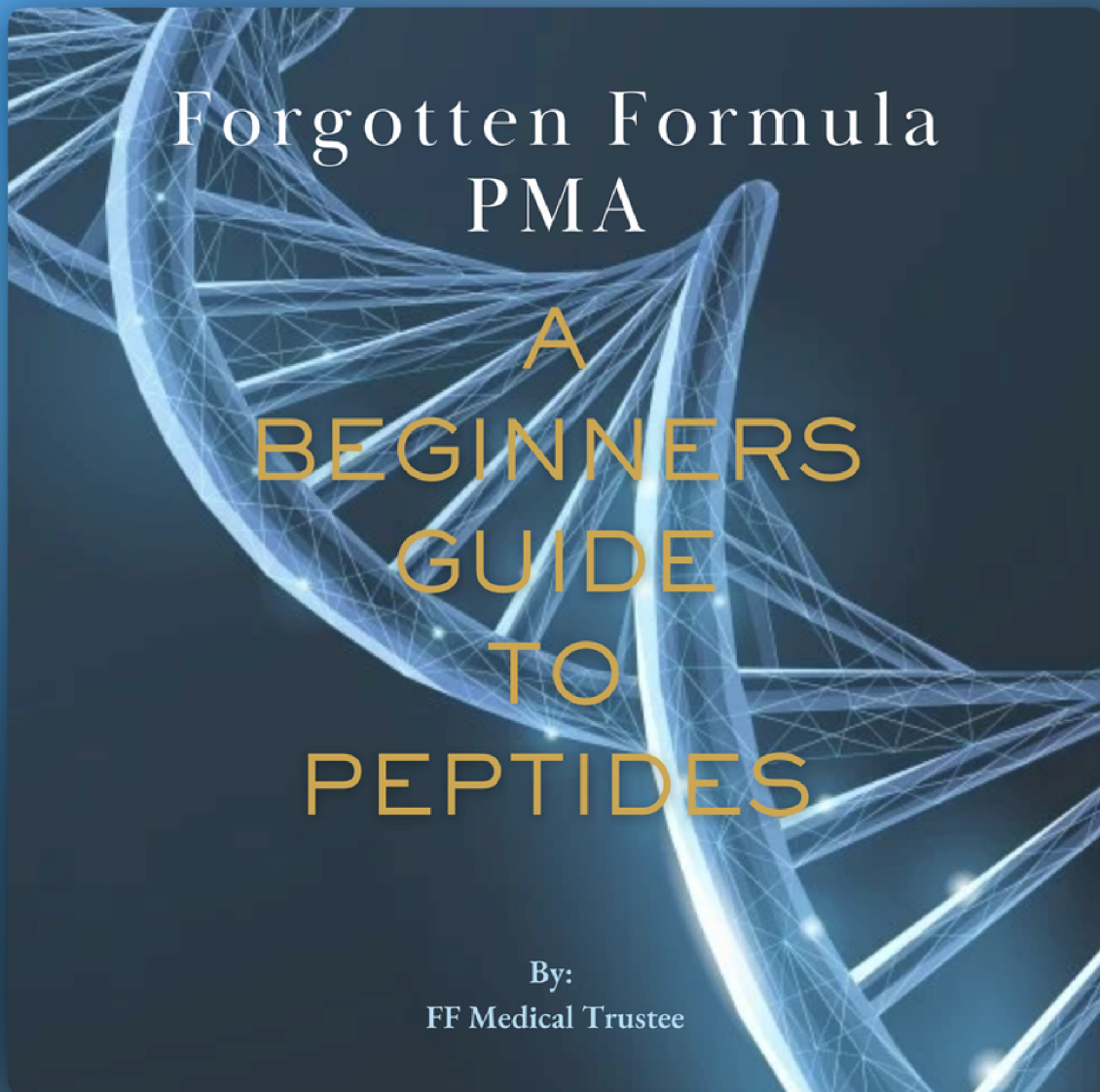


# Peptides Made Easy

A User-Friendly Guide



# Introduction

Welcome to "Peptides Made Easy," your step-by-step guide designed to make using peptides simple, safe, and effective—whether you are a beginner or looking to refine your routine.

This ebook was created by Wizard Performance & Rehabilitation LLC for our valued Private Member Association community, comprised of dedicated doctors and holistic health practitioners who are committed to empowering you on your journey to wellness.

The world of peptides can sometimes feel intimidating, with clinical jargon, precise instructions, and strict storage protocols. We understand that information overload can make even the simplest process seem daunting. That's why we created this easy-to-follow resource: to make peptide therapy accessible and stress-free while ensuring you have the knowledge and tools needed to use your products confidently.

Within these pages, you'll find everything you need: from how to sign up for our exclusive community and order your supplies, to the best practices for mixing, storing, and self-administering your peptides with safety and precision. We've combined clear instructions, visuals, practical checklists, and support resources to walk you through each step.

We believe in transparency, education, and support. We want you to feel confident in your peptide journey, every step of the way. Use this book as your constant companion—refer back anytime you need a refresher, a troubleshooting tip, or a dose of encouragement.

So, welcome! Let's get started on helping you unlock the full benefits of peptide therapy, safely and easily.



# How to Sign Up

## Seamlessly Join Our Private Member Association

Signing up for access to our exclusive peptides and expert guidance through our Private Member Association (PMA) is the first step to a seamless peptide experience. Membership not only connects you to top-quality products, but also ensures that everything is compliant, professional, and designed for your success.

Here's how you can become a member, step-by-step:

### Step 1: Pay \$10 Fee for Lifetime Access

Click [here to access our secure membership registration page](#). This link will take you directly to our PMA payment form, where your information is securely processed.

## NOTICE

WARNING AND NOTICE TO ALL PARTIES WE ARE A PRIVATE MEMBERS ASSOCIATION YOU ARE ABOUT TO ENTER A PRIVATE MEMBERS ASSOCIATION. IF YOU ARE NOT A MEMBER YOU HAVE NO JURISDICTION, RIGHT, OR LEGAL REASON TO WALK THROUGH THESE DOORS. IF YOU DO THE FULL PENALTY OF THE LAW WILL APPLY. THE FORGOTTEN FORMULA PMA AND ALL ITS ASSOCIATED DOCTORS, CLINICS, MEMBERS AND AFFILIATES IS A 1ST AND 14TH AMENDMENT PRIVATE MEMBERSHIP ASSOCIATION THAT CONTRACTS FOR SERVICES AND BENEFITS WITH PRIVATE MEMBERS ONLY, NOT THE PUBLIC. GENERALLY, OUR ASSOCIATION IS OUTSIDE THE JURISDICTION AND AUTHORITY OF FEDERAL AND STATE REGULATORY AND LICENSING AGENCIES EXCEPT AND ONLY IN THE CASE WHERE THERE IS DIRECT EVIDENCE OF SOME ACTIVITY THAT RISES TO A LEVEL OF A CLEAR AND PRESENT DANGER OF SUBSTANTIVE EVIL. OTHERWISE, WE CLAIM AND EXERCISE OUR RIGHT OF PRIVACY OF ASSOCIATION AFFAIRS, DOCUMENTS, RECORDS AND MEMBERSHIP LISTS UNLESS A VALID COURT ORDER EXISTS. IF THERE IS A VALID COURT ORDER, WE WILL RESPECTFULLY OBJECT AND RESIST ON THE GROUNDS OF THE PROVISIONS OF THE 1ST, 4TH, 5TH AND 14TH AMENDMENTS TO THE U.S. CONSTITUTION AND SEVERAL U.S. SUPREME COURT DECISIONS UPHOLDING OUR OBJECTIONS TO THE THREAT OF CONTEMPT SANCTIONS. ALSO, WE WOULD REQUEST THAT ANY FURTHER COMMUNICATIONS BE IN WRITING. ANY VIOLATIONS OF OUR PRIVATE ASSOCIATION RIGHTS WILL BE DEALT WITH USING THE APPROPRIATE LEGAL ACTIONS AGAINST THE RESPONSIBLE PARTIES IN A FEDERAL AND/OR STATE COURT.





## Step 2: Complete the Membership Contract

Click [here to register](#) if you support making America Healthy Again! Once the registration is completed you will officially be a member!

What

You

Need

**Essential Supplies Checklist and  
Product Quality**

Knowing exactly what you need to begin your peptide journey not only saves time, but also ensures safety and maximum effectiveness. Quality matters: that's why we've sourced the highest standard products for all PMA members.

## Your Peptide Starter Kit:

### 1. **Peptide Vials**

Sourced through our Private Member Association, ensuring purity and quality.

### 2. **Bacteriostatic Water**

Sterile water with 0.9% benzyl alcohol to safely dilute peptides for reconstitution. This is needed as peptides are in their organic powdered form. (Order through us)

### 3. **Syringes**

1ml insulin syringes (typically 29-31G, 5/16"-1/2"): for precise dosing and comfort. [Click here](#) to get what we get from amazon

### 4. **Alcohol Prep Pads**

For cleansing the vial tops and injection site.

### 5. **Sharps Disposal Container**

To safely discard used needles and prevent accidents.

### 6. **Gloves (optional, but recommended)**

For hygiene and added safety during preparation.



# How to Mix Your Peptides

Simple Guide to Reconstitution

Mixing your peptide—called 'reconstitution'—is a basic, crucial skill. Doing it properly ensures your peptide retains its full potency, is easy to administer, and safe to use.

# Step-by-Step: How To Reconstitute

1. **Gather Supplies:** Peptide vial, bacteriostatic water, syringe(s), alcohol wipes.
2. **Clean Your Workspace:**
  1. Wipe down your mixing area with sanitizer.
  2. Wash your hands thoroughly.
3. **Prepare Vials:**

Clean the tops of both the peptide vial and bacteriostatic water with alcohol wipes.
4. **Draw Up Bacteriostatic Water:**
  1. Use a fresh syringe to draw up the recommended volume (check the instructions provided with your peptide—typical amount is 1-2 ml).
  2. Remove air bubbles by tapping the syringe gently and expelling them.
5. **Add Water to Peptide Vial Slowly:**
  1. Insert the needle through the rubber stopper at an angle, letting the water run gently down the inside of the vial.
  2. Do **not** squirt water directly onto the powder—this prevents foaming and potential damage to the peptide.
6. **Wait for Dissolution:**

The powder will dissolve on its own. If needed, swirl *gently* (don't shake) to mix. Never shake the peptide vial!
7. **Inspect Solution:**

Once clear (no particles), your peptide is ready for dosing.



# Dos and Don'ts

- **Do:** Use only sterile supplies. Work in a clean area. Be gentle.
- **Don't:** Shake the vial. Use tap water. Re-use needles.

# Troubleshooting

- **Cloudy Solution:** Gently swirl. Contact support if it remains cloudy.
- **Particles:** Don't use—seek support.
- **Difficulty dissolving:** It can take a few minutes for some peptides to dissolve—be patient and swirl gently.



# How to Store Your Peptides

**Best Practices for Storage and  
Potency**

Proper storage is vital to keep your peptides potent, safe, and effective over time. Here's how to ensure that every dose is as effective as the first.

## Temperature Guidelines

- **Unmixed (powdered) peptides:**  
Store in a cool, dark place or in the refrigerator (36–46°F / 2–8°C).
- **Reconstituted peptides:**
  - Always store in the refrigerator after mixing.
  - Never freeze, unless specifically indicated by your peptide manufacturer.

## Light and Humidity

- Keep vials out of direct sunlight—ultraviolet light can damage peptides.
- Store in the original box or wrap in foil for added protection.
- Avoid storing in bathrooms or damp locations; humidity degrades peptides.

## Handling and Shelf Life

- Always wipe vial tops with alcohol before each use.
- Only use the peptide within the recommended time post-reconstitution (varies by product, typically 2–4 weeks).
- If peptide appears cloudy or forms particles after mixing, do not use.

# Avoiding Contamination

- Use a new needle and syringe for every injection.
- Keep vials securely capped and upright.
- Minimize time vials spend at room temperature.

# Expiration Dates

- Take note of the lot and expiration date on each vial.
- Discard peptides that are expired, changed in appearance, or were stored improperly.

# Travel Tip

- For short trips, store peptides in a travel cooler with an ice pack.
- For longer durations, verify the possibility of proper refrigeration at your destination.



# How to Inject Your Peptides

## Safe and Effective Self-Administration

Injecting peptides doesn't need to be intimidating. With proper technique and care, you can confidently self-administer your peptides at home.



# Step-by-Step Guide

## 1. **Prepare Supplies:**

Alcohol prep pad, insulin syringe, peptide vial, sharps container.

## 2. **Wash Hands:**

Always start with clean hands to prevent infections.

## 3. **Clean Injection Site:**

1. Common sites: lower abdomen (at least 2 inches from the bellybutton), upper thigh, or upper arm.
2. Wipe with an alcohol pad and allow it to dry.

## 4. **Draw Dose:**

1. Clean the peptide vial's top with alcohol.
2. Use a fresh syringe, insert needle into vial, draw up the prescribed dose.
3. Remove syringe and tap to clear bubbles.
4. [Click here](#) to access dosage calculator

## 5. **Pinch the Skin:**

At the chosen injection spot, gently pinch a fold of skin using your thumb and index finger.

## 6. **Insert Needle:**

1. Quickly but gently insert the needle at a 45–90 degree angle, depending on your body type and comfort.
2. For subcutaneous injections (most common), a 45-degree angle is usually ideal.

## 7. **Inject Peptide:**

1. Slowly press the plunger all the way down.
2. Remove needle and immediately dispose of it in a sharps container.

## 8. **Apply Gentle Pressure:**

If needed, hold a fresh cotton swab or pad against the site for a moment. Minor bleeding is normal.

## Hygiene & Safety

- Never reuse needles or syringes.
- Do not inject into irritated, swollen, or bruised areas.
- Rotate sites to avoid tissue irritation.
- Store used sharps in a dedicated, puncture-proof container.

## Disposal

Full sharps containers should be disposed of according to local regulations—never in household trash.

If you're unsure or nervous, ask for an in person consultation (cost may be involved), or a simple online search will result in many educational videos to assist you.



The background features a dark gradient from blue to red, overlaid with numerous 3D question marks and gears. Some question marks are orange and brightly lit, while others are dark blue and dimly lit. The gears are also dark blue and scattered throughout the scene.

# Frequently Asked Questions



Every new journey brings questions—here are answers to the questions we hear most often about peptide use.

## **1. Do I need a prescription for peptides?**

Membership in our Private Member Association gives you access to doctor-vetted, high-quality peptides, without requiring a traditional prescription. However, these products are for member use only and medical oversight is maintained within our association.

## **2. How do I know how much peptide to use?**

Follow your practitioner's instructions and the guidance provided in your member dashboard. Dosing can vary, so never guess or alter instructions.

## **3. Can I mix my peptide with anything other than bacteriostatic water?**

No. Use only bacteriostatic water—never saline, tap water, or other liquids.

## **4. What if I miss a dose?**

Do not double up on doses. Take the next scheduled dose as directed.

## **5. Is there any pain or side effect from injections?**

Some mild redness or discomfort at the injection site is normal and usually subsides quickly. If you experience persistent pain, swelling, or signs of allergy, contact support immediately.

## **6. How do I discard used needles safely?**

Store in an approved sharps container. Never place loose needles in trash or recycling bins.

## **7. Are peptides legal?**

Within our PMA, products are provided in compliance with all regulations for holistic and wellness uses. It is your responsibility to use these products as directed and not to distribute or resell.

## **8. Can peptides be used alongside other therapies?**

Always consult your holistic practitioner or PMA health advisor before combining peptides with other supplements or prescription medications.

# Safety and Legal Reminders

Your safety, privacy, and confidence in using peptides are our highest priorities. Please read and follow these important reminders:

## Compliance

- All peptide usage within our PMA is for the personal, private use of our members.
- Never share your peptides with others.
- Keep products securely away from children and pets.

## Precautions

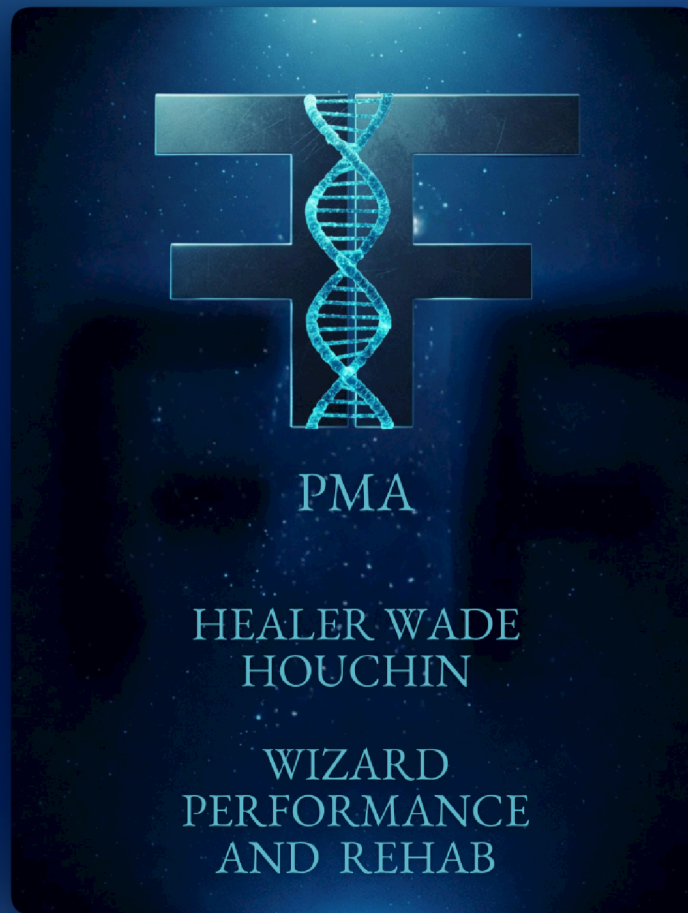
- Report any adverse reactions to your practitioner immediately.
- Do not use peptides if pregnant, nursing, or if you have serious underlying conditions without approval from your healthcare team.
- Expired or improperly stored peptides should be immediately disposed of.

## Legal Use

- Peptides are offered for wellness and research purposes as outlined in our PMA agreement.
- Redistribution, resale, or public discussion outside our private member channels is forbidden.
- Membership terms and privacy rules protect your anonymity and legal access.

## Responsible Use

- Take only the dose prescribed and for the recommended duration.



## Customer Support & Resources

### Let Us Support You

We know that questions can arise—whether about membership, ordering, preparation, or administration. We are here to help you every step of the way.

### How to Reach Us

- **Email:** [wade@289sportsperformance.com](mailto:wade@289sportsperformance.com)
- **Phone:** 402-310-5926
- [www.forgottenformula.com](http://www.forgottenformula.com)