PEPTIDEDOSAGE

L-Carnitine Dosage Chart

Medically reviewed May 21, 2026 · Page updated November 21, 2026

TYPICAL RESEARCH DOSE

50–100 mg once daily SC (oral: 1,000–3,000 mg/day)

200 mg vial + 2 mL bacteriostatic water

100 mg/mL · 1 unit = 1 mg on a U-100 syringe

WEEK	DAILY DOSE	UNITS (PER INJECTION) (ML)
Weeks 1–2	50 mg	50 units (0.50 mL)
Weeks 3–8	100 mg	100 units (1.0 mL)
Weeks 9–12	100 mg	100 units (1.0 mL)

L-Carnitine dose to syringe units, by vial size

U-100 insulin syringe: 100 units = 1 mL.

DOSE	200 MG VIAL + 2 ML (100 MG/ML)
50 mg	50 units (0.5 mL)
100 mg	100 units (1 mL)

STORAGE

Lyophilized frozen; reconstituted refrigerated; avoid repeated freeze–thaw cycles.

Educational reference only, not medical advice. Figures restate the research protocol published at the address above.