

## **USER GUIDE**

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### **Melanotan must not be used if you are:**

- 1. under the age of 18**
- 2. pregnant**
- 3. with any medical condition**
- 4. without common sense**
- 5. not able to understand difference between ml and mg (milliliter and milligram)**

**Required equipment:**

1) melanotan



2) sterile water



3) Insulin syringes



4) alcohol swabs



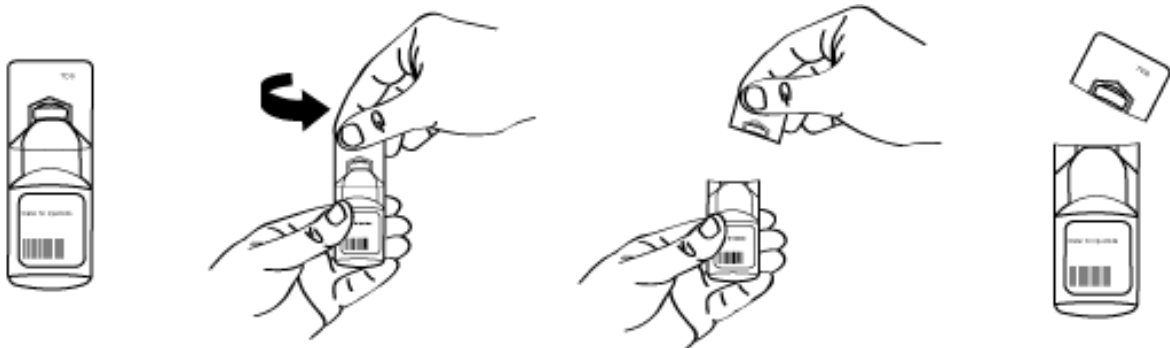
**Equipment explained:**

1. **Melanotan 2** - glass vial containing 10mg of synthetic hormone powder
2. **Sterile water** - plastic ampoule containing 5ml of water which is sterile and safe to be used for injections. Once opened all unused water to be discarded, do not keep open ampoule for later use.
3. **Insulin syringes** - 1ml or 100 IU (international units) syringe with fixed needle.
4. **Alcohol swabs** - pre-injection alcohol swabs used to wipe skin's injection site and melanotan vial's rubber top.

**Preparing melanotan 2 for injections (mixing) :**

Melanotan 2 is sold and shipped as a dry powder in the glass vial. Melanotan cannot be sold pre-mixed, because once mixed with sterile water it has to be kept in fridge or it will lose it's tanning potency.

**Step 1)** open sterile water ampoule by snapping off it's head. Top of the ampoule will come off very easy as they are designed to be used this way.



**Step 2)** turn opened sterile water ampoule upside down and insert insulin syringe in it.



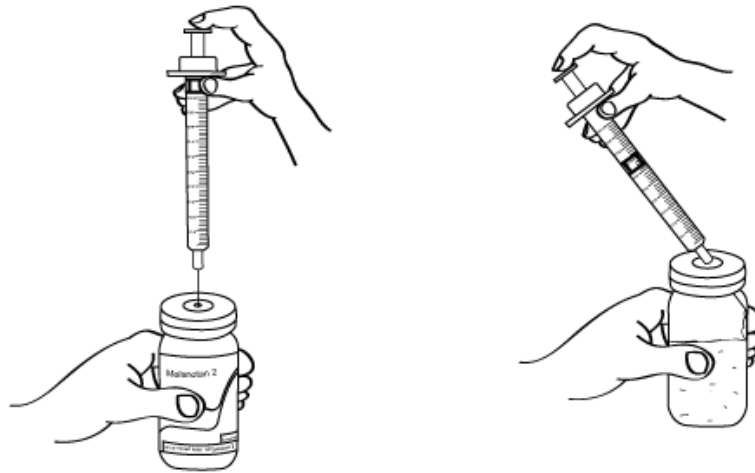
**Step 3)** withdraw 1ml (100 IU) of sterile water into insulin syringe.



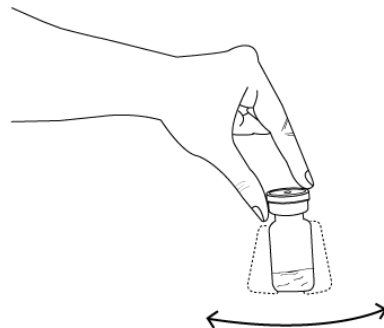
**Step 4)** remove flip off cap from melanotan 2 vial



**Step 5)** pierce insulin syringe's needle through the melanotan vial rubber cap so needle is aiming to glass side of the vial, not directly to melanotan powder. Slowly inject 1 ml (100 IU) of sterile water into melanotan vial.



**Step 6)** Stir vial gently until the white powder has completely dissolved in water. DO NOT SHAKE. This is now a concentration of 1mg of melanotan for every 0.1ml injected. Depending on your skin type or if you're a first time user of melanotan, we recommend mixing between 1ml-1.5ml of water into the vial. Discard of the remaining water.



## Dosages:

There is no standard dose that will fit everyone. People have different weights, skin types, preferred tan level and also some people respond to melanotan better than others. This is something you will have to work out for yourself by research or experimenting.

Below is a dosing example not backed up by proven science. This is only an example, you should do your own research and experiment to see what doses are best for you.

Doses and dosing frequency on small scale will vary from person to person, but this is for your overall understanding:

**Loading phase:** If its your first time using melanotan then start off with a lower dose and build up to 1mg (10IU or 0.1ml) to avoid any side effects

Skin type 1: Highly Sun-sensitive, always burns, never tans - Dosage 0.4mg (4IU or 0.04ml)

Skin type 2: Very Sun-sensitive, burns easily, tans minimally - Dosage 0.6mg (6IU or 0.06ml)

Skin type 3: Sun sensitive skin, sometimes burns, slowly tans to light brown 0.8mg (8IU or 0.08ml)

Skin type 4: Minimally sun-sensitive, rarely burns, always tans to moderate brown 1mg (10IU or 0.1ml)

During the loading phase you should inject every day until the desired skin tone is achieved. While doing injections every day you should be getting some UV ray exposure at least every other day. Melanotan is active in body for 36h after injection, you should get some UV rays within this time or the injected melanotan is wasted.

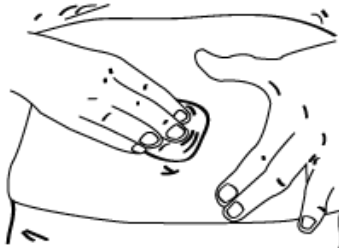
**Maintenance** - 1mg (10 IU or 0.1ml) once or twice a week.

Timing - most people when just starting to use melanotan will experience mild nausea and face flushing right after the injection, for this reason it is advisable to take injections just before going to bed so you sleep it over.

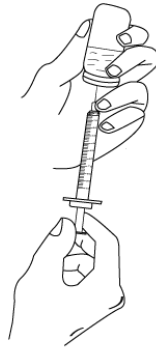
## Injecting Melanotan

Melanotan should be injected in a fat layer of skin, most commonly this is done in belly fat preferably 1-2 inches left or right of the belly button. Alternate sides from left to right each time you inject. Injection should be completely painless if done properly.

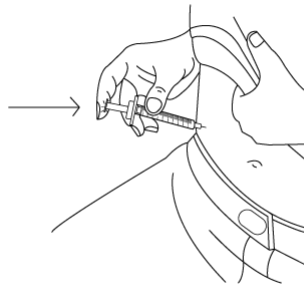
**Step 1)** Open alcohol swab sachet and wipe your injection site and melanotan vial rubber cap



**Step 2)** insert insulin syringe in melanotan vial, turn melanotan vial up side down and withdraw your desired amount of melanotan liquid by pulling plunger down. Watch out for air bubbles.

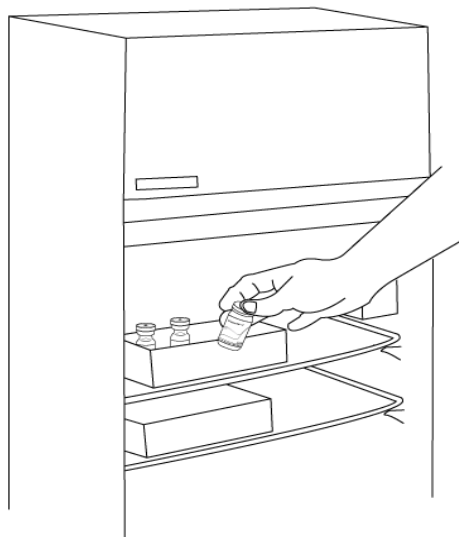


**Step 3)** Insert insulin syringe needle in your skin's fat layer and push the plunger.



**Step 4)** Disregard of the used needle and wipe safely. Needles and wipes **MUST NOT** be used more than once.

Step 5) Place the melanotan in the fridge



Storage:

Vials mixed with water should be stored in the refrigerator at 1-4 degrees and used within 1 month.  
Vials PRE-mixed in a powder form should be kept in the freezer and used within 3 months.

Repeat steps 1-5 of this page on your next time administering