



PeptideStacks.ca

## COMMUNITY-REPORTED RESEARCH SUMMARY

# Selank

## 5 MG and 10 MG

Preparation examples, syringe conversion, community-reported patterns and important limitations.

### PRODUCT SCOPE

**Live PeptideStacks variants: 5 MG and 10 MG**

Prepared 7 August 2026 | Sources reviewed 2026-08-07

Educational use only - not medical advice

# Selank - 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.

## 5 MG vial - 2 mL example

**Add 2 mL bacteriostatic water**

Concentration: 2.5 mg/mL

Each U-100 unit = 25 mcg

## 10 MG vial - 2 mL example

**Add 2 mL bacteriostatic water**

Concentration: 5 mg/mL

Each U-100 unit = 50 mcg

## Conversion table

| Reported amount | 5 MG setup | 10 MG setup |
|-----------------|------------|-------------|
| 100 mcg         | 4 units    | 2 units     |
| 200 mcg         | 8 units    | 4 units     |
| 300 mcg         | 12 units   | 6 units     |
| 500 mcg         | 20 units   | 10 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.

# Selank - 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      |
|------------------|-----------------------------|-------------------------|
| 100-200 mcg      | Once or twice daily         | Lower-start reports     |
| 200-300 mcg      | Two to three times daily    | Most recurring range    |
| 500 mcg          | Daily total in some reports | Higher experimental use |

## What recurred across reports

- Community discussions most often centered on anxiety reduction, calm focus and stress-management goals.
- The amount, frequency, route and cycle length varied substantially between reports.
- Reported outcomes were commonly confounded by diet, training, other products or existing treatment.

### Important limitations

- Most discussions involve intranasal administration; injection and intranasal exposure are not interchangeable.
- Community reports are uncontrolled anecdotes and do not establish an appropriate dose, safety, product identity, purity or efficacy.

# ! Important Medical Disclaimer

## EDUCATIONAL INFORMATION ONLY

This document summarizes calculation examples and community discussion about Selank. 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.

## SOURCE BASIS

PubMed literature search: Selank - <https://pubmed.ncbi.nlm.nih.gov/?term=Selank> - retrieved 2026-08-07