

## Injectables

### **BPC-157 (10mg)**

### **Healing & Recovery**

- Description: A fragment of a protein found in gastric juice; known as "Body Protection Compound."
- Benefits: Promotes gut healing, tissue repair, reduced inflammation, may accelerate recovery from injuries.
- Protocol: Commonly used subcutaneously near injury site or systemically; often 200–500 mcg daily, though protocols vary.

### **BPC-157 / TB-500 (10mg/10mg)**

### **Healing & Recovery**

- Description: Combo of two regenerative peptides.
- Benefits: Synergistic effect for wound healing, tissue repair, angiogenesis (new blood vessel growth), reduced inflammation.
- Protocol: Typically injected subcutaneously or intramuscularly; cycles often 4–6 weeks, low daily or every-other-day dosing.

### **CJC-1295 / Ipamorelin (7.5mg/15mg)**

### **Growth Hormone Releasing**

- Description: CJC-1295 (GHRH analog) + Ipamorelin (GHRP); designed to stimulate natural growth hormone release.
- Benefits: Improved sleep, recovery, lean muscle gain, fat loss, anti-aging effects.
- Protocol: 100–300 mcg of each, subcutaneous, usually at night to align with GH pulses.

### **Epitalon (50mg)**

### **Longevity & Anti-Aging**

- Description: A synthetic tetrapeptide linked to anti-aging effects via telomerase activation.
- Benefits: May promote longevity, improve sleep, support immune function.
- Protocol: Commonly 10–20 mg daily for 10–20 days, then paused (cyclic use).

### **GHK-Cu (50mg)**

### **Longevity & Anti-Aging**

- Description: Copper-binding peptide found in plasma and saliva.
- Benefits: Skin repair, hair growth, wound healing, anti-inflammatory.
- Protocol: Subcutaneous injections; dosing varies widely (1–5 mg daily) depending on use.

### **Humanin (5mg)**

### **Longevity & Anti-Aging**

- Description: Mitochondrial-derived peptide with cytoprotective effects.
- Benefits: Neuroprotective, anti-apoptotic, potential anti-aging and metabolic benefits.
- Protocol: Research often explores microgram dosing, injected subcutaneously daily or 2-3 times weekly

**KPV (10mg)****Healing & Recovery**

- Description: Short peptide derived from alpha-MSH.
- Benefits: Potent anti-inflammatory, studied for gut health, colitis, IBD.
- Protocol: Often dosed subcutaneously at 250–500 mcg daily.

**Kisspeptin (5mg)****Libido & Sexual Support**

- Description: Neuropeptide that regulates reproduction via GnRH stimulation.
- Benefits: Supports fertility, hormonal health, may boost libido.
- Protocol: Dosing varies; often low mcg levels subcutaneously, daily or cyclic.

**MOTS-c (10mg)****Metabolic Support & Weight Loss**

- Description: Mitochondrial-derived peptide that influences metabolism.
- Benefits: Improves insulin sensitivity, supports fat metabolism, increases energy.
- Protocol: Typically 5–15 mg injected subcutaneously, 2–3 times per week in research.

**NAD+ (500mg)****Longevity & Anti-Aging**

- Description: Essential coenzyme for energy and DNA repair.
- Benefits: Supports mitochondrial health, anti-aging, energy, cognition.
- Protocol: IV infusion common (250–750 mg over 1–2 hours). Subcutaneous/intramuscular injections also studied.

**PT-141/ Oxytocin (10mg)****Libido & Sexual Support**

- Description: Melanocortin receptor agonist.
- Benefits: Enhances libido and sexual function (male and female).
- Protocol: Often 1–2 mg subcutaneously, 30–60 minutes before activity.

**Retatrutide (10mg)****Metabolic Support & Weight Loss**

- Description: Multi-receptor agonist for weight management (targets GLP-1, GIP, glucagon receptors).
- Benefits: Weight loss, glucose control, appetite suppression.
- Protocol: Weekly subcutaneous injections in trials; dose escalation required.

**SS-31 (10mg)****Longevity & Anti-Aging**

- Description: Also known as Elamipretide, mitochondrial-targeting peptide.
- Benefits: Protects mitochondria, improves energy, reduces oxidative stress.
- Protocol: Typically 1–5 mg daily subcutaneously in research.

**Sermorelin (10mg)****Growth Hormone Releasing**

- Description: Growth hormone-releasing hormone analog.
- Benefits: Boosts GH naturally, supports recovery, fat loss, sleep, and anti-aging.
- Protocol: 100–300 mcg subcutaneously, usually at night.

**TB-500 (10mg)****Healing & Recovery**

- Description: Synthetic fragment of thymosin beta-4.
- Benefits: Tissue repair, injury recovery, angiogenesis, reduced inflammation.
- Protocol: Often 2–5 mg twice weekly, subcutaneous or intramuscular, over 4–6 weeks.

**Tesamorelin (10mg)****Growth Hormone Releasing**

- Description: GHRH analog with FDA approval for HIV-associated lipodystrophy.
- Benefits: Fat reduction (especially visceral), GH release, improved body composition.
- Protocol: Usually 1-2 mg daily subcutaneous injection.

**Thymosin Alpha-1 (10mg)****Healing & Recovery**

- Description: Immune-modulating peptide.
- Benefits: Enhances immune response, antiviral, anticancer potential.
- Protocol: Typically 1.6–4.8 mg, 2–3 times weekly subcutaneously.

**Tirzepatide (10mg & 40mg)****Metabolic Support & Weight Loss**

- Description: Dual GIP and GLP-1 receptor agonist (like Mounjaro/Zepbound).
- Benefits: Strong weight loss, glucose regulation, metabolic health.
- Protocol: Weekly subcutaneous injection; dose escalates from 2.5 mg to higher (up to 15 mg). The 40 mg vial is a multi-dose format

## Bio-Available Nasal Sprays

### **BPC-157 (10mg) / TB-500 (5mg)**

### **Healing & Recovery**

Description: Synergistic blend of two regenerative peptides.

Benefits: Tissue repair, reduced inflammation, enhanced healing response.

Protocol: Nasal spray form allows daily or every-other-day use (dosing varies by formulation).

### **DSIP (6mg)**

### **Healing & Recovery**

- Description: Delta sleep-inducing peptide.
- Benefits: Promotes restorative sleep, reduces stress, supports hormone regulation.
- Protocol: Typically intranasal or injectable, 0.1–0.3 mg/kg before sleep.

### **NAD+ (500mg)**

### **Longevity & Anti-Aging**

Description: A critical coenzyme for cellular energy and DNA repair.

Benefits: Mitochondrial support, cognitive clarity, healthy aging, improved energy.

Protocol: Nasal spray delivery for systemic support; often used daily or in cycles.

### **Selank (10mg)**

### **Nootropic, Mood & Anti-Anxiety**

- Description: Anxiolytic peptide with no sedative effects.
- Benefits: Reduces anxiety, enhances focus, may support memory.
- Protocol: 200–500 mcg intranasally, 2–3 times daily.

### **Semax (10mg)**

### **Nootropic, Mood & Anti-Anxiety**

- Description: Nootropic peptide from ACTH fragment.
- Benefits: Enhances cognitive function, memory, neuroprotection.
- Protocol: 200–600 mcg intranasally, 1–2 times daily.

### **PT-141 / Oxytocin (10mg)**

### **Libido & Sexual Support**

- Description: Combination of libido-enhancing PT-141 with bonding/social hormone oxytocin.
- Benefits: Synergistic effects for sexual function, intimacy, and emotional connection.
- Protocol: Nasal spray, often 1–2 sprays before intimacy (doses vary by formulation).