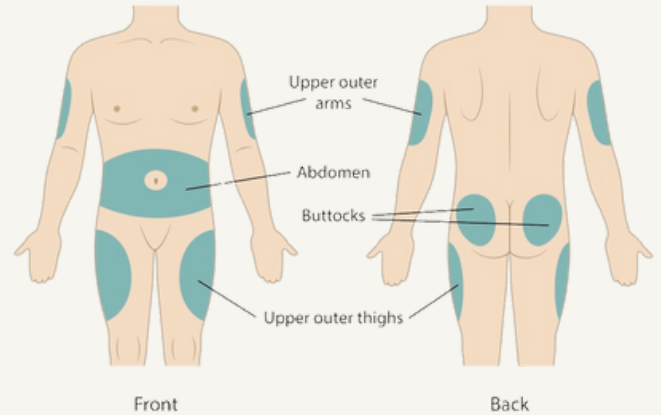
BEFORE YOU GET STARTED

Subcutaneous vs. Intramuscular *Injection*

Subcutaneous Injections:

Meant to be injected into the layer of fat below the skin. Certain areas of the body allow this fatty layer to be accessed more easily than others.

Use this for all peptides and GLP medicines like Semaglutide & Tirzepatide.

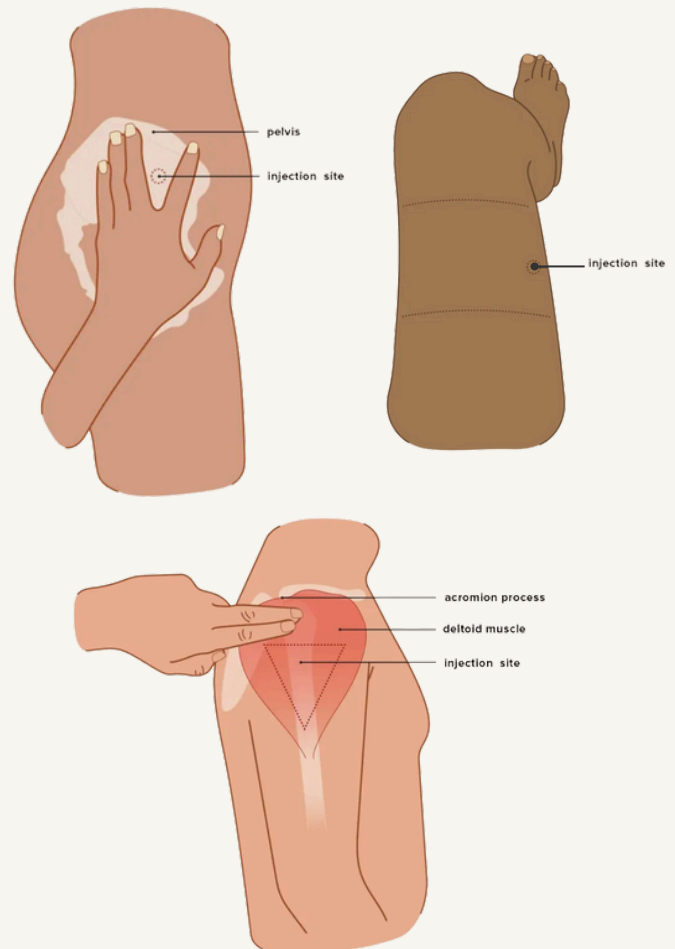


Intramuscular Injections:

Meant to be injected into the muscle. The best areas are the upper deltoid and outer upper thigh in the lean area.

Use this for HRT/TRT, Vitamin D, MICB12, B12, and NAD+.

Your medication will come with instructions about which specific injection site to use, if it does not specify, then use these common sites shown to the right.



HOW TO INJECT YOUR MEDICATION

Subcutaneous Injection

1



CLEAN TOP OF VIAL
WITH ALCOHOL WIPE

2



INSERT NEEDLE AT 90
DEGREE ANGLE

3

HOLD VIAL
TILTED
UPWARDS,
SLOWLY PULL
BACK UNTIL
YOU'VE
REACHED
YOUR
DOSAGE



4



TURN VIAL RIGHT SIDE UP,
REMOVE NEEDLE, & TAP THE
END OF THE SYRINGE TO
BRING ANY AIR BUBBLES TO
THE TOP

5



PUSH PLUNGER UP SLIGHTLY
TO EXPEL AIR BUBBLE FROM
SYRINGE UNTIL TINY DROPLET
APPEARS

6

CLEAN
INJECTION
SITE WITH
ALCOHOL
SWAB, PINCH
SKIN
BETWEEN
THUMB &
INDEX
FINGERS



7

INSERT
NEEDLE IN
THE MIDDLE
OF PINCHED
SKIN AT 45
DEGREE
ANGLE.
SLOWLY
PUSH DOWN
PLUNGER TO
INJECT.

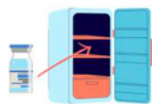


8



CLEAN THE INJECTED AREA
WITH ALCOHOL SWAB

9



PLACED USED NEEDLE IN
SHARPS CONTAINER AND THE
VIAL BACK INTO THE FRIDGE

HOW TO INJECT YOUR MEDICATION

Intramuscular Injection

1



CLEAN TOP OF VIAL
WITH ALCOHOL WIPE

2



INSERT NEEDLE AT 90
DEGREE ANGLE

3

HOLD VIAL
TILTED
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SLOWLY PULL
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PLACED USED NEEDLE IN
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ABOUT US

CONTACT *DETAILS*

We know we covered a lot of information, don't worry, we are here and available to go over any of your questions and concerns.

If we missed anything, you can always contact us.

WORKING HOURS

Monday - Thursday

9:30am - 5:30pm

Friday

8am - 4pm

Weekends

CLOSED

ADDRESS

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