



PeptideStacks.ca

COMMUNITY-REPORTED RESEARCH SUMMARY

SS-31

10 MG and 50 MG

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

PRODUCT SCOPE

Live PeptideStacks variants: 10 MG and 50 MG

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SS-31 - 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 - 2 mL example

Add 2 mL bacteriostatic water

Concentration: 5 mg/mL

Each U-100 unit = 50 mcg

50 MG vial - 2 mL example

Add 2 mL bacteriostatic water

Concentration: 25 mg/mL

Each U-100 unit = 250 mcg

Conversion table

Reported amount	10 MG setup	50 MG setup
1 mg	20 units	4 units
2.5 mg	50 units	10 units
5 mg	100 units	20 units
10 mg	200 units	40 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.

SS-31 - 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
1-2.5 mg	Once daily	Lower-start reports
5 mg	Once daily	Most recurring amount
10 mg	Once daily in some reports	Higher experimental use

What recurred across reports

- Community discussions most often centered on mitochondrial function, energy, endurance and recovery 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

- Elamipretide/SS-31 remains investigational for many uses; human trial formulations do not validate unregulated products.
- 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 SS-31. 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: SS-31 - <https://pubmed.ncbi.nlm.nih.gov/?term=SS-31> - retrieved 2026-08-07