

Gold (Myochrysine) Self – Injection Guide

Gold injections are taken *one day per week*

Gold dosage: Week 1 _____ mg
 Week 2 _____ mg
 Week 3 _____ mg

Maintenance dose _____ mg

Supplies Needed:

- Gold self-injection handbook
- Gold chart (for recording injection & blood work)
- Alcohol swabs
- 1% lidocaine with preservative (requires prescription)
- Sharps container for syringe disposal
- Syringe: _____ ml
- Needle: _____ inch
 _____ gauge

Required Dosage	Amount of gold to put in syringe, based on the strength of the vial of gold being used		
	10 mg/ml vial	25 mg/ml vial	50 mg/ml vial
1 mg	0.1 ml		
5 mg	0.5 ml	0.2 ml	0.1 ml
10 mg	1.0 ml	0.4 ml	0.2 ml
15 mg		0.6 ml	0.3 ml
20 mg		0.8 ml	0.4 ml
25 mg		1.0 ml	0.5 ml
30 mg			0.6 ml
35 mg			0.7 ml
40 mg			0.8 ml
45 mg			0.9 ml
50 mg			1.0 ml

