White Rabbit Labs

Reconstitution Method

Must Read

Research peptide handling guide

GUIDE

Reconstitution Method - Must Read!

What You Need

- Your lyophilized (freeze-dried) peptide vial
- Bacteriostatic water (never use plain sterile water for multi-dose vials)
- Alcohol swabs
- New insulin syringe (29g or 30g is ideal — very thin and short)

Step 1: Clean everything

Wipe the rubber stopper on both the peptide vial and the bacteriostatic water vial with an alcohol swab. Let them air-dry for 10–15 seconds.

Step 2: Draw the bacteriostatic water

Pull air into the syringe equal to the amount of water you want (e.g., 2 ml). Insert the needle into the bacteriostatic water vial, push the air in, then draw out the exact amount you need.

Step 3: Inject slowly into the peptide vial

Insert the needle into the peptide vial at a slight angle. Slowly trickle the water down the inner wall of the vial (do not squirt it directly onto the powder).

Step 4: Gently swirl — NEVER shake

Remove the needle. Hold the vial and gently swirl or roll it between your fingers until the powder fully dissolves. It should look clear with no particles.

Step 5: Store properly in a fridge.

Label the vial with the date and concentration. Store it in the refrigerator (not the freezer).

Important Safety Tips

- Always use bacteriostatic water for multi-dose vials (the benzyl alcohol prevents bacteria growth).
- Use a fresh syringe every time.
- Never shake the vial — this can damage delicate peptides.
- Start with a low dose on your first injection to test tolerance.