

Alright, here's everything you need pulled together. This is community and research-derived information, not medical advice.

Why This Combo Makes Sense for Your Situation

The research strongly supports your instinct here. BPC-157 specifically:

- Promotes angiogenesis — triggers VEGFR2 (vascular endothelial growth factor receptor), literally regrowing new capillaries into tissue with poor circulation
- Achilles tendon — the rat Achilles transection studies are real. Complete transection models showed significantly faster recovery, better collagen organization, and elevated angiogenesis markers at the repair site
- Thrombosis — one NIH-published study (PMC7555539) found BPC-157 may actually prevent/attenuate both arterial and venous thrombosis via the eNOS pathway

TB-500 complements it systemically — it mobilizes repair cells from the bone marrow and promotes structural tissue remodeling across the whole body, while BPC-157 does the targeted local work.

What You'll Need (Important First)

Your 3mL syringe is for reconstitution only (drawing water into the vials). For actual injections you need insulin syringes — U-100, 1mL, 29-31 gauge, 5/16" or 1/2" needle. These are available at any Walmart or CVS pharmacy over the counter, no prescription needed in most states. Get a box of 10-20.

Reconstitution — Step by Step

Both vials, same process:

1. Let vials sit at room temp 10-15 min (prevents condensation)
2. Wipe the rubber stopper with alcohol swab, let it fully dry
3. Draw up 2mL of BAC water into your 3mL syringe
4. Insert needle at a 45-degree angle into the rubber stopper
5. Inject water slowly down the inner glass wall — do NOT squirt it directly onto the powder
6. Withdraw needle
7. Gently swirl until powder fully dissolves — do NOT shake
8. Solution should be clear and colorless — discard if cloudy
9. Label with date and "5mg/mL" concentration
10. Store in fridge (35-46°F), use within 28 days

This gives you 5mg/mL in each vial.

Dosing — The Wolverine Stack

BPC-157 (your situation: wound healing + angiogenesis priority)

- 500mcg once daily is the standard for active healing
- At 5mg/mL concentration: that's 0.1mL = 10 units on an insulin syringe
- Your 10mg vial gives you 20 days at this dose

TB-500 (loading + maintenance)

Loading Phase — Weeks 1-4:

- 2.5mg twice per week (Monday + Thursday for example)
- At 5mg/mL: 0.5mL = 50 units on insulin syringe
- Your 10mg vial = 4 doses at 2.5mg

Maintenance Phase — Weeks 5-8:

- 2.5mg once per week

(Note: With only one 10mg TB-500 vial, you can do about 3-4 weeks of loading. You'll want to reorder before the vial runs out.)

Injection

Subcutaneous (SQ) is the standard method:

- Belly fat or love handle area, 1-2 inches from navel
- Pinch an inch of skin, insert at 45°, inject slowly, withdraw
- Rotate sites each injection

For your ankle specifically — many people do local injections with BPC-157 near the injury site in addition to or instead of belly injections. Some community protocols say inject the BPC-157 near (not into) the Achilles/ankle area for maximum local effect, while TB-500 is always systemic (belly).

Safety Notes from Community Experience

- Start with BPC-157 first for 3-5 days alone before adding TB-500, so you can distinguish any reactions
- Mild fatigue/vivid dreams sometimes reported in the first week — normal
- BPC-157 can lower blood pressure slightly — not an issue at your weight
- Stay hydrated
- Do NOT mix the two peptides in the same syringe/vial (keep separate)
- The BAC water you have is specifically bacteriostatic (has benzyl alcohol preservative) — this is correct, do NOT use plain sterile water or saline for reconstitution

Research Links

- Wolverine Protocol — Peptigrity
- PeptideWiki Wolverine Stack Guide
- BPC-157 Reconstitution Chart for 10mg vial
- TB-500 10mg Dosage Protocol — PeptideDosages
- NIH Study — BPC-157 & Wound Healing
- NIH Study — BPC-157 & Myotendinous/Achilles
- NIH Study — BPC-157 eNOS/vascular pathway
- BPC-157 Dosage Calculator

The short version: Get insulin syringes, add 2mL BAC water to each 10mg vial, BPC-157 at 10 units (0.1mL) daily, TB-500 at 50 units (0.5mL) twice a week. Inject SQ in the belly, and consider doing the BPC-157 near the ankle for local effect.