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**LIQUID MUSCLE?
IT'S NOT MAGIC,
IT'S SCIENCE!**



PHORM ULTRA MEDIP
HOW DO I USE

**MEDIPHORM
ULTRA?**

First of all, you need to understand that Mediphorm Ultra is a super thick gel and a large bore 18g or 19g needle is needed to draw the compound into the syringe of your choice (could be 1ml, 3ml, 5ml or 10ml) before you then change that drawing needle to the size required to penetrate into the desired muscle and depth.

Simply leave the vial inverted for 5 minutes until the air bubble moves away from the silicone stopper, insert the 18g or 19g needle into the vial and withdraw the amount you wish to inject into the syringe. Then remove the 18g or 19g needle and change to one of the following recommended sizes* to inject your desired area:

3/4 inch 25g for bi + tri + calves
1 inch 23g or 25g for chest and delts
1 - 1 1/2 inch 21g or 23g for lats, quads, hamstring and glutes

*Suggested needle size depends on how big your muscles are and how deep you have to go to hit the middle of the sheath.

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PROTOCOLS FOR

BICEPS

STARTING DOSAGE



1.5 ml into the inner biceps and 1.5 ml into the outer biceps every 3.5 days.

INCREASE OF DOSAGE



You should increase the dosage by half an ml every 10-12 days until you reach 3ml-3.5ml dosage into a single muscle head. The maximum limit you can use into your individual muscle head varies with the muscle volume you carry.



2 times a week

For 8 weeks continuously
for best results

NOTE

It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.



PROTOCOLS FOR

TRICEPS

STARTING DOSAGE



1 ml into the inner head, 1 ml into the outer head, and another 1 ml into the medial head every 3.5 days.

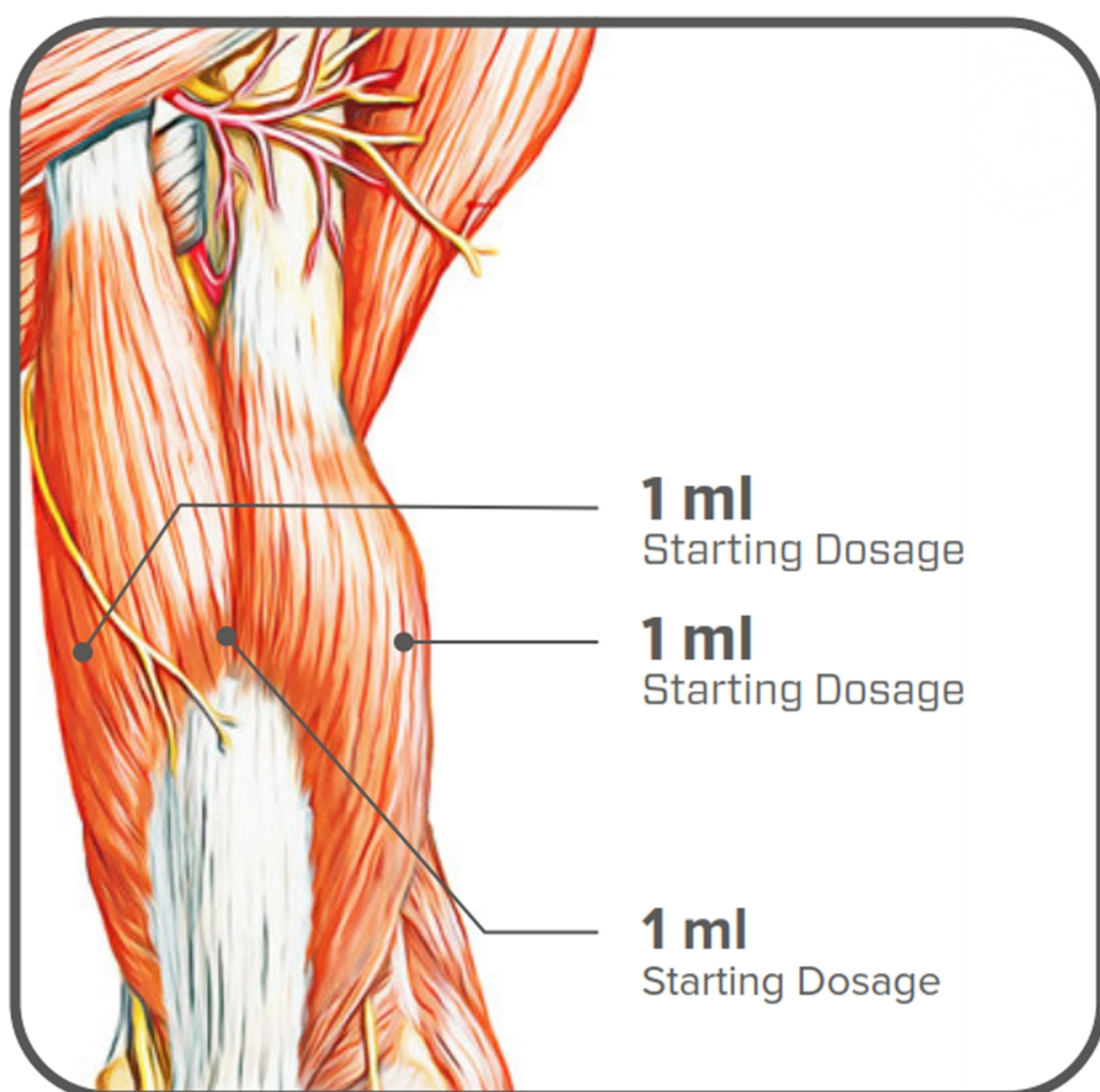
INCREASE OF DOSAGE



You can increase the dosage by half an ml every 10–12 days until you reach a 2.5–3 ml dosage in a single muscle head. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.



2 times a week
For 8 weeks continuously
for best results



NOTE

It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.

PROTOCOLS FOR

DELTOIDS

STARTING DOSAGE



1.5 ml into the anterior head, 1.5 ml into the medial head, and another 1.5 ml into the rear head every 3.5 days.

INCREASE OF DOSAGE



You can increase the dosage by half an ml every 10–12 days until you reach a 2.5–3 ml dosage in a single muscle head. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.

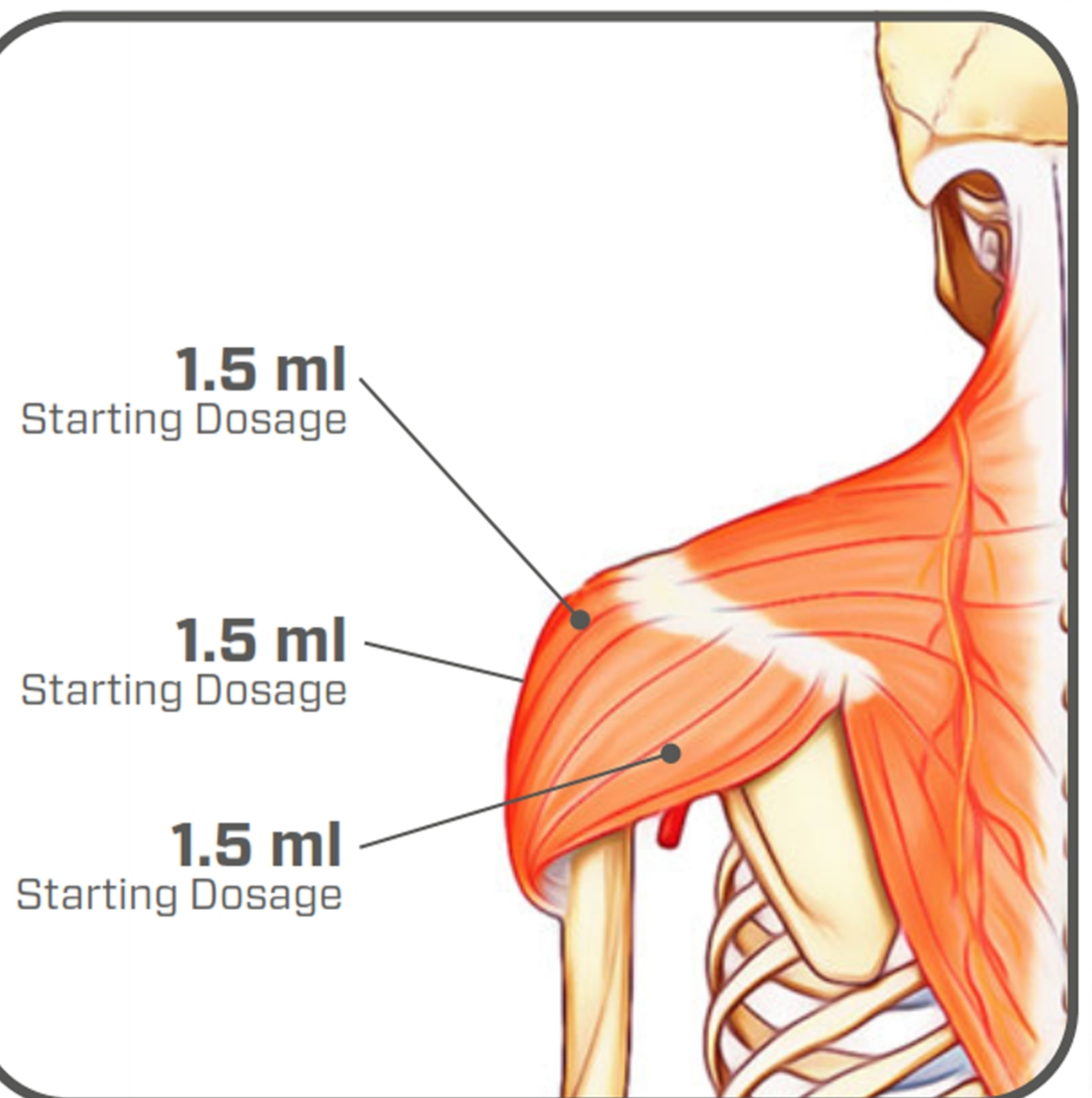


2 times a week

For 8 weeks continuously
for best results

NOTE

It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.



PROTOCOLS FOR

CALFS

STARTING DOSAGE



1.5 ml into the inner calf head and 1.5 ml into the outer calf head every 3.5 days.

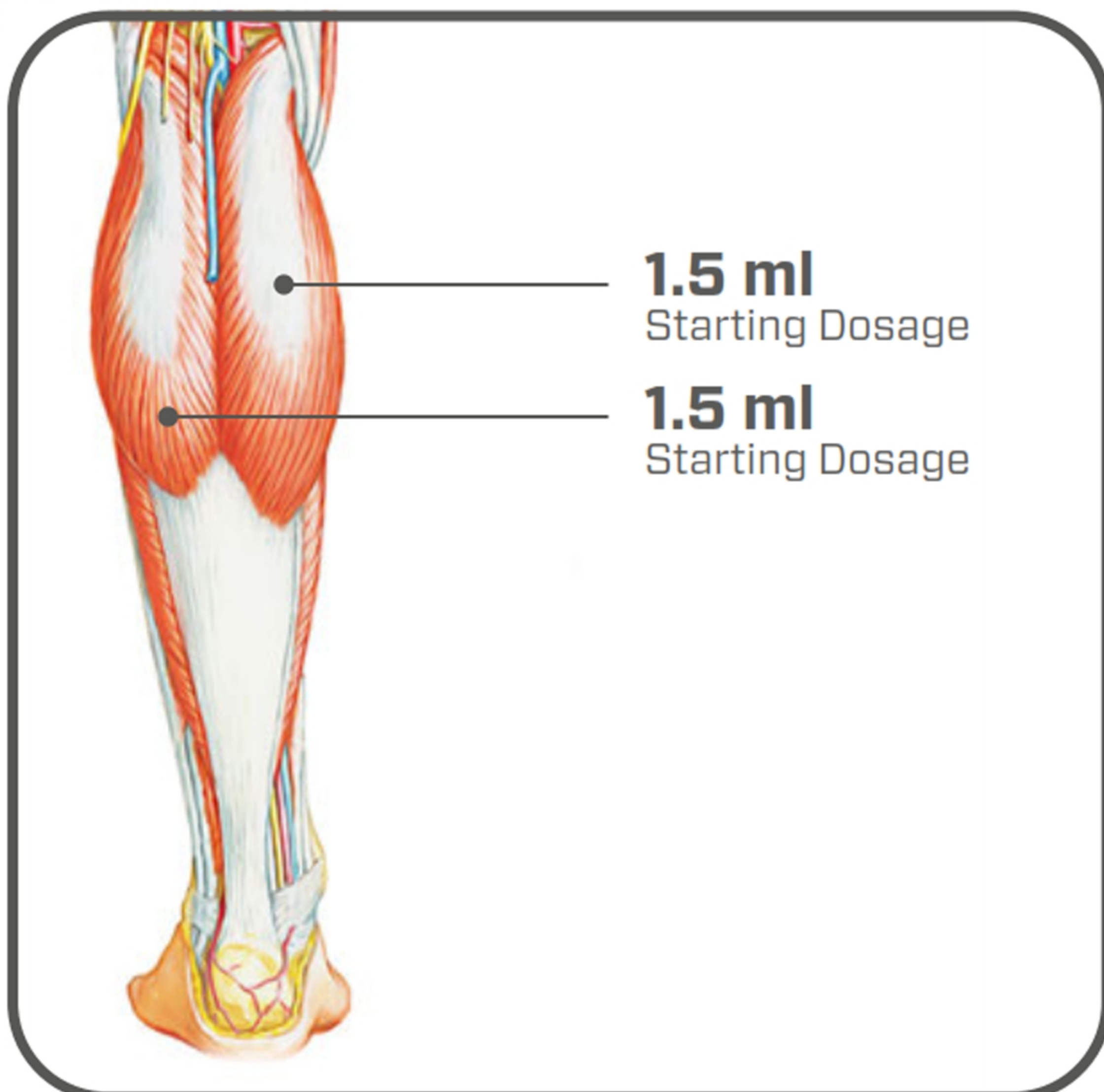
INCREASE OF DOSAGE



You can increase the dosage by half an ml every 10–12 days until you reach a 3–3.5 ml dosage in a single muscle head. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.



2 times a week
For 8 weeks continuously
for best results



NOTE

It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.

PROTOCOLS FOR

LATS/BACK

STARTING DOSAGE



3 ml into right and left latissimus Dorsi every 3.5 days.

INCREASE OF DOSAGE



You can increase the dosage by 1 ml every 10–12 days until you reach a 5–6 ml dose. The maximum limit you can use in your individual muscle varies with the muscle volume you carry.



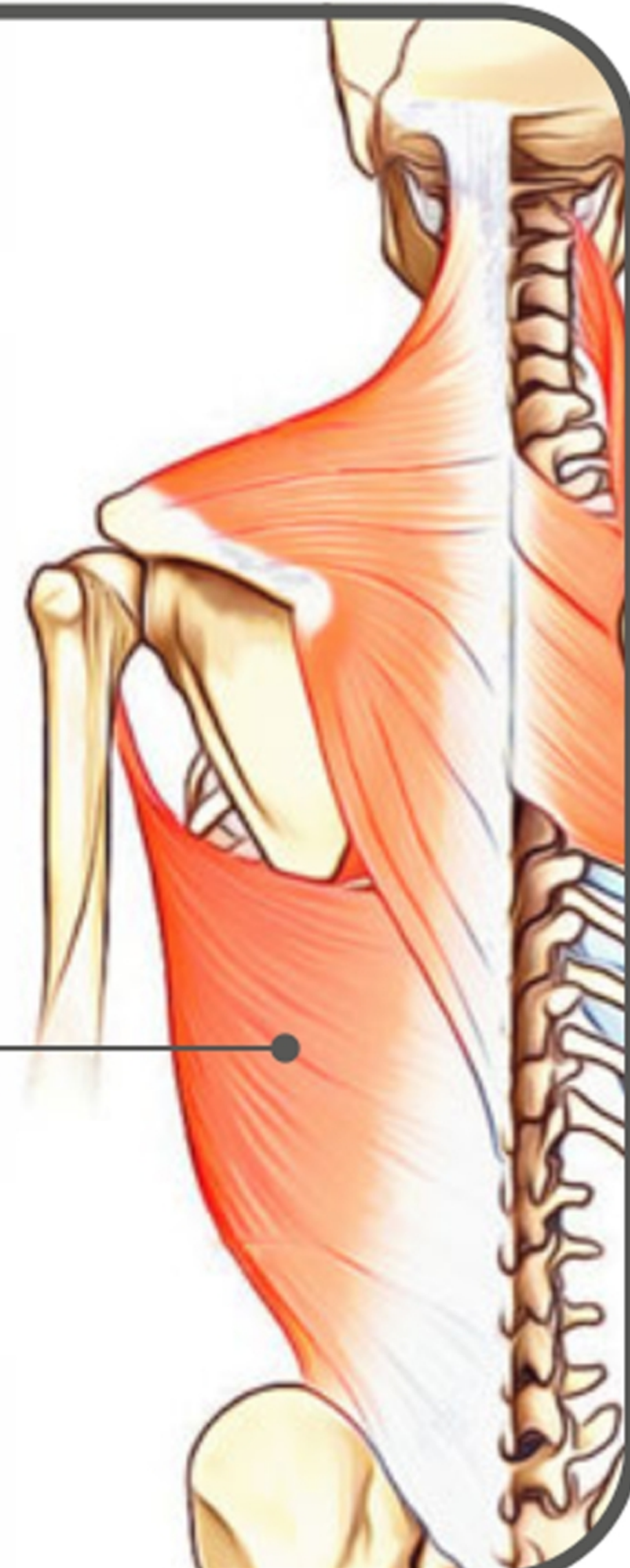
2 times a week

For 8 weeks continuously
for best results

NOTE

Apply it to the fleshy area of the latissimus dorsi. It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage you cannot expect a decent result.

3 ml
Starting Dosage



PROTOCOLS FOR

CHEST

STARTING DOSAGE



3 ml into the upper head of the chest every 3.5 days.

INCREASE OF DOSAGE

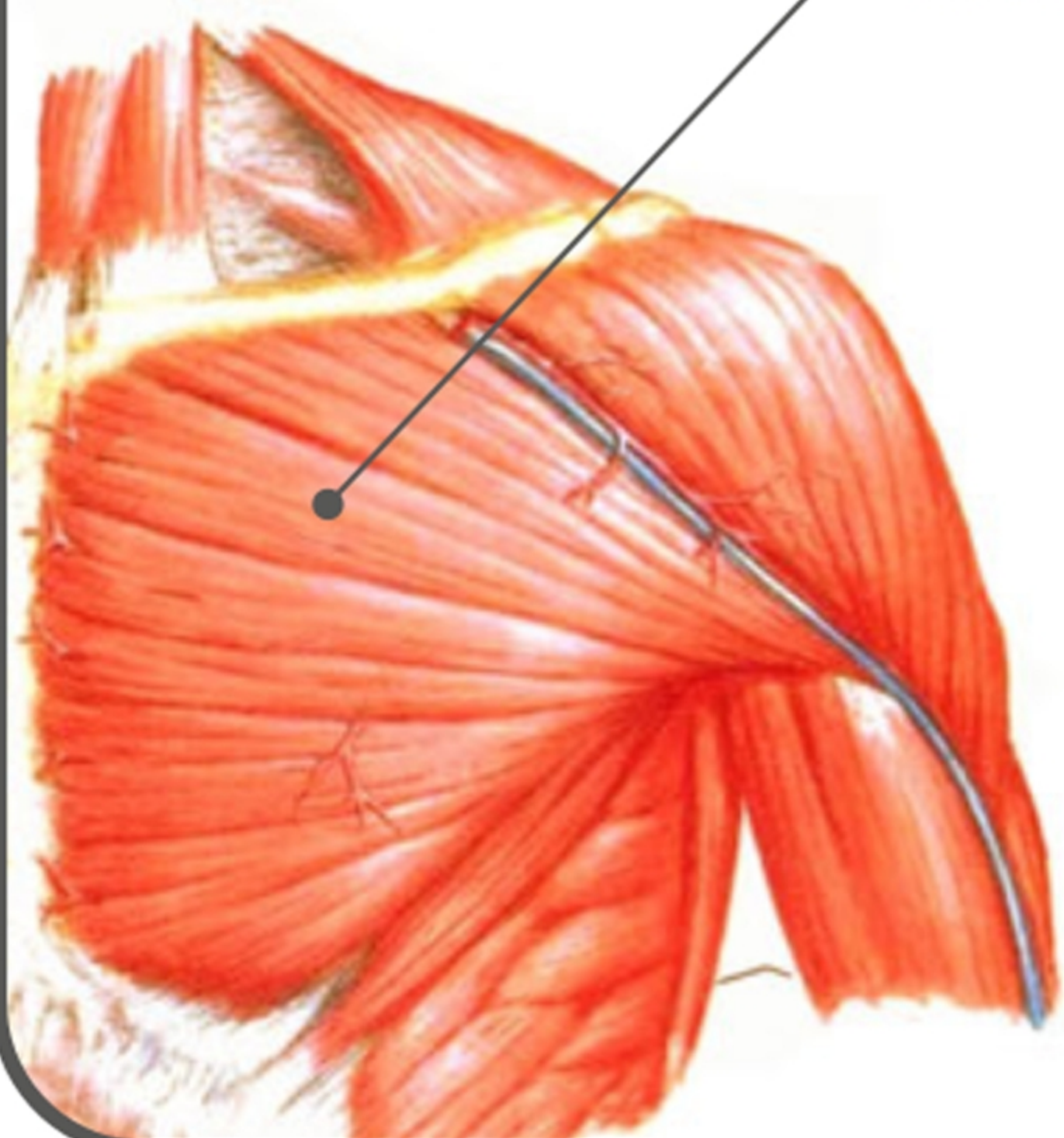


You can increase the dosage by 1 ml every 10–12 days until you reach a 5–6 ml dose. The maximum limit you can use in your individual muscle varies with the muscle volume you carry.



2 times a week
For 8 weeks continuously
for best results

3 ml
Starting Dosage



NOTE

On the chest, you only need to apply it to the upper head of the chest. It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.

PROTOCOLS FOR

QUADS

STARTING DOSAGE



3 ml into outer quadrant sweeps and 3 ml into tear drops every 3.5 days.

INCREASE OF DOSAGE



You can increase the dosage by 1 ml every 10–12 days until you reach a 5-6 ml dose. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.



2 times a week

For 8 weeks continuously
for best results

NOTE

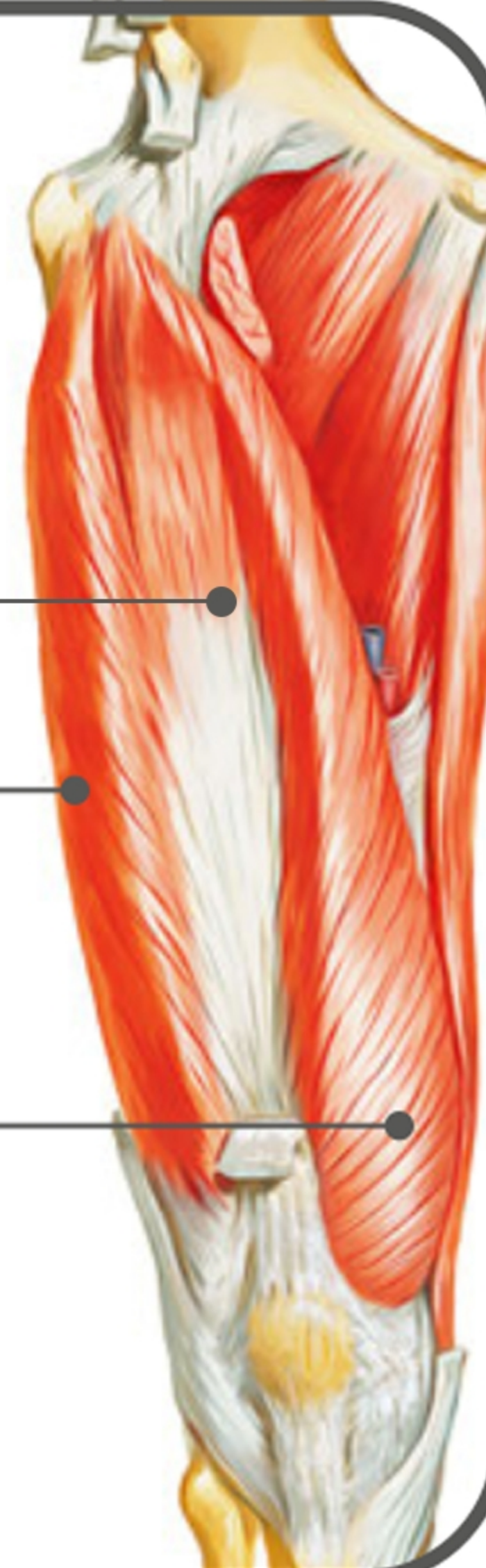
If required, you can apply it to your center rectus femoris muscle as well. But usually, application to the outer quads and teardrops will do.

It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.

3 ml
Starting Dosage

3 ml
Starting Dosage

3 ml
Starting Dosage



PROTOCOLS FOR

HAMSTRINGS

STARTING DOSAGE



3 ml into the inner hamstring and 3 ml into the outer hamstring every 3.5 days.

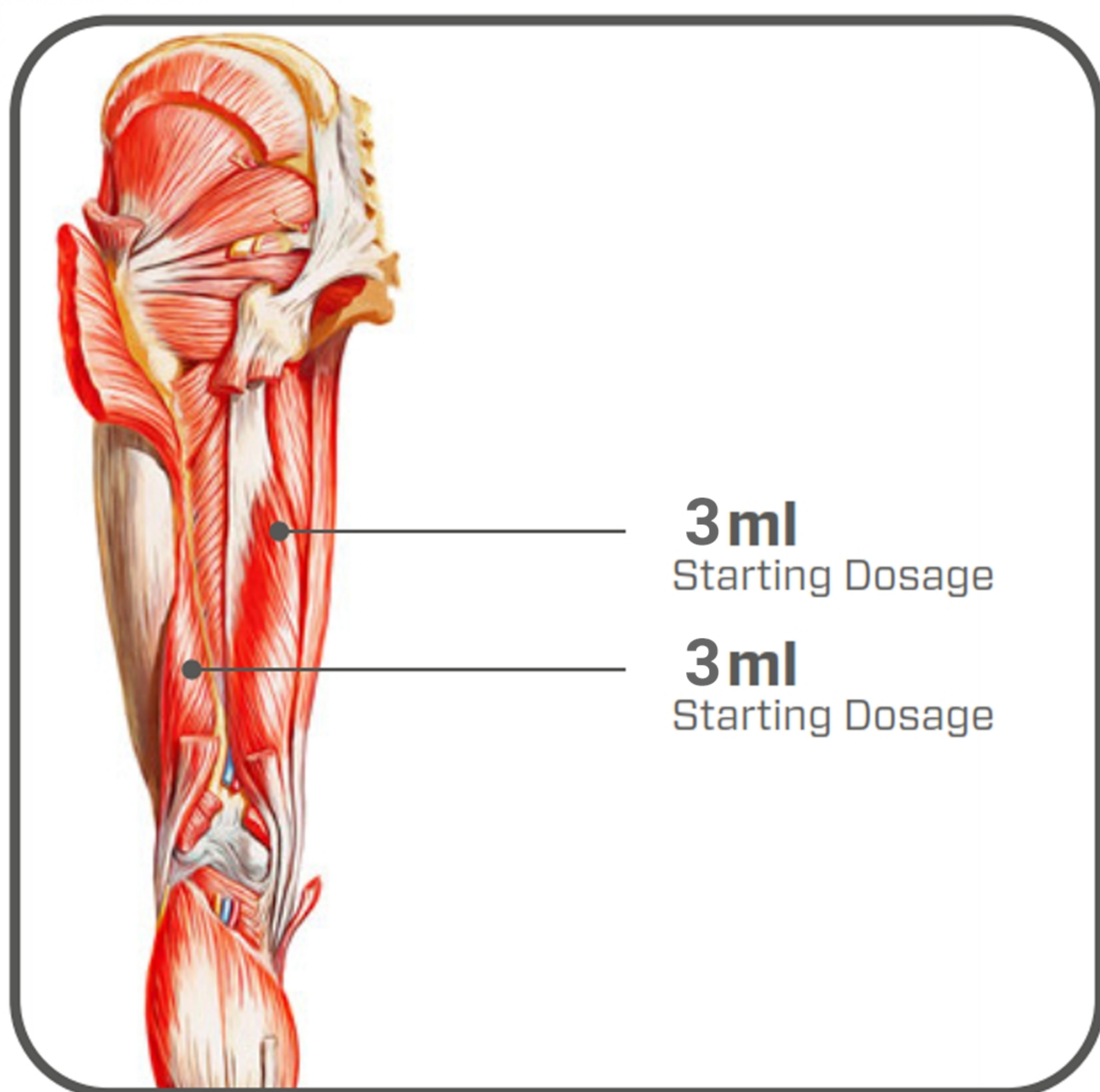
INCREASE OF DOSAGE



You can increase the dosage by 1 ml every 10–12 days until you reach a 5-6 ml dose. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.



2 times a week
For 8 weeks continuously
for best results



NOTE

On the hamstrings, you only need to apply it to the upper head of the chest. It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage you cannot expect a decent result.

PROTOCOLS FOR

GLUTE

STARTING DOSAGE



4 ml into the left glute muscle and 4 ml into the right glute muscle (mirror injection side) every 3.5 days.

INCREASE OF DOSAGE



You can increase the dosage by 1 ml every 10–12 days until you reach a 5-6 ml dose. The maximum limit you can use in your individual muscle head varies with the muscle volume you carry.



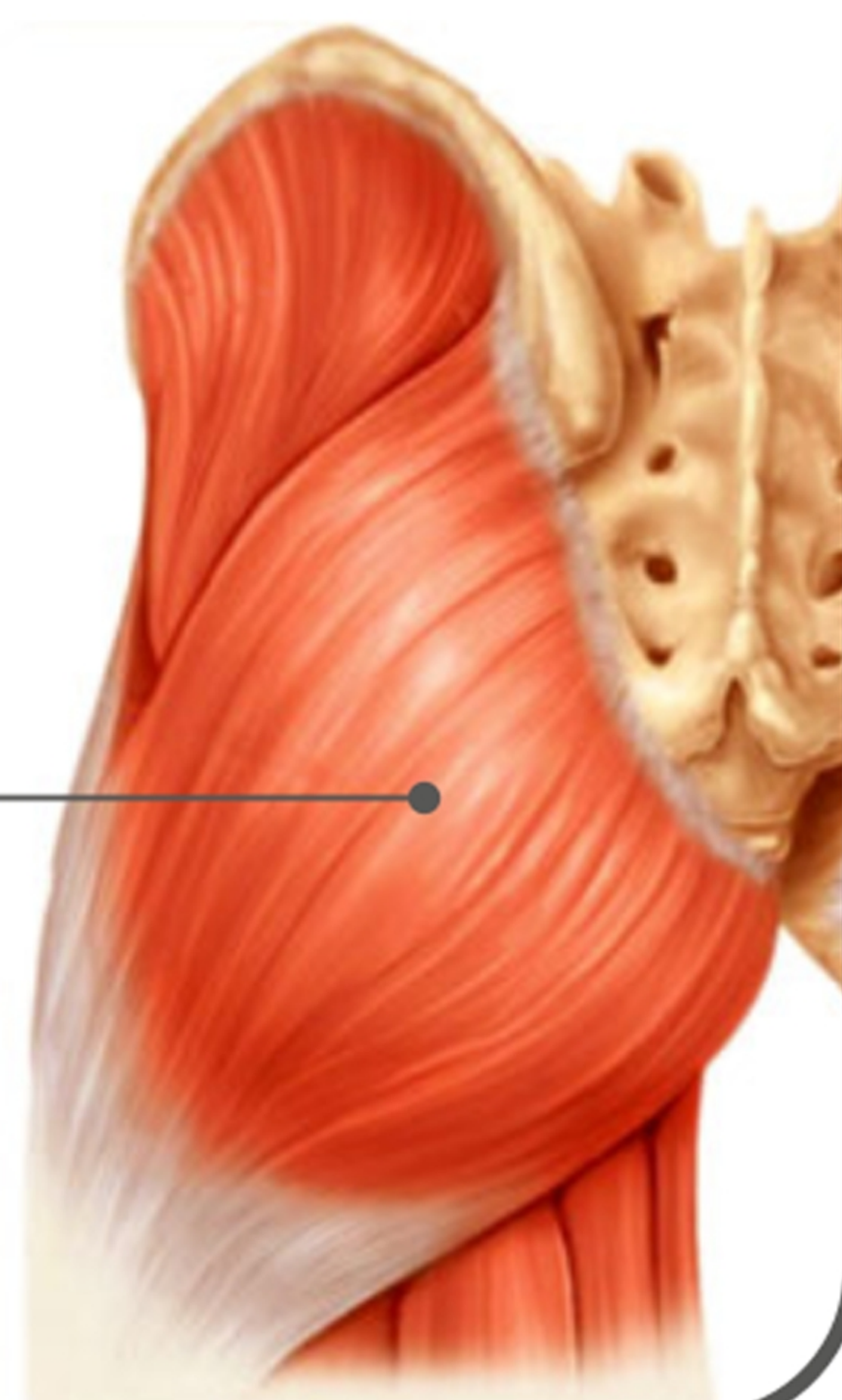
2 times a week

For 8 weeks continuously
for best results

NOTE

With the glute, you just need to apply it to a single spot of the particular muscle. It is important to increase the dosage gradually in order to see desirable results. Without increasing the dosage, you cannot expect a decent result.

4 ml
Starting Dosage





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