

SUBCUTANEOUS (SubQ) INJECTION

WHAT IS SubQ? SubQ injections deliver the peptide into the fatty tissue just beneath the skin. The needle goes in at a 45° angle (or 90° if pinching a fold). Absorption is slower and more steady than IM — ideal for most peptides including GLP-1s, BPC-157, and all daily-use compounds.		BEST SITES FOR SubQ <ul style="list-style-type: none"> • Abdomen (2 inches from navel) • Upper outer thigh • Lower back / flank • Back of upper arm (tricep area) • Buttock (upper outer quadrant) 	
NEEDLE 27g–31g ½"–5/8" length	ANGLE 45° with skin fold 90° with deep pinch	DEPTH Into fatty layer (4–6mm)	ASPIRATION Not required for SubQ

INTRAMUSCULAR (IM) INJECTION

WHAT IS IM? IM injections deliver directly into muscle tissue. Faster absorption than SubQ. Required for some compounds like Follistatin 344, PEG-MGF, and Cerebrolysin. Needle goes in at 90° with no skin pinching.		BEST SITES FOR IM <ul style="list-style-type: none"> • Vastus lateralis (outer thigh) — PREFERRED • Deltoid (upper arm, outer head) • Ventrogluteal (hip) • Dorsogluteal (upper buttock) • Do NOT use inner thigh or near joints 	
NEEDLE 23g–25g 1"–1.5" length	ANGLE 90° perpendicular to skin surface	DEPTH Full needle depth into muscle belly	ASPIRATION Recommended — pull back slightly

NEEDLE GAUGE QUICK REFERENCE

GAUGE	USE CASE	DIAMETER	PAIN LEVEL
31g	SubQ — face, thin skin, insulin dosing	0.26mm	★ Minimal
30g	SubQ — abdomen, thigh, daily peptides	0.30mm	★ Minimal
29g	SubQ — standard insulin syringe size	0.33mm	★★ Very Low
27g	SubQ/shallow IM — arm, thigh	0.41mm	★★ Low
25g	IM — deltoid, thigh, standard IM	0.51mm	★★★ Moderate
23g	IM — gluteal, large muscle groups	0.64mm	★★★★ Noticeable

ROTATION SCHEDULE — AVOID SCAR TISSUE

WHY ROTATE?	ROTATION PATTERN	SIGNS TO STOP
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PRIMAL YIELD

INJECTION SITE GUIDE

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Injecting the same spot repeatedly causes lipohypertrophy — hardened scar tissue that slows absorption and creates lumps. Rotation ensures consistent delivery and keeps skin healthy.

Divide each zone into a clock face. Move one position clockwise each injection. For abdomen: use 8 positions around the navel. For thighs: alternate L and R, moving up/down each time.

- Hard lump under skin
- Persistent redness >48hrs
- Skin dimpling or atrophy
- Unusual pain at site
- Discoloration If any occur — rest that site for 4+ weeks.