



BAC Water

Bacteriostatic Water · Universal Peptide Reconstitution

OVERVIEW

Bacteriostatic Water (BAC Water) is sterile water for injection containing 0.9% benzyl alcohol as a preservative. It is the standard diluent for reconstituting all lyophilized peptides and hormones. The preservative inhibits bacterial growth, allowing reconstituted vials to be safely stored and drawn from multiple times for up to 28 days under refrigeration. Every peptide protocol requires BAC Water for proper and safe reconstitution.

SPECIFICATIONS

Composition	Sterile Water for Injection + 0.9% Benzyl Alcohol
Form	Sterile liquid — ready to use
Storage	Room temperature; refrigerate after opening
Shelf Life	Up to 28 days after opening (refrigerated)

CLINICAL APPLICATIONS

■ Reconstitution of all lyophilized vials	■ Multi-use preservation up to 28 days
■ Compatible with all Dr. Helix products	■ Safe for subcutaneous injection
■ Maintains sterility between doses	■ Essential for every peptide protocol

MECHANISM OF ACTION

Benzyl alcohol at 0.9% inhibits bacterial cell membrane integrity, preventing microbial growth in the reconstituted solution and preserving sterility over multiple uses. Unlike plain sterile water that must be discarded immediately, BAC water permits safe multi-dose use for up to 28 days refrigerated. It is isotonic and well-tolerated at all standard subcutaneous injection volumes.

RECONSTITUTION & DOSING GUIDE · SubQ Injection · U-100 Insulin Syringe

Add BAC Water slowly into vial — roll gently, never shake. Use a fresh syringe for every draw. Universal conversion chart below.

RECON VOLUME	CONCENTRATION	SYRINGE CONVERSION	NOTES
1ml into 10mg peptide	10,000mcg/ml	10 units = 1,000mcg	High concentration
2ml into 10mg peptide	5,000mcg/ml	10 units = 500mcg	Standard — recommended
3ml into 20mg peptide	6,667mcg/ml	15 units = 1,000mcg	Retatrutide only
2ml into 100mg peptide	50,000mcg/ml	1 unit = 500mcg	GHK-Cu only