STANDARD LABS · RESEARCH CHECKLIST

The Reconstitution Checklist

Ten checks before the first draw. Print it, keep it on the bench, and write the numbers down before the needle goes in.

01 **Read the compound page and the COA.**
Match the lot before you open the vial.

02 **Confirm the vial mass and diluent volume.**
10 mg + 1 mL = 10 mg/mL. Not 10 mL.

03 **Check the vial capacity.**
A standard 10 mg vial holds about 3 mL.

04 **Bring both vials to room temperature.**
Cold powder dissolves slowly and invites shaking.

05 **Wipe both tops and let them dry.**
About 30 seconds. Don't blow on them.

06 **Label the vial before you mix.**
Compound, mass, diluent, concentration, date.

07 **Use the right syringe.**
3 mL Luer Lock for mixing; 31G for dosing.

08 **Calculate the units and write them down.**
(dose ÷ concentration) × 100.

09 **Set the mix and toss dates.**
Plan on four weeks in the fridge.

10 **Clear the bench.**
Sharps container within reach before the first needle.

THE 10 MG EXAMPLE

10 mg + 1 mL = 10 mg/mL

2 mg = 20 units
4 mg = 40 units
8 mg = 80 units

Stop

Wet, discoloured or clumped powder. Cracked glass. A lot that does not match the certificate. Numbers that do not match the chart.

A checklist is not a protocol. Use the volume and concentration specified for your compound and vial.

THE RULE THAT COVERS MOST MISTAKES

Start low. Go slow. Write it down.

A new vial costs less than an infection. When in doubt, throw it out.

MIX · MEASURE · RECORD

Mix, measure, record.

Six moves from powder to a labelled vial. Slow is the technique.

1
Push air in.
Vial flat. Push in as much air as the water you will take.

2
Draw the water.
Flip the vial, keep the tip in the liquid, pull to your amount.

3
Go in bevel up.
About 45°, slanted side up, then straighten. Protect the stopper.

4
Run it down the glass.
Tilt the vial. Aim at the wall, not the powder. Push slowly.

5
Swirl, never shake.
Roll it between your fingers until clear. Foam is not a mix.

6
Draw and read.
Read the flat top of the plunger, not the pointed tip.

Red flags

- Still cloudy after 15–20 minutes and a gentle swirl.
- Specks, strings, sediment or a colour change.
- Frozen after mixing, or left warm for hours.
- Past four weeks, or a dose that suddenly stops working.

Record

Compound
Lot
Vial mass
Diluent
Concentration
Mix / toss date
Dose (units)

LABEL IT LIKE THIS

Retatrutide
10 mg · lyophilized · Lot RT-2410
+1 mL BAC = 10 mg/mL
Mixed 10/30 · toss 11/27

WANT THE FULL GUIDE?
51 pages. 12 compounds. 27 references.
standardlabs.io/peptide-guide

A new vial costs less than an infection. When in doubt, throw it out. This is a laboratory reference, not medical advice.