your guide to an amazing tan

MELANOTAN I & II
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Melanin is a naturally producing hormone that controls the pigment in our skin. Simply, the more melanin the darker the pigment and therefore the darker colour of your skin.

Melanotan is a peptide that stimulates the natural production of melanin. This peptide is created and circulated within the skin and when exposed to UV Rays causes the skin to become darker. Melanotan I and II is a synthetic analogue of this peptide that is designed to tan and darken the skin.

**DIFFERENCE BETWEEN MELANOTAN I & II**

In simple terms, Melanotan II offers more density in its peptide chain, meaning it is a more potent peptide than its relative and it works out to be a more affordable option hence why it is a more popular peptide.

Melanotan II also contains Metabolite Bremelanotide a very powerful substance which in males enhances libido, sexual performance and its one of the most effective cures in erectile dysfunction and sexual desire. It also serves as an appetite suppressant and so it has been widely used as a weight loss formula.

Melanotan I is a less potent peptide and it requires a lot more time for the effects of it to be visible. It is on the other hand regarded as a more safer option with a fewer side effects.

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**STORAGE**

- Unmixed vials will last 12 months stored in the refrigerator or freezer.
- If you have already mixed Melanotan, it will last for 3-5 weeks in the fridge.
- Never freeze mixed peptides.
- You should store any unopened sterile injectable water in the refrigerator. Opened sterile injectable water should be disposed of after first use.
- Vials SHOULD NOT be deliberately shaken.

Both Melanotan I and II come as white freeze dried lyophilised powder contained in a sealed multi-use vial. They are transported and sold in 10 milligram size. The reason for this is that lower doses ensure freshness and reduces the amount of travel time as well.

Melanotan peptides are durable and stable when shipped, surviving temperatures up to 98 degrees for almost a month or more. Even shipping this peptide during summer is not a problem. Peptides are very stable but after receiving them, they should be stored in the freezer or refrigerator if this is not possible to prevent possible spoilage.

Many Internet suppliers will sell pre-mixed Melanotan however most of the time pre-mixed vials are not legitimate and you run the risk of infection or a compound that has lost a great deal of potency. All peptides should be delivered in lyophilized form. Lyophilized form is the most stable and durable form.
MELANOTAN 1
Melanotan 1 has a half life of ~1 hour, this means to get the most out of it you should inject twice daily, once in the morning and then again midday or before UV exposure. It is also better to dose every single day - this adds up to a lot of injections.
Recommend dosages starting from 1mg (500mcg twice daily) for Melanotan 1 due to the lower side effects associated with it. After 2-4 days increase to 1.5mg (750mcg twice daily) and stick at this point. If you wish to increase the dose further, do it slowly.

MELANOTAN 2
Melanotan 2 has a life of 36 hours in your body, this allows you to be very flexible with dosing.
Recommended dosages start at 250mcg every day to help your body acclimatize to the peptide and minimize the side effects. You can continue with this dose indefinitely if you are intending to do a low dosage regimen.
If you want to dose higher, after 2-4 days, whenever you feel comfortable, up the dose to 500mcg. 500mcg is the most common dosage amount administered by users. You can increase the dose as far as about 1mg but any higher is generally not advised and the users dosing 1mg/dose normally weigh around the 100kg mark.

LOADING DOSE (Melanotan 2)
The below dosing plan is based on the vial being reconstituted with 2ml of water.

Day 1-3: 0.2mg/Day –
Pull the syringe up to halfway between the bottom and the 10 mark

Inject just before going to sleep to let the peptides work overnight. Any problems that may arise will do so overnight, thus upon waking the user will know how their body will react. Ideally, the user should not feel anything. An antihistamine can also be taken 1-2 hours before injection to ward off any potential side effects.

Day 4-6: 0.5mg/Day –
Pull the syringe up to the 10 mark

Day 7 – Until you have your Desired Tan Depth
Dose the advised units as per your weight and results per day up to a maximum of 1mg/day.

“Clinical studies have shown that Melanotan works without the need to combine it with any UV exposure, although results are achieved much faster when you incorporate 1-2 tanning sessions either the natural sun or ultraviolet with your Melanotan dosage.
The reason for this is while Melanotan significantly raises your levels of melanin, which is the brown pigment that gives your skin its tanned appearance, UV rays are an important factor in discharging your body’s melanin to the surrounding skin tissue.”

MAINTENANCE DOSE (Melanotan 2)
Once you have reached your desired level of tan then you can enter what is known as the 'maintenance phase'. Maintenance dosing requires much less frequent dosage than once a day. Although levels are different for everyone on average 500mcg every 3 to 4 days or 1mg a week with a small amount of UV exposure will maintain your tan. This is maintenance dose, as the name implies, to maintain the established colour without darkening the skin further.

The maintenance dose can be continued indefinitely; however, if chosen to cease dosing for an extended amount of time the user's sensitivity to the peptide will return, making it easy to reduce pigmentation and then rebuild the tan to the desired level.
EQUIPMENT

- **Insulin Syringe**
  Typically, insulin needles are to be used to inject or mix the peptide. These needles are 29 to 30 gauge by ½” with a 1 CC (100 units) capacity. It’s possible to use larger syringes, however getting precise measurements can be difficult.

  Volume of insulin syringes is measured in IU (International Units)
  100 IU = 1 ML
  10 IU = 0.1 ML

  If you reconstituted with 1ml of water every unit is 100mcg of Melanotan.
  If you want to dose 500mcg, you need 5 units.
  If you want to dose 1000mcg, you need 10 units.

  If you reconstituted with 2ml of water every unit is 50mcg of Melanotan.
  If you want to dose 100mcg, you need 2 units.
  If you want to dose 250mcg, you need 5 units.
  If you want to dose 500mcg, you need 10 units.

- **Sterile Water**
  Opened sterile injectable water should be disposed of after first use.

  If you wish to use doses of less than 500mcg it would be best to use 2ml (200 units) of water.
  If you wish to use doses of 500mcg or more then you can use 1ml (100 units).
  This allows you to accurately measure doses while not having to inject more fluid than required.

- **Alcohol Swab**
  Always make sure you wipe the rubber stopper before inserting the needle and your skin at the injection site prior to injection.

Do not fall for the easier methods of taking Melanotan, injections is the only proper way of using this peptide.

Many Internet suppliers will sell things like nasal sprays, pre-mixed peptide, oral pills and powders, few of which are what they came to be.

There are a few positive reports of nasal spray experiences, however they tend to be fictitious or very unusual as the molecules contained in that form are too large to pass the nasal membrane.

Similarly, pills of this type are also quite useless because enzymes within the stomach will render the peptide inert.
"You need to consider your injection site, the most popular is the stomach, followed by the leg and buttocks."

**STEP 1 - MIXING THE SOLUTION**
Take your Melanotan vial and pop off the top of the vial to reveal the rubber stopper. Wipe with the swab.
If using sterile injectable water or sodium chloride, twist off the top of the ampule.
Next insert a syringe into the vial/ampule and hold it upside down.
Withdraw your water and inject it slowly into the Melanotan vial aiming at the side, not the powder.
This may take several attempts based on the size of your syringes - with a 1ml syringe you will need to inject 2 full syringes of water into your Melanotan vial if mixing with 2ml of water.
Place in the fridge for a few hours or overnight while the powder dissolves, you can swirl or tilt the vial to help. Some residue may remain.

**STEP 2 – ADMINISTRATING THE SOLUTION**
Administering Melanotan is a very easy and painless operation and is best performed just before you go to bed to minimize any side effects that may occur (tiredness).
Open a new syringe and pull the plunger back to number 10 on the syringe. Then take the solution from the fridge and insert the syringe into the rubber top and push the plunger to empty the air, then repeat (this will make drawing the solution out easier). Turn the vial upside down and pull the plunger until the solution reads at your specified dosage amount (for the first 2-3 days use 250mcg so your body adapts), ensuring the tip of the needle stays in the solution. Then flick to remove any air that may be in the syringe.
Now find the fleshiest area of your stomach and then clean with an alcohol wipe. Now place the index finger and thumb about 2 inches apart on the cleaned area of skin and simply pinch. Take the syringe in your other hand, holding it like a pen 90 degrees to your skin, needle side down. If you have a low body fat percentage you may have to inject at a 45 degree angle or use short needles.
Now insert the needle with a swift motion until it is fully under the skin. Gently depress the plunger until all the solution has gone from the syringe and carefully remove it from your skin. Next gently hold the alcohol wipe on the injected area for 1 minute.
Many people generally ask how much time it takes to show result. There is no fix time to see the results. Most of people get excellent results after taking 20mg of Melanotan2 while some get results only after 5 to 10 mg. So this takes 7 to 10 days to show results after beginning Melanotan.

You need to spend about 20 to 40 minutes time in sun. If you are using sun bed then 5 to 10 minutes are sufficient.

This depends on the skin of user to show result of injection. If user has a very fair skin then there will more requirement of injection to see initial results. Sometime it takes 4 to 5 weeks to show results. If tanning injections is being taken with UV exposure then it takes about 2 to 3 weeks.

If this is taking more time then you need more amount of UV exposure. If this is not working after it then you should try to increase dosage. If you are using tanning injection first time then 20 to 30 mg for male and 10 to 20 mg is quite enough to see result. After taking this amount of Melanotan2 you can check whether it is working or not. It is more beneficial to take in the presence of UV rays. It will take more time to show result without UV rays.

**AVOID BURNING**

Though tans protect the skin from burning, the Melanotan peptide will not protect the skin. This makes it important not to overexpose yourself when first starting the therapy. You should start only with the amount of exposure that the your skin can handle without burning.

### SIDE EFFECTS

There have been some side effects reported while using Melanotan 2, typically these effects appear during the first few days of dosing and will become increasingly less obvious as the body adjusts to the peptide.

These effects include: nausea, appetite loss, drowsiness and increased sex drive. In order to combat nausea, an anti-histamine can be taken when injecting until the body gets used to it. But most common way to deal with this is to inject Melanotan before bed, this is also beneficial to combat any drowsiness.

You may also experience freckles appearing, this is the Melanotan darkening any freckles you may not of been able to see before. It is advisable to avoid this side effect to keep your dosage low and do not exceed 0.5mg per day.

If you start to notice freckles appearing lower your dosage amount and build your tan slower. Any freckles/moles that have darkened during the usage of Melanotan II will usually fade upon cessation of use; however, the time for this to occur will be different for each user.