



Peptora handbook

Everything you can do in the app

6 sections · quick overview

Peptora is a peptide reference, dose calculator and dose log — all offline, no account, no analytics. This handbook walks through every part of the app with screenshots and brief explanations.

1 • Overview

The app is built around 5 tabs at the bottom of the screen. Each tab covers one part of daily use.



The home screen

When you open the app you land on **Home**. It has:

- **Search bar** at the top — type a peptide name or alias (e.g. „Sema" finds Semaglutide).
- **4 quick shortcuts**: Stacks, Calculator, Reminders, Tracking.
- **Categories**: 8 colored categories (Healing & Recovery, Muscle Growth, Fat Loss, Anti-Aging, Cognitive, Sleep, Sexual Health, Longevity).
- **Popular peptides**: the 6 most-searched peptides at the bottom.

The News tab shows a small green dot when there are unread articles. Tap it and the articles open — the dot disappears automatically.

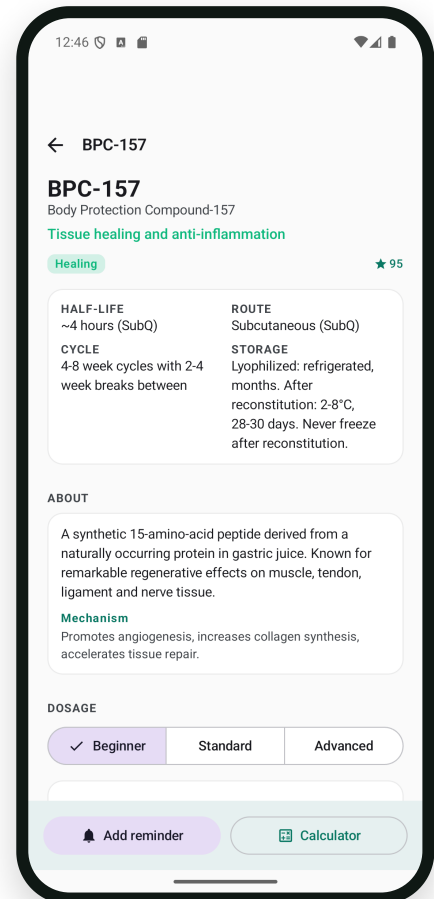
2 · Browse peptides & calculate a dose

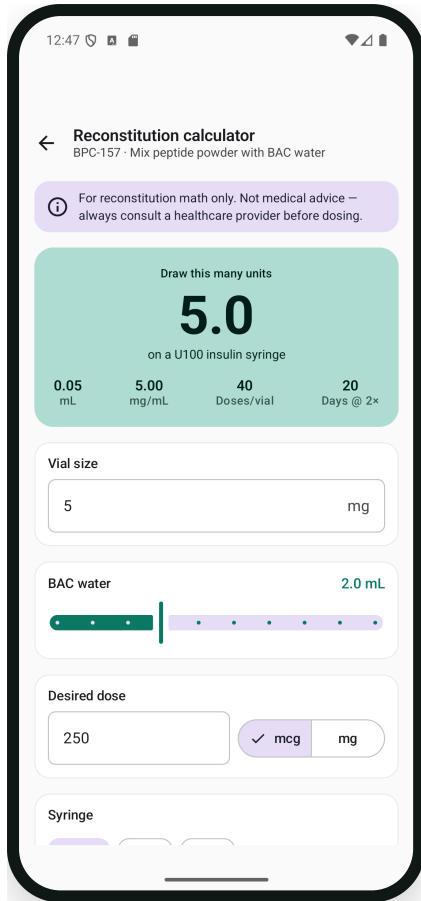
Every peptide has its own page with half-life, mechanism, dosage and research citations. From the dosage block you can jump straight into the calculator.

The peptide page

- **Quick chips:** Half-life, route, cycle, storage.
- **About:** short description.
- **Mechanism:** how it works in the body.
- **Dosage:** 3 tabs — Beginner / Standard / Advanced.
- **Side effects & interactions.**
- **Citations:** PubMed / NEJM links open in your browser.

Two buttons at the bottom: **Add reminder** and **Calculator**. Both carry the peptide over.





The calculator

Calculates the exact number of units to draw on a U100 insulin syringe.

- **Vial size:** mg in the vial (e.g. 5).
- **BAC water:** mL of bacteriostatic water (slider).
- **Desired dose:** mcg or mg you want to take.

The answer shows in a green box at the top, along with concentration (mg/mL), doses per vial and days @ 2× a week.

3 · Stacks

A stack is a combination of multiple peptides on a structured protocol. You can use the curated stacks or build your own.

Curated stacks

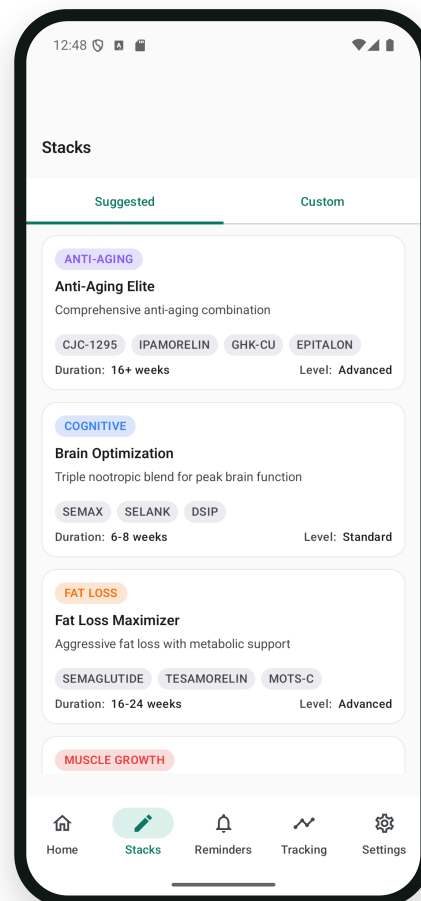
The **Suggested** tab lists 8 editor-curated stacks covering the main goals — muscle growth, recovery, fat loss, cognition and more.

- Tap a stack to see the **protocol**, doses and interactions.
- Each page shows a **24-hour timeline** so you can see when to take each part.
- Tap „**Start this stack**“ to create reminders for every dose automatically.

Your own stack (Custom)

The **Custom** tab opens the Stack Builder. Pick peptides from a list, set the dose and frequency for each, and name the stack.

The app automatically flags known interactions between peptides — e.g. two GLP-1s together, or cagrilintide on top of CagriSema. You can choose to continue anyway.



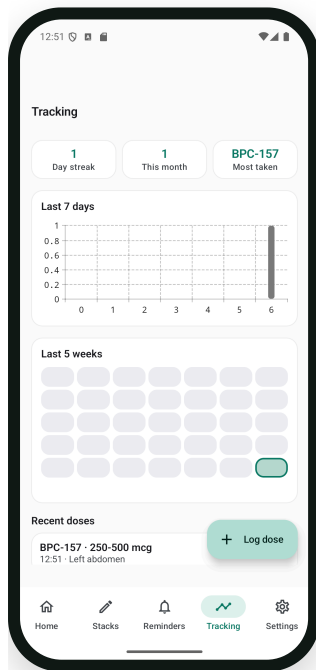
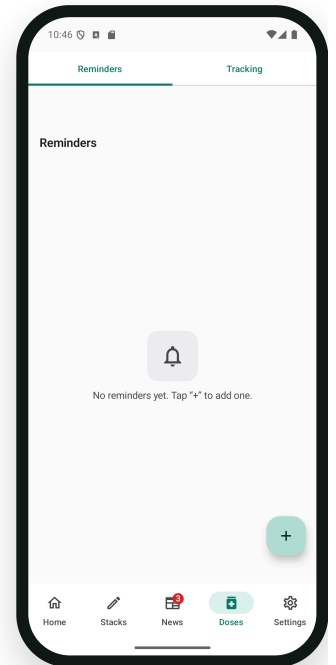
4 · Doses — reminders & log

The Doses tab is split into two sub-tabs: **Reminders** (notifications when to inject) and **Tracking** (log of doses you've taken).

Reminders

- Tap the **+** button bottom-right to add one.
- Pick a peptide, dose, time and frequency (daily, weekly, or specific days).
- Your phone pings at the right time and the notification takes you straight to logging.
- Long-press a reminder to edit or delete.

When you start a curated stack via „Start this stack“, reminders for every dose are created automatically.



Tracking (log)

See what you've taken and when. Three cards at the top show **day streak**, **this month** and **most taken**.

- **Last 7 days:** bar chart for the week.
- **Last 5 weeks:** heatmap — green dots where doses were logged.
- **Recent doses:** list of recent doses with time and location.
- **Log dose** button — opens a quick-log sheet.

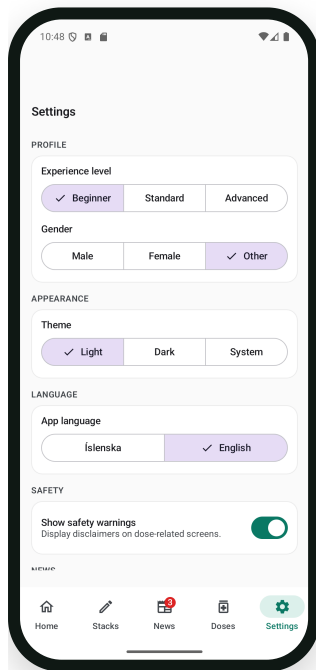
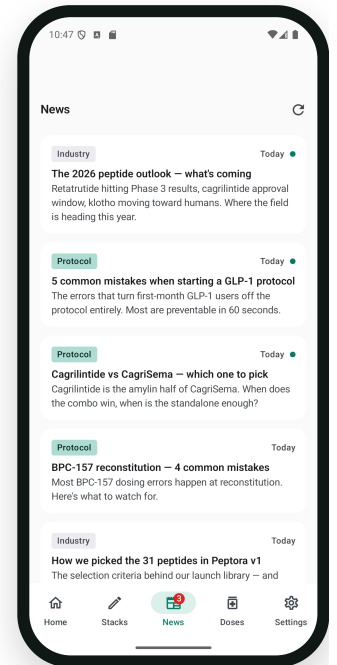
5 · News & Settings

The News tab fetches new articles from the Peptora blog once a day. Settings let you tune the app to your taste.

News

- The app fetches new articles once a day (Wi-Fi is fine).
- Unread articles get a green dot and a **badge on the News tab**.
- Tap an article — opens in Chrome Custom Tabs (the app remembers where you were).
- Pull down to **refresh** manually.

You can turn off news notifications in Settings → News.



Settings

- **Profile:** Experience level (Beginner/Standard/Advanced) sets which dosage tab opens by default. Gender is used for relevant peptides.
- **Appearance:** Theme — Light, Dark or follow System.
- **Language:** English or Íslenska — switches without restarting the app.
- **Safety:** Turn safety warnings on dose screens on/off.
- **News:** Notifications for new articles.
- **About:** Version, privacy policy, licenses.

6 · Quick tips

Small things that make daily use easier.

Experience level shapes doses

If your profile says *Beginner*, the dosage tab always opens on beginner doses. Advanced? Then you see higher doses by default.

Calculator from the peptide page

Tap the *Calculator* button at the bottom of the peptide page — it carries the peptide and a standard vial size over automatically.

Reminder straight from a peptide

Same thing: *Add reminder* on the peptide page opens the reminder form with the peptide pre-filled.

Works offline

After first launch the app works without an internet connection. The News tab is the only part that needs the network (to fetch new articles).

Theme follows the system

The *System* setting under Appearance lets the app switch between light and dark theme automatically when your phone does.

No user accounts

Your data — reminders, dose history, profile — lives only on your phone. No account needed, no one else sees your data.

Interaction warnings

Stack Builder flags known dangers, e.g. two GLP-1s together. You can still choose to continue — the app doesn't block.

Clean uninstall

You can delete the app whenever — all data goes with it. There is no cloud backup (which is what you want).

Need help?

Email info@peptora.app or visit peptora.app for the blog, all peptide pages and stacks in your browser.