



# Matrix BioLabs

Peptides

## IGF1-LR3 1mg

### Overview

IGF-1 LR3 (Insulin-like Growth Factor 1 Long R3) is a modified version of the naturally occurring IGF-1 hormone with an extended half-life. It is primarily researched for its potent anabolic and muscle-building properties. It promotes hyperplasia (increase in muscle cell number) and is commonly studied for muscle growth, recovery, and body recomposition.

### Benefits

Key benefits include accelerated muscle growth and repair, improved nutrient shuttling into muscle cells, enhanced fat loss, faster recovery between training sessions, and increased muscle fullness and vascularity. It is highly valued in research for supporting new muscle tissue development.

### Dosage

20–60 mcg per day. Timing: Post-workout (most common) or first thing in the morning on rest days. Important protocol: Immediately after injection, consume fast-acting carbohydrates, followed by a large carb-heavy meal within 2 hours to maximize uptake and prevent hypoglycemia.

### Reconstitution

Add 3ml of BAC water. This yields approximately 0.33 mg/ml (333 mcg/ml) concentration.

- 20 mcg dose = 6 units on a U-100 insulin syringe
  - 40 mcg dose = 12 units on a U-100 insulin syringe
  - 60 mcg dose = 18 units on a U-100 insulin syringe
- Store the reconstituted solution in the refrigerator and follow standard stability guidelines.