



GODDESS WELLNESS

Redefining Wellness from the Inside Out. Rooted in Nature. Refined by Science.

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About

At Goddess Wellness, we believe that true transformation begins beneath the surface at the cellular level. Peptides are short chains of amino acids that act as powerful messengers within the body, helping regulate biological functions that influence metabolism, healing, skin regeneration, hormone balance, and more. Unlike quick fixes that only address symptoms, peptides work with your body's natural systems, helping to restore optimal function from the inside out. By supporting cellular communication, they can:

- Enhance metabolic health to support sustainable weight goals
- Promote collagen and tissue repair for youthful, glowing skin
- Balance hormones and energy systems naturally
- Accelerate recovery and healing at a foundational level

Through this scientific yet holistic approach, peptides allow us to target the root causes of imbalance, rather than simply masking them. This is how we help our clients achieve lasting vitality, not temporary change.

Goddess Wellness products are brought to you directly through ProAthlete.US. Most injectable products are higher in volume than normally found on the market in order to provide you with the best value possible. In addition, products are all made locally in a compounding lab owned and operated by doctors based in Orange County, CA and are extremely high quality.

Recommendations for injectable products:

- Unless specified as an intramuscular application; application is recommended to be administered in the abdominal area 3 inches away from the belly button. There are many YouTube videos on areas to inject and instruction on how to administer if this is new to you!
- You can always add product, but you can't take it out of your body so start slowly.
- Never give another person an injection unless you are a licensed medical professional.
- Products must always be kept cold.

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Anti-Aging / Hormone & Cellular Regeneration

Sermorelin

Description:

Stimulates the pituitary to produce HGH naturally, supporting lean muscle, bone density, cardiovascular function, and metabolic health. Helps counteract age-related HGH decline; benefits include faster recovery, immune support, and overall vitality. Wellness benefits: youthful skin, increased energy, improved mood, better sleep, restored vibrancy.

Dosage:

- Under 200 lbs: 25 units (insulin syringe) nightly, 2 hrs after last meal
- Over 200 lbs: 30 units (insulin syringe) nightly, 2 hrs after last meal
- Vial typically contains ~40 doses; dosage remains stable

Administration:

Subcutaneous injection into belly fat. Rotate sites nightly.

Side Effects:

Generally well tolerated. Occasionally mild site irritation, flushing, or headaches.

Additional Benefits:

- Accelerated wound/surgical recovery
- Increased libido and sexual performance
- Cognitive support (clarity)
- Thicker hair and nails

Ipamorelin

Description:

Growth hormone–releasing peptide that increases HGH without significantly affecting cortisol or prolactin. Supports muscle growth, recovery, and fat metabolism. Wellness: increased energy, deeper sleep, improved skin tone, enhanced recovery, anti-aging effects.

Dosage:

- Standard: One daily tablet (morning)

Administration:

Oral tablet.

Side Effects:

Generally well tolerated. Occasional flushing or headache.

Additional Benefits:

- Increased lean muscle mass & strength
- Enhanced performance & recovery
- Thicker hair and healthier skin
- Improved mental clarity and mood
- Support for healthy aging

CJC-1295 + Ipamorelin

Description:

Synergistic combo extending GH release for muscle growth, fat reduction, and tissue repair. Benefits include improved sleep, mood, skin elasticity, and vitality.

Dosage:

- Standard: 1–2 mg, once or twice weekly
- Duration: 8–12 weeks; results noticeable in 3–6 months

Administration:

Subcutaneous injection.

Side Effects:

Mild site irritation or fatigue; rarely nausea or headache.

Additional Benefits:

- Enhanced collagen & skin elasticity
- Increased muscle mass, reduced fat
- Improved recovery post-exercise or injury

NAD+

Description:

Essential for mitochondrial function, DNA repair, energy metabolism, and cellular resilience. Supports healthy aging, cognition, and metabolic efficiency. Wellness: mental clarity, elevated mood, better sleep, stamina, energy.

Dosage:

- Loading: 5 days NMN tablets to activate pathways
- Week 1: 3 injections (every other day), 50 units (insulin syringe)
- Week 2: 2 injections, spaced apart

Administration:

Subcutaneous injection.

Side Effects:

Mild flushing, fatigue, or nausea early on, typically resolving.

Additional Benefits:

- DNA repair & rejuvenation
 - Circadian rhythm balance
 - Athletic recovery & performance
 - Reduced inflammation & oxidative stress
-

NMN (Nicotinamide Mononucleotide)

Description:

Precursor to NAD+, vital for cellular energy, DNA repair, and metabolism. Supports mitochondrial and cellular health.

Dosage:

- Standard: Daily oral tablet

Administration:

Oral supplement.

Side Effects:

Generally well tolerated; occasional digestive discomfort.

Additional Benefits:

- Better cardiovascular & brain function
- Supports insulin sensitivity & weight control
- Protects against age-related decline
- Fertility support potential

Testosterone

Description:

Supports muscle mass, bone density, red blood cells, libido, and mood. In women, balances energy, focus, and strength. Enhances confidence and vitality.

Dosage:

- Individualized; typically, injections, transdermal cream, or pellets.

Administration:

Subcutaneous/intramuscular injection, or transdermal (as prescribed).

Side Effects:

Possible acne, fluid retention, hair changes, mood shifts. Requires medical supervision.

Additional Benefits:

- Enhanced libido & sexual function
- Better muscle tone & fat distribution
- Improved cognition & motivation
- Aging & vitality support

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Skin, Hair & Beauty Enhancement

True beauty begins at the cellular level. At Goddess Wellness we focus on restoring radiance from the inside out by targeting the root causes of aging and skin damage. Our advanced peptide and regenerative products are designed to support collagen production, cellular renewal, and antioxidant protection — helping you achieve luminous skin, healthy hair, and timeless vitality naturally.

GHK-Cu (Copper Peptide)

Description: Naturally occurring copper peptide involved in tissue remodeling, collagen synthesis, and cellular repair. Regulates inflammation and stimulates fibroblasts, improving skin structure and healing. Wellness/beauty: firmer skin, better elasticity, fewer fine lines, radiant complexion.

Dosage:

- Typically, topical or via injection depending on protocol.

Administration: Topical skincare; or subcutaneous injection.

Side Effects: Mild redness or irritation possible.

Additional Benefits: Healing, hair growth, pigmentation reduction, texture improvement.

TB-500 (Thymosin Beta-4)

Description: Synthetic version of thymosin beta-4; supports tissue repair, cell migration, and angiogenesis. Wellness/beauty: accelerated healing, reduced inflammation, improved skin regeneration, enhanced muscle recovery.

Dosage:

- Varies; typically, short-term cycles.

Administration: Subcutaneous injection.

Side Effects: Mild redness or temporary fatigue possible.

Additional Benefits: Injury recovery, skin repair, hair/tissue strength, anti-inflammatory.

BPC-157

Description: Renowned for tissue healing, inflammation reduction, and accelerated regeneration; promotes angiogenesis and collagen formation. Wellness/beauty: faster wound healing, improved joint health, stronger skin resilience and glow.

Dosage:

- 50 units of an insulin syringe for 2–6 days in injured tissue or subcutaneous.

Administration: Targeted injection into injured tissue or subcutaneous.

Side Effects: Extremely well tolerated; rare mild site irritation.

Additional Benefits:

- Accelerated injury recovery
- Support for gut healing; reduced inflammation
- Enhanced muscle strength and endurance
- Improved immune function

Glutathione

Description: Powerful antioxidant that protects cells from oxidative stress; supports liver detoxification. Broadly used for skin brightening, anti-aging, and cellular defense. Wellness/beauty: brighter skin, less hyperpigmentation, evens out skin tone, improved immunity, detox support.

Dosage:

- Weekly shots of 50–75 units of an insulin syringe.

Administration: Intramuscular injection (thigh, buttock, or outer arm).

Side Effects: Generally, very well tolerated; rare mild soreness at injection site.

Additional Benefits:

- Lightens dark spots; evens tone
 - May reduce age spots and sun damage signs
 - Supports liver function and detox
 - Protects against oxidative stress
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Methylene Blue

Description: Historically antimicrobial and a mitochondrial enhancer; used in aesthetics for cellular longevity and delaying visible aging. Wellness/beauty: improved skin texture, enhanced wound healing, environmental protection.

Dosage: Varies; often topical in low concentrations or in controlled protocols. Not for daily unsupervised use.

Administration: Topical or injection under professional supervision.

Side Effects: May cause temporary skin staining; overuse can irritate.

Additional Benefits:

- Supports mitochondrial function and cellular repair
- Antimicrobial properties for skin health
- UV protection and accelerated healing
- May improve fine lines and overall skin vitality

Stem Cell Therapy

Description: Uses the body's regenerative cells to repair tissue, reduce inflammation, and stimulate healing. Clinically used for arthritis, tissue regeneration, autoimmune conditions, and advanced recovery. Wellness/beauty: improved skin rejuvenation, reduced joint pain, enhanced vitality.

Dosage: Individualized protocols by a licensed practitioner.

Administration: Injection or infusion under medical supervision.

Side Effects: Generally minimal; occasional mild soreness at injection sites.

Additional Benefits:

- Tissue regeneration and accelerated healing
- Joint lubrication and reduced inflammation
- No rejection risk with autologous cells
- Potential improvement in skin quality and elasticity

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Weight Loss & Metabolic Health

Trizepatide

Description:

Increases satiety and memory by acting on the brain to enhance feelings of fullness, reducing overall food intake. Also decreases neuroinflammation. Benefits include weight loss, reduced heart disease risk, and fat reduction.

Dosage:

- Under 200 lbs. – 10 mg — 25 units (insulin syringe) the first week
- Over 200 lbs.- Maintenance: 15 mg — 25 units (insulin syringe) the first week
- Adjust strength over following weeks by increasing 25 units each time

Administration:

Subcutaneous injection into belly fat, ~3 inches away from the navel. Any time of day.

Side Effects:

Mild nausea is the most common. Reduce dosage and titrate more gradually if nausea occurs.

Semaglutide

Description:

Regulates glucose levels, promotes weight loss, and normalizes lipid profiles. May support kidney health and reduce inflammation. Early research suggests potential benefits for dementia, pancreatitis, and PCOS.

Dosage:

- Under 200 lbs. – Maintenance: 2.5 mg — 25 units (insulin syringe) the first week
- Over 200 lbs. – Maintenance: 15 mg — 25 units (insulin syringe) the first week
- Adjust strength over following weeks by increasing 25 units each time

Administration:

Subcutaneous injection into belly fat. Any time of day.

Side Effects:

Mild nausea is the most common. Reduce dosage and titrate more gradually if nausea occurs.

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Additional Products and Pricing

Glow packages

- Glow: BPC 157, TB 500, and GHK.
- Glow Plus: BPC 157, TB 500, GHK and Glutathione.
- Glow Plus Skinny: BPC 157, TB 500, GHK, Glutathione, and Tirzepatide.
- The Total Glow Package: BPC 157, TB 500, GHK, Glutathione, Tirzepatide, and Sermorelin.

Grounding Blanket

Frequency Machine

Call for pricing; pricing varies depending on commercial vs. personal use.

Syringes – One 100 count box; \$36 US Dollars

Ice Packs & Shipping Envelopes can be purchased online at [Uline.com](https://www.uline.com)

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