Evening Training (train from 5pm to 6pm) Growth Hormone

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 ghrelin and you will get very hungry. Wait a hour before eating

Breakfast 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 ghrelin 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 ghrelin 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 ghrelin 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
**Hormone and Peptide stack with no insulin**

<table>
<thead>
<tr>
<th>CJC1295 2000mcg</th>
<th>GHRP6 5000mcg</th>
<th>Hexarelin 2000mcg</th>
<th>Growth Hormone 2000mcg</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ticks on syringe</td>
<td>5 ticks on syringe</td>
<td>8 ticks on syringe</td>
<td>5 ticks on syringe</td>
</tr>
<tr>
<td>200 mcg</td>
<td>50 mcg</td>
<td>200 mcg</td>
<td>50 mcg</td>
</tr>
</tbody>
</table>

Mix in same syringe

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Train 

Train 

Train 

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 |