



YOUR PEPTIDE PROTOCOL GUIDE

Melanotan II

The tanning peptide — a melanocortin receptor agonist that stimulates your body's own melanin production for a deeper, faster tan with less UV exposure.

DOSE: 500 mcg to start (10 units)

FREQUENCY: Before tanning

01 READ THIS FIRST

10 mg is the whole vial — not your dose

The most common mix-up with Melanotan II is confusing the vial size with the dose. Here's how it breaks down.

The Vial

Your vial contains **10 mg total** of Melanotan II. That is roughly 20 starting doses — it should last you a while.

Your Dose

A starting dose is **500 mcg** (0.5 mg) — that's **10 units** on an insulin syringe after mixing with 2 mL of bacteriostatic water. Never inject 10 mg at once.

02 STEP 1

Mixing your vial

You only do this once per vial. After mixing, the vial lives in the refrigerator.

Add the Water

Draw up **2 mL of bacteriostatic water** and inject it slowly down the inside wall of the vial — don't spray it directly onto the powder.

Refrigerate

Once mixed, keep the vial in the refrigerator. Do not freeze. Protect it from light.

Swirl, Don't Shake

Gently swirl or roll the vial until the powder fully dissolves and the solution is clear. Shaking can damage the peptide.

The Math

10 mg in 2 mL = 5 mg per mL. On a standard U-100 insulin syringe, **every 1 unit = 50 mcg**.

03 STEP 2

Dosing

Start low. Nausea and flushing are dose-dependent, and most people need far less than they expect.

Starting Dose

500 mcg = 10 units on the insulin syringe. Stay here for your first several doses so you know how you respond.

When to Inject

Take your dose before tanning or planned sun exposure. Melanotan II works with UV light — it enhances your response to it.

Maximum Dose

1 mg = 20 units. Only work up to this if you tolerate the starting dose well and your provider agrees. Do not exceed it.

How to Inject

Subcutaneous into the abdomen, like other peptides. Rotate injection sites. Use a fresh insulin syringe every time.

What to expect

Everyone responds differently, but here's the typical pattern.

FIRST DOSES

Some nausea or facial flushing is common early on and usually fades with continued use. This is why we start at 500 mcg.

1-2 WEEKS

With regular dosing plus moderate UV exposure, skin begins to tan noticeably faster and deeper than usual.

ONGOING

Once you reach the color you want, less frequent maintenance dosing holds it. Your provider can help you dial in a schedule.

Side effects

Most side effects are mild and dose-related. Contact your provider if anything

feels off.

- ✓ Nausea (most common, usually first doses only — starting low helps)
- ✓ Facial flushing or warmth after injection
- ✓ Darkening of existing moles and freckles — monitor your moles, and see your provider about any that change shape or grow
- ✓ Decreased appetite
- ✓ Spontaneous erections in men (it's a melanocortin agonist, related to PT-141)
- ✓ Still use sunscreen and common sense in the sun — a tan is not full UV protection

06 FAQ

Common questions

CAN I JUST DRAW UP 10 MG?

No — 10 mg is the entire vial (about 20 starting doses). Your dose is 500 mcg, which is 10 units on an insulin syringe after mixing with 2 mL of bacteriostatic water.

SHOULD I WORK MY WAY UP?

Yes. Stay at 500 mcg (10 units) for your first several doses. If you tolerate it well, you can increase gradually toward the 1 mg (20 units) maximum with your provider's guidance.

DO I NEED SUN EXPOSURE FOR IT TO WORK?

Yes. Melanotan II amplifies your melanin response to UV light — it doesn't replace it. Moderate, sensible sun or tanning exposure alongside dosing is what produces the tan.

HOW LONG DOES A MIXED VIAL LAST?

Kept refrigerated, a mixed vial stays good for several weeks. At the starting dose, one vial covers roughly 20 doses.

07 WHAT WE OFFER

Our services

Based on your goals, your provider may recommend one or more of the following.

Hormone Optimization



Medical Weight Loss



IV Therapy



Peptide Therapy



Vitamin Injections



NAD+ Therapy



Hyperbaric Oxygen Therapy



Red Light Therapy



PRP Therapy



6-Week Cellular Reset



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Individual results vary based on health status, dosage, and consistency. Do not

adjust your protocol without consulting your provider.

Questions? We're here.

Whether you want to adjust your protocol or explore additional therapies, our team can help.

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