



## Peptides

### 1. BPC-157

- Healing! The most common peptide, naturally made in the stomach.
- Uses: Tissue and wound healing, sports injuries, brain & heart protection, stomach protection, SIBO/Leaky Gut syndrome (oral)
- Frequency: Daily (or at least 5 of 7 days). 3 months on, 1 month off.
- Route: Subcutaneous injection (local injury or abdomen) or Oral (gut only)
- Average Price (monthly): \$115 (injectable). \$3/each (oral).

### 2. Thymosin-Beta 4

- Healing! This is the first peptide the body calls for when an injury occurs.
- Uses: Sports injury, Tendon/Ligament/Muscle repair, Immune System, brain, heart and kidney protection, spinal cord injuries, eye issues
- Frequency: Daily (or at least 5 of 7 days). 3 months on, 1 month off.
- Route: Subcutaneous injection (abdomen)
- Average Price (monthly): \$130

### 3. Thymosin-Alpha 1

- This was originally used to build the immune systems of HIV patients.
- Uses: Immune system, Decreases inflammation, Lyme Disease
- Frequency: Every 3 days. 3 months on, 1 month off.
- Route: Subcutaneous injection (abdomen)
- Average Price (monthly): \$130

### 4. CJC-1pamorelin

- This is a growth hormone peptide that helps with performance and weight loss.
- Uses: Improve physical performance, muscle mass, weight loss, sleep, brain & heart protection, increases IGF-1
- Frequency: Daily 5 of 7 days, before bed on empty stomach. 3 months, stop.
- Route: Subcutaneous injection (abdomen)
- Average Price (monthly): \$189

### 5. Kissipeptin

- This peptide is known to help 'reset' the sexual hormone pathway
- Uses: Primary Hypogonadism, Testosterone support, Fertility support, Hormone replacement therapy
- Frequency: Daily. Maximum 3 months.
- Route: Subcutaneous injection (abdomen)
- Average Price (monthly): \$135

### 6. PT-141

- Helps with sexual performance in both males and females
- Uses: Male or Female sexual dysfunction, Erectile Dysfunction, Hypoactive sexual desire disorder in female
- Frequency: Inject/Inhale 45-60 minutes before desired sexual activity.
- Route: Intranasal or Subcutaneous injection (abdomen)
- Average Price (monthly): \$135



## 7. Epitalon

- This is an anti-aging (lengthens telomeres), antioxidant, fights stress, and anti-tumor.
- Uses: Anti-aging, tumor suppression, antioxidant, Sleep (increased melatonin), decrease inflammation, increased insulin sensitivity
- Frequency: Daily. 0.1-0.3 ml QAM x 80 days. Russian protocol: 1 bottle daily x 10 days.
- Route: Subcutaneous injection (abdomen)
- Average Price (Monthly): \$135

## 8. FOXO4-DRI

- This is a cell penetrating peptide that helps remove aging cells, improving organ function, and helping decrease biological aging. Stack with MOTS-c.
- Uses: Anti-aging, counteract effects of chemotherapy on the liver and kidneys, testosterone support and testicular health.
- Frequency: Every 3 days for 4-6 weeks. Repeat 1-3 times a year.
- Route: Subcutaneous injection (abdomen)
- Average Price (Monthly): \$300

## 9. GHK-CU

- A copper-based peptide that activates stem cells, anti-aging and healing properties
- Uses: Improves aging skin, wound healing, protects from UV radiation, anti-inflammatory/antioxidant, increase hair growth and thickness, cognitive/neurodegenerative disease support
- Frequency: Daily up to 3 weeks (subcutaneous), daily (scalp and facial cream)
- Route: Subcutaneous injection (abdomen), Scalp foam, Facial cream
- Average Price (Monthly): \$135

## 10. LL-37

- Antimicrobial, Antiviral, Antifungal, Mold activity, Poor Wound Healing, IBD
- Uses: Antimicrobial activity, Chronic wounding healing, Irritable Bowel syndrome (Crohn's, Ulcerative Colitis), Cancer (limited too: colon, gastric, hematologic, oral SCC)
- Frequency: Daily for 6-8 weeks (SQ). 2-3 x per week on wound site (topical for wound healing)
- Route: Subcutaneous injection (abdomen), Topical. Vitamin-D levels need to be elevated.
- Average Price (Monthly): \$135

## 11. Sermorelin

- This peptide works just like the bodies own GHRH peptide and causes the body to release growth hormone.
- Uses: Improve physical performance, muscle mass, weight loss, sleep, skin appearance, libido, protect the brain and the heart disease, increases IGF-1
- Frequency: Daily before bedtime. Takes 3-6 months for maximum benefit.
- Route: Subcutaneous injection (abdomen)
- Average Price (Monthly): \$135