PEPTIDEDOSAGE

MOTS-C Dosage Chart

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

TYPICAL RESEARCH DOSE

500–2000 mcg once daily SC (research: 5–10 mg 2–3×/week)

5 mg vial + 3 mL bacteriostatic water

1.67 mg/mL · 1 unit = 16.7 mcg on a U-100 syringe

WEEK	DAILY DOSE (MCG)	UNITS (PER INJECTION) (ML)
Weeks 1–2	500 mcg (0.5 mg)	30 units (0.30 mL)
Weeks 3–4	1000 mcg (1.0 mg)	60 units (0.60 mL)
Weeks 5–6	1500 mcg (1.5 mg)	90 units (0.90 mL)
Weeks 7–8	2000 mcg (2.0 mg)	120 units (two 60-unit injections)

10 mg vial + 3 mL bacteriostatic water

3.33 mg/mL · 1 unit = 33.3 mcg on a U-100 syringe

WEEK	DAILY DOSE (MCG)	UNITS (PER INJECTION) (ML)
Weeks 1–2	200 mcg (0.2 mg)	6 units (0.06 mL)
Weeks 3–4	400 mcg (0.4 mg)	12 units (0.12 mL)
Weeks 5–6	600 mcg (0.6 mg)	18 units (0.18 mL)
Weeks 7–8	800 mcg (0.8 mg)	24 units (0.24 mL)
Weeks 9–10+	1,000 mcg (1.0 mg)	30 units (0.30 mL)

20 mg vial + 3 mL bacteriostatic water

6.67 mg/mL · 1 unit = 66.7 mcg on a U-100 syringe

WEEK	DAILY DOSE (MCG)	UNITS (PER INJECTION) (ML)
Weeks 1–2	200 mcg (0.2 mg)	3 units (0.03 mL)
Weeks 3–4	400 mcg (0.4 mg)	6 units (0.06 mL)
Weeks 5–6	600 mcg (0.6 mg)	9 units (0.09 mL)
Weeks 7–8	800 mcg (0.8 mg)	12 units (0.12 mL)
Weeks 9–10+	1,000 mcg (1.0 mg)	15 units (0.15 mL)

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

40 mg vial + 3 mL bacteriostatic water

13.33 mg/mL · 1 unit = 133.3 mcg on a U-100 syringe

WEEK	DAILY DOSE (MCG)	UNITS (PER INJECTION) (ML)
Weeks 1–2	200 mcg (0.2 mg)	1.5 units (0.015 mL)
Weeks 3–4	400 mcg (0.4 mg)	3 units (0.03 mL)
Weeks 5–6	600 mcg (0.6 mg)	4.5 units (0.045 mL)
Weeks 7–8	800 mcg (0.8 mg)	6 units (0.06 mL)
Weeks 9–10+	1,000 mcg (1.0 mg)	7.5 units (0.075 mL)

MOTS-C dose to syringe units, by vial size

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

DOSE	5 MG VIAL + 3 ML (1.67 MG/ML)	10 MG VIAL + 3 ML (3.33 MG/ML)	20 MG VIAL + 3 ML (6.67 MG/ML)	40 MG VIAL + 3 ML (13.33 MG/ML)
200 mcg	12 units (0.12 mL)	6 units (0.06 mL)	3 units (0.03 mL)	1.5 units (0.015 mL)
400 mcg	24 units (0.24 mL)	12 units (0.12 mL)	6 units (0.06 mL)	3 units (0.03 mL)
500 mcg	30 units (0.3 mL)	15 units (0.15 mL)	7.5 units (0.075 mL)	3.7 units (0.037 mL)
600 mcg	36 units (0.36 mL)	18 units (0.18 mL)	9 units (0.09 mL)	4.5 units (0.045 mL)
800 mcg	48 units (0.48 mL)	24 units (0.24 mL)	12 units (0.12 mL)	6 units (0.06 mL)
1 mg	60 units (0.6 mL)	30 units (0.3 mL)	15 units (0.15 mL)	7.5 units (0.075 mL)
1.5 mg	90 units (0.9 mL)	45 units (0.45 mL)	22.5 units (0.225 mL)	11.3 units (0.113 mL)
2 mg	120 units (1.2 mL)	60 units (0.6 mL)	30 units (0.3 mL)	15 units (0.15 mL)

STORAGE

Lyophilized frozen at -20 °C; reconstituted refrigerated at 2–8 °C; use within 2–4 weeks.

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www.peptidedosage.org/peptides/mots-c/dosage