



PeptideStacks.ca

COMMUNITY-REPORTED RESEARCH SUMMARY

MOTS-c

10 MG and 40 MG

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

PRODUCT SCOPE

Live PeptideStacks variants: 10 MG and 40 MG

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MOTS-c - 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.

10 MG vial example

Add 2.0 mL bacteriostatic water

Concentration: 5 mg/mL

Each U-100 unit = 0.05 mg

40 MG vial example

Add 2.0 mL bacteriostatic water

Concentration: 20 mg/mL

Each U-100 unit = 0.20 mg

Conversion table

Reported amount	10 MG setup	40 MG setup
1 mg	20 units	5 units
2 mg	40 units	10 units
3 mg	60 units	15 units
5 mg	100 units	25 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.

MOTS-c - 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
2 mg	Every other day or 3-5 days/week	General metabolic or training use
3 mg	Before activity or 5 days/week	Energy and endurance reports
5 mg	3-4 days/week	Higher-dose cycle reports

What recurred across reports

- Community reports span approximately 2-5 mg per administration; frequency varies substantially.
- Several contributors stressed recording active amount in mg rather than syringe units.
- Reported cycles commonly included breaks, but duration and break length were inconsistent.

Important limitations

- Posts contained conflicting claims about stability after reconstitution; follow the dispensing pharmacy's storage and beyond-use directions.
- Reported experiences included changes in energy, exercise tolerance and resting heart rate, but these anecdotes do not establish causation.

! Important Medical Disclaimer

EDUCATIONAL INFORMATION ONLY

This document summarizes calculation examples and community discussion about MOTS-c. 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.