



PeptideStacks.ca

COMMUNITY-REPORTED RESEARCH SUMMARY

GHK-Cu

50 MG and 100 MG

Reconstitution examples, syringe conversion and community-reported usage patterns.

PRODUCT SCOPE

Live PeptideStacks variants: 50 MG and 100 MG

Prepared 6 August 2026 | Sources reviewed 2026-08-06

Educational use only - not medical advice

GHK-Cu - preparation and dose math

These are calculation examples only. The concentration assumptions below are explicit so syringe units are never separated from vial strength and diluent volume.

50 MG vial example

Add 2.5 mL bacteriostatic water

Concentration: 20 mg/mL

Each U-100 unit = 0.20 mg

100 MG vial example

Add 3.0 mL bacteriostatic water

Concentration: 33.33 mg/mL

Each U-100 unit = about 0.333 mg

Conversion table

Reported amount	50 MG setup	100 MG setup
0.5 mg	2.5 units	1.5 units
1 mg	5 units	3 units
2 mg	10 units	6 units
3 mg	15 units	9 units

CALCULATION CHECK

Always recalculate from the actual vial strength and diluent volume. A U-100 unit is 0.01 mL; it is not a dose by itself.

GHK-Cu - community-reported patterns

Anecdotal summary of the cited community discussions. These observations are descriptive, not a recommendation or evidence of safety or efficacy.

Recurring report	Frequency seen	Context in reports
0.5-1 mg	Daily or near-daily	Lower-start reports
2 mg	Daily or 5 days/week	Most recurring amount reviewed
Above 2 mg	Daily in some posts	Highly variable, less consistent

What recurred across reports

- Across the reviewed discussions, 1-2 mg was the most repeated daily amount.
- Six-to-eight-week runs appeared in multiple discussions, but cycle structure was not consistent.
- Contributors repeatedly warned that syringe units are meaningless without vial strength and diluent volume.

Important limitations

- Injection-site burning or irritation was frequently discussed; severity and mitigation reports varied.
- Copper balance and zinc supplementation were discussed by users, but online community claims are not a substitute for laboratory monitoring or clinician guidance.

! Important Medical Disclaimer

EDUCATIONAL INFORMATION ONLY

This document summarizes calculation examples and community discussion about GHK-Cu. It is not medical advice, a prescription, a diagnosis, a treatment plan, or a recommendation to use, inject, purchase, compound, or administer any product.

COMMUNITY REPORTS ARE NOT CLINICAL EVIDENCE

Online community posts are self-reported, uncontrolled, may be inaccurate, and cannot establish identity, purity, dosing accuracy, safety, efficacy, or causation. The ranges shown describe what was reported; they do not define an appropriate dose.

PROFESSIONAL DIRECTIONS PREVAIL

Use only under the direction of a licensed healthcare professional and qualified dispensing pharmacy. Follow the supplied concentration, diluent, storage, beyond-use date, injection technique, monitoring and individualized directions.

RECONSTITUTION AND INJECTION RISK

Incorrect concentration, syringe selection, unit conversion, handling, storage or sterile technique can cause unintended dosing, contamination, infection, abscess, tissue injury or allergic reaction.

WHEN TO SEEK URGENT CARE

Stop and seek urgent medical attention for trouble breathing, facial or throat swelling, fainting, chest pain, severe confusion, persistent vomiting, or signs of a serious injection-site infection.