

## **USER GUIDE**

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

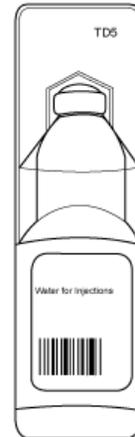
- 1. under the age of 18**
- 2. pregnant**
- 3. with any medical condition**
- 4. without common sense**
- 5. not able to understand difference between ml and mg (milliliter and milligram)**

**Required equipment:**

1) Melanotan



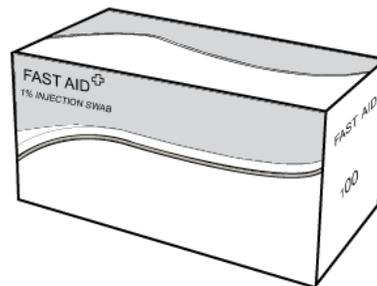
2) Sterile water



3) Insulin syringes



4) Alcohol swabs



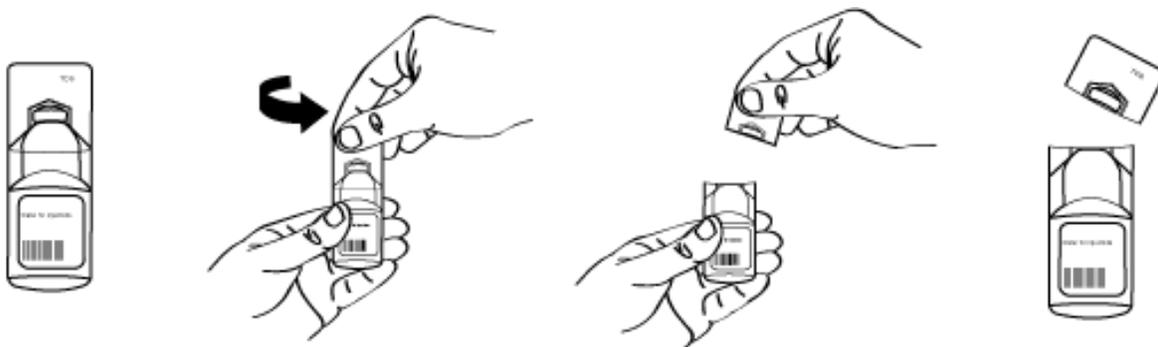
**Equipment explained:**

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 must be discarded, do not keep any open water 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.

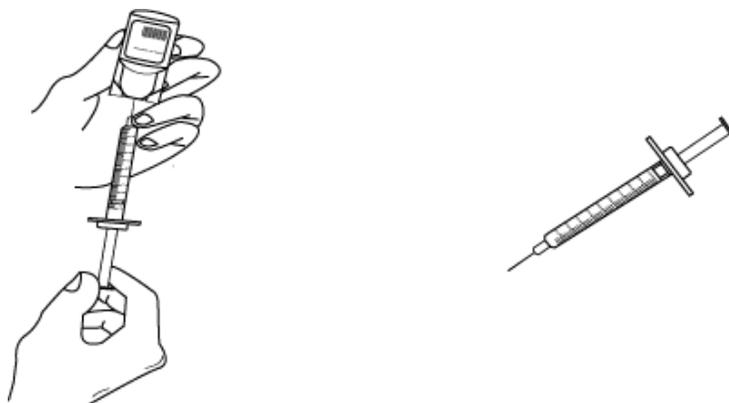
**Step 1)** open sterile water ampoule by snapping off it's head. Top of the ampoule will come off very easy as they are designed to be used this way.



**Step 2)** Turn the opened sterile water ampoule upside down and insert the insulin syringe.



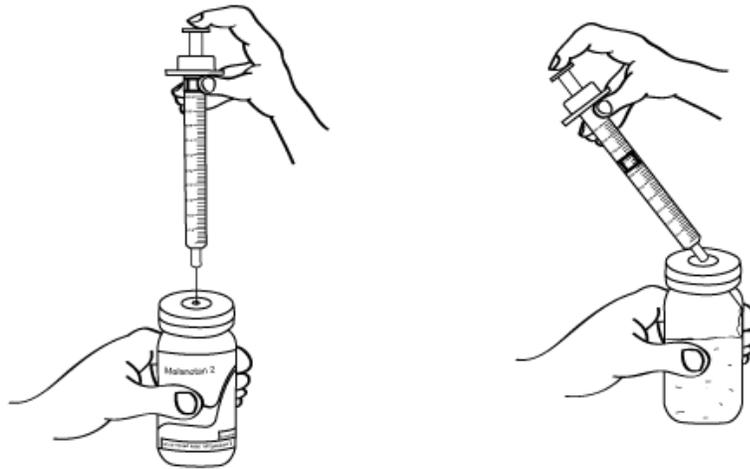
**Step 3)** Withdraw 1ml (100 IU) of sterile water into insulin syringe. Make sure you can see the water filling up the full syringe.



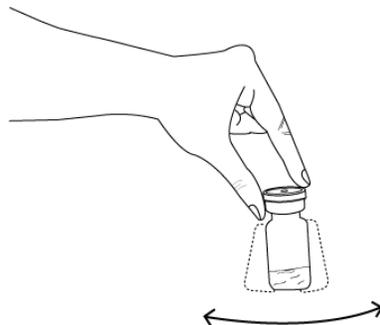
**Step 4)** Remove the flip off cap from the Melanotan 2 vial



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



**Step 6)** Stir or shake the vial gently until the white powder has completely dissolved in the water. 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 ampoule. Let the vial settle for an hour so it can completely dissolve before the first dose.



## 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 for the first couple days and build up to 1mg (10IU or 0.1ml) to avoid any unwanted 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 the body for 36h after injection, for the best possible results you should get some UV rays within this time. Days 6-10 of the loading phase are the most important where you should be getting the most sun.

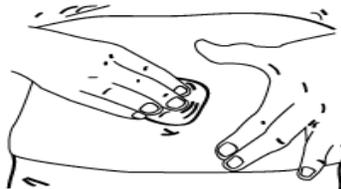
**Maintenance** - 1mg (10 IU or 0.1ml) once or twice a week.

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

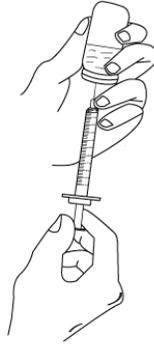
## Injecting Melanotan

The melanotan vial should be taken out of the fridge 30 minutes before injection so it can rise to room temperature. Injecting it cold straight from the fridge can sometimes cause a slight sting. 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 correctly.

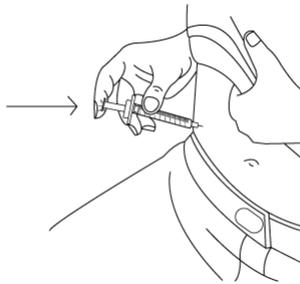
**Step 1)** Open alcohol swab sachet and wipe your injection site and melanotan vial rubber cap



**Step 2)** Insert the insulin syringe into the Melanotan vial, turn the vial upside down and withdraw your desired amount of melanotan liquid by pulling plunger down. Watch out for air bubbles. To remove an air bubble you can simply flick the plastic on the syringe so it rises to the top and very gently press the plunger.

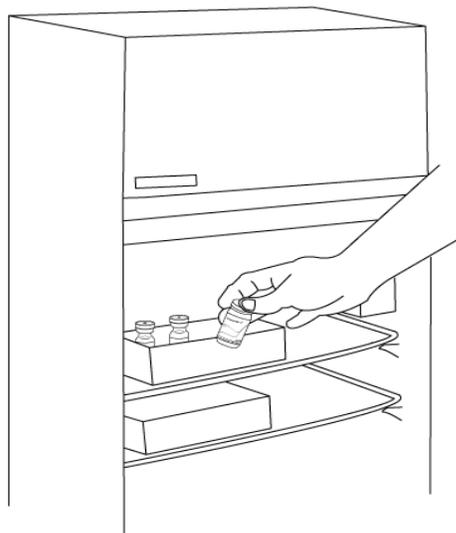


**Step 3)** Insert the insulin syringe needle in your skin's fat layer and push the plunger.



**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 vial in the fridge



Storage:

Vials mixed with water should be stored in the refrigerator at 2-5 degrees and used within 6 weeks. Vials still in powder form should be stored in the refrigerator and used within 6 months.

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