



CJC / SERMORELIN INJECTION INSTRUCTIONS

- **Administer 5 consecutive days or nights a week** (5 days on, 2 days off)
- **MUST** inject on an empty stomach.
- **NO** eating 1-2 hours afterwards.
- **Injection Site:** Stomach, Biceps, or Outer Thigh ***See diagram below**

Step 1

Clean area with Alcohol swab. Slightly pinch a fold of skin at the spot of your choice.

Step 2

Place the syringe at a 90-degree angle to the injection site.

Step 3

Quickly push the needle all the way into the pinched-up fold of skin. Push the plunger of the syringe all the way in.

Step 4

Take the needle out at the same angle that you inserted it. Let go of the skin fold. If you bleed a little, apply pressure over the shot area using a cotton ball or piece of gauze. To help avoid bruising, don't rub the area.

***SEE DIAGRAM BELOW FOR CHOICE OF INJECTION SITES**

