

## Morning Training (train from 6.30 am to 7.30 am) Advanced Peptide Stack with Growth and Insulin

- \* IMPORTANT RULE - Do not administer it not within a hour before a meal and not within two hours after a meal.
- \* When your blood sugar spikes so does your insulin and insulin destroys your growth hormone
- \* Inject all peptides in the stomach under the skin as normal growth
- \* Constitute all the peptides with 2ml of water and the growth with 1ml of water.

### Daily Schedule for peptides

	<u>Insulin</u> <u>Humulin R</u>	<u>CJC1295</u> <u>2000mcg</u>	<u>GHRP6</u> <u>5000mcg</u>	<u>Hexarelin</u> <u>2000mcg</u>	<u>Growth Hormone</u>
<b>5am - Injection</b> Injection must be taken at least 2 hours after carbs Once you have taken the injection you can not eat for a hour					2.5IU Growth
Brekafast 6am					Oats and Whey
Training 6.30am to 8am					
8am meal					Whey Protein With Carbs Carbs will destroy the Peptides
<b>8.30 am - Injection</b>					6IU You could increase to 10IU
9.00 am Mid Morning Meal					Protein + Carb Meal Minimum 80 grams carbs Increase carbs if you increase Insulin 10 grams carbs per 1IU
<b>11.00 am - Injection</b> Peptide Injection must be taken at least 2 hours after carbs Once you have taken the injection you can not eat for a hour The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating			200 mcg 8 ticks on syringe	50 mcg 5 ticks on syringe	
12.00 or 12.30 pm - lunch time					Big meal protein and carbs
<b>2.30 pm - injection</b> Peptide Injection must be taken at least 2 hours after carbs Once you have taken the injection you can not eat for a hour The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating			200 mcg 8 ticks on syringe	50 mcg 5 ticks on syringe	
3.30 pm lunch time					Big meal protein and carbs
<b>5.30 pm - Injection</b> Peptide Injection must be taken at least 2 hours after carbs Once you have taken the injection you can not eat for a hour The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating			200 mcg 8 ticks on syringe	50 mcg 5 ticks on syringe	
7.30pm					Big meal protein and carbs
8.30pm meal					Calcium Cascenate Protein no carbs Carbs will destroy the Peptides
9.30pm injection Peptide Injection must be taken at least 2 hours after carbs Once you have taken the injection you can not eat for a hour		1000mcg 1ml (CJC twice per week Wed and Sunday 2 hours after last carb meal)	200 mcg 8 ticks on syringe	50 mcg 5 ticks on syringe	
<b>2am injection</b>					2.5IU Growth
<b>Total Required</b>		<b>8 Ampules</b> <b>16000 mcg</b> 60 days	<b>9 Ampules</b> <b>45000 mcg</b> 62 days	<b>6 Ampules</b> <b>12000 mcg</b> 60 days	<b>3 x 100IU Cicconati</b> <b>280 IU</b>

### Insulin Humulin R

Regular insulin is short-acting insulin and is available commercially as Humulin R or Novolin R. The onset of regular insulin is 0.5–1 hr; its peak activity occurs 2–4 hr after subcutaneous injection and its duration of action is 5–7 hr.