



SERMORELIN INJECTION INSTRUCTIONS: 10 STEPS

Here are the step by step instructions for how to administer HGH injections:

Step 1

Remove the cap off of the vial containing bacteriostatic water, wipe the rubber top of the bottle with one of the included alcohol prep wipes, insert the mixing syringe needle into the vial, carefully turn the vial upside down, and slowly pull back on the syringe until the amount of fluid that the medical advisor has instructed for use is extracted.

Step 2

Remove the colored plastic cap from the HGH vial and discard it. Insert the mixing syringe containing bacteriostatic solution into the vial containing the human growth hormone powder. Turn the vial sideways so that the fluid will slide slowly down the side of the bottle.

Step 3

Remove the syringe and slowly rotate the vial in your hand in a circular motion to mix the solution until all the powder dissolves. **DO NOT SHAKE!**

Step 4

Prepare for the first injection – take a smaller insulin syringe and remove the cap and set it aside – do not throw it away.

Step 5

Insert the insulin syringe into the mixed HGH solution, tip the vial upside down, and withdraw the prescribed dosage of medication slowly into the syringe.

Step 6

Place the inner cap back onto the needle while you prep the skin for the injection.

Step 7

Clean the injection site with an alcohol prep wipe. Use an area above and off to the side of the belly button for subcutaneous injections or on the thigh for intramuscular injections. Discuss the preference for where to inject HGH with the medical advisor before the first treatment.

Step 8

Insert the needle into the prepped area on the thigh or belly. Slowly push down on the stopper as the medication exits the syringe and enters the body. Withdraw the needle from the skin.

Step 9

Place the cap back on the needle and throw it away into the supplied Sharps container.

Step 10

Put the HGH medication away in the refrigerator in a safe place. Some people choose to use a small dish or container to keep the bottle secure from falling over.

These simple instructions make it easy for most anyone to learn how to take HGH injections.