



GHK-Cu INJECTION INSTRUCTIONS

Injection Site: Stomach, Biceps, Outer thigh

Administration: .2mL subcutaneously

5 consecutive days or nights a week (5 days on, 2 days off)

***NO EATING 1-2 hours afterwards**

DRAW FROM VIAL .2mL- (see below syringe diagram), **then FOLLOW STEPS BELOW:**

Step 1

Clean area with alcohol swab. Slightly pinch a fold of skin at the chosen injection area

Step 2

Place the syringe at a 45 or 90-degree angle to the injection site

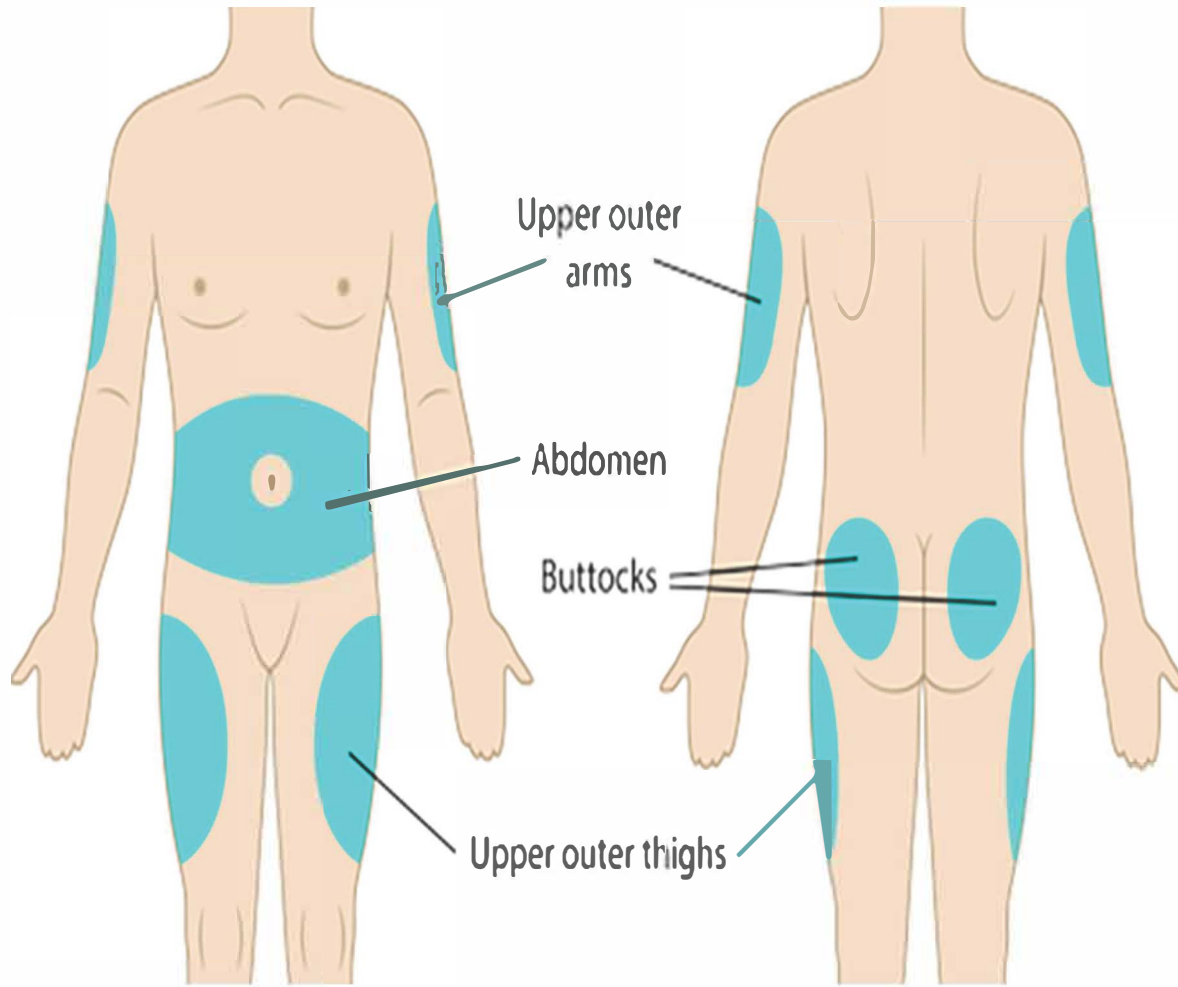
Step 3

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

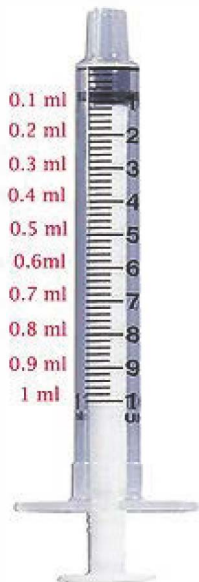
Step 4

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 a piece of gauze. To help avoid bruising, do not rub the area.

***See below diagram**



1 ml syringe:



3 ml syringe:

