

# Evening Training (train from 5pm to 6pm) Growth H

## Daily Dosage

IMPORTANT RULE - You do not have to inject at the times noted below as long as you 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

Constitute all the peptides with 2ml of water and the growth with 1ml of water.

### **5.00 am - 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

The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating

Brekafast 6am

### **8.00 am - 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

The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating

Mid Morning Meal

10am

### **12.00 pm - 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

The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating

1pm - lunch time

### **3.00 pm - 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

The GHRP6 peptide will release ghreilin and you will get very hungry. Wait a hour before eating

4pm Pre Workout Drink / Shake

### **5.00 pm**

6.30pm - Post Workout / Protein drink

8pm - Dinner

### **10.00 pm Injection**

**Inject in the stomach under the skin as normal growth**

**Total Required**

## ormone and Peptide stack with no insulin

**CJC1295**  
**2000mcg**

**GHRP6**  
**5000mcg**

**Hexarelin**  
**2000mcg**

**Growth Hormone**

8 ticks on syringe  
200 mcg

5 ticks on syringe  
50 mcg

Mix in same syrii

8 ticks on syringe  
200 mcg

5 ticks on syringe  
50 mcg

Mix in same syrii

8 ticks on syringe  
200 mcg

5 ticks on syringe  
50 mcg

Mix in same syrii

8 ticks on syringe  
200 mcg

5 ticks on syringe  
50 mcg

Mix in same syrii

Train

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1ml  
1000mcg  
(twice per week Sunday and Wed)

3IU Growth  
(Every night 2 hours after last meal)  
Can be mixed in same syringe as growth

**8 Ampules    20 Ampules    5 Ampules    2 x 100IU Nomatropin**

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