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Peptides Made Simple

Reconstitution Encyclopedia

MATTHEW FARRAHI

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Authors Introduction

Welcome to *Peptides Made Simple: Reconstitution Encyclopedia*. Thank you for investing in this book or any of my other educational resources. Your time and resources are valuable; I don't take that lightly. My commitment is to deliver the most impactful, practical information designed to elevate your understanding and enable you to harness the power of peptides.

Having dedicated over six years to studying peptides, I've personally felt the frustration that comes with reconstitution. I've witnessed countless others struggle with confusing instructions, inconsistent results, and the fear of making a critical mistake. These obstacles can hold you back from unlocking maximal benefits and advancing your goals.

That's why I created this resource—a straightforward, accessible approach to mastering peptide reconstitution. This book provides comprehensive insights into 67 peptides and 168 detailed graphics demonstrating how to reconstitute various peptides and combinations precisely and confidently.

My mission is to empower you to navigate the world of peptides with clarity. I aim to bridge the gap between traditional methods and the cutting-edge possibilities revolutionizing this field, eliminate barriers, and make the process as simple as possible, whether you're an experienced researcher or just starting.

While I've gained knowledge through experience and research, I believe in being open to learning. I understand this is a dynamic, ever-evolving field, and I continually seek to improve and expand my understanding. Your

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feedback and insights are invaluable in helping me grow and ensure this guide remains as helpful as possible.

Supporting this mission by leaving an honest review on Amazon or sending a quick email to **support@regenerative-education.com** can make a meaningful difference.

Together, we'll turn frustration into mastery and curiosity into breakthrough results.

About My 1st Book

In my first book, I overviewed the most commonly used peptides, delving into each peptide's details and exploring peptide combinations. This second book is the next step in your journey. Together, they complement each other and will be updated frequently.

You will learn about the latest research on the peptides covered in the first book and an additional 29 peptides, bringing the total to 67. While this book will not go into as much depth on each peptide, it focuses on providing clarity around the vital topic of reconstitution.

Reconstituting peptides can often be frustrating for users. The complexities of preparing these compounds can lead to confusion and hesitation within the community. However, mastering the reconstitution process is crucial.

I want to combine my books; however, the cumulative pages would be over 1000+, and this topic is expanding rapidly. I do my best to keep things concise and organized while not skipping over important material.

I plan to update both books to stay on top of the latest research and provide valuable insights to help others gain clarity in this evolving field.

How To Use The Encyclopedia

Overview

This book overviews the most commonly researched peptides and blends, including their typical dosages and sizes. Based on the latest research and my 6+ years of experience with peptides, I've created reconstitution graphics.

Many peptide resources include complex details and medical terminology, making them hard to understand. This book aims to present the information clearly, making it accessible to all readers.

This book can be used to quickly look up specific peptides or combinations and refresh your knowledge of their properties and reconstitution.

I will also share the tools and resources that helped establish my peptide research lab. After years of trial and error, I've streamlined my knowledge into this book to save you time and effort.

This Book Gets Updated

I will update this book approximately every one to two years to reflect the latest research. Updates will come at no cost if you purchase the Kindle version - you will have to re-download the Kindle version to get the updates. You'll need to buy the updated version for paperback or hardcover purchases. If you provide proof of your purchase of the first edition, I will

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issue a partial refund for your original purchase (I will subtract my expenses to cover the cost of the book)

Do you want immediate updates?

If you would like immediate updates, please join *Peptide Academy VIP*. This is our community of peptide researchers, and all the newest material is released there.

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QR Code



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For any questions about updates, please get in touch with our support team at support@regenerative-education.com

For Injectable Peptides

This book focuses on dosing guidelines specifically for injectable peptides, as they generally offer the highest absorption rates compared to other methods such as nasal, cream, or oral administration.

Please note that some peptides, such as 5-Amino-1 MQ, Dihexa, and Cerebrolysin, are not included in this book because they do not require reconstitution.

If you want more details on the application and combinations of peptides, I recommend my first book or joining my *Peptide Academy VIP*.

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My first book covers 38 peptides, and this book covers 67 peptides. Both books will be updated continuously; my next project is updating my first book.

Scan the QR code if you would like to learn more about my 1st book.

Peptides Made Simple: Usage, Dosing, Cycling & More



Scan me

The Different Compounds In This Book

Peptides can be classified into several categories, including:

- Bio-regulators
- Hormones
- Amino acids
- Enzymes
- Other molecules

The term “peptide” encompasses many compounds, while these classifications highlight their specific effects.

For example, bio-regulators primarily influence gene expression, which can characterize a peptide as a bio-regulator, though it remains a peptide.

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This is why I included compounds such as NAD+, HCG, and Oxytocin, which are not “traditionally” classified as peptides but, in many ways, fall into the category of peptides.

How To Understand Dosing & Cycling

My approach to developing dosing and cycling protocols comes from over six years of research, personal experimentation, review of multiple books, research papers, and consultations with industry experts and independent researchers.

The dosing examples highlighted (the large syringes shown in each graphic) represent the most commonly used protocols in the field. They range from a lower dose (the first syringe on the left) to a higher dose (the last syringe on the right). I've also included additional options for further customization based on individual researcher needs.

Understanding My Dosing Calculations

For simplicity, I've rounded dosing recommendations as follows:

- Doses of 0.5 units or more are rounded up.
- Doses less than 0.4 units are rounded down.

This method helps avoid the challenges of accurately measuring half units with a syringe.

Picking the Correct Vial Size

Depending on your specific goals, you may prefer different vial sizes. For example, a 2 mg vial is ideal for metabolic support with Melanotan 2, since smaller doses are typically required. In comparison, a 10 mg vial might be more suitable for sexual support, which generally involves larger doses. If aiming for smaller doses, a smaller vial is recommended; for larger doses, a bigger vial makes more sense.

Understanding the Peptide Name

To simplify this book, I've combined various compounds (such as Selank, N-Acetyl Selank, and N-Acetyl Amide Selank) and used the most recognized

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names within the industry. This helps establish a shared language for more transparent communication.

It's important to note that some compounds may not be labeled accurately, such as companies labeling CJC-1295 when it is MOD-GRF 1-29. Additionally, specific peptide ratios can limit effective dosing, and some compounds are available in larger quantities than what has been studied in industry research.

I've considered all these factors to provide a well-rounded, practical approach to maximizing the effectiveness of each peptide and peptide blend.

Understanding Cautions & Contraindications

While peptides offer significant benefits, it's important to remember that any substance can pose risks, including peptides. As the saying goes, *"the dose makes the poison,"* highlighting the importance of proper dosing.

In this book, I've included cautions and contraindications to help you navigate the potential risks of peptide use. Approach peptide therapy carefully and inform yourself about each compound's requirements and limitations.

How To Use Each Reconstitution Graphic

The graphics represent the most commonly used dosing protocols in the field.

The doses range from a lower dose (the first syringe on the left) to a higher dose (the last syringe on the right). I've also included additional options for further customization based on individual needs.

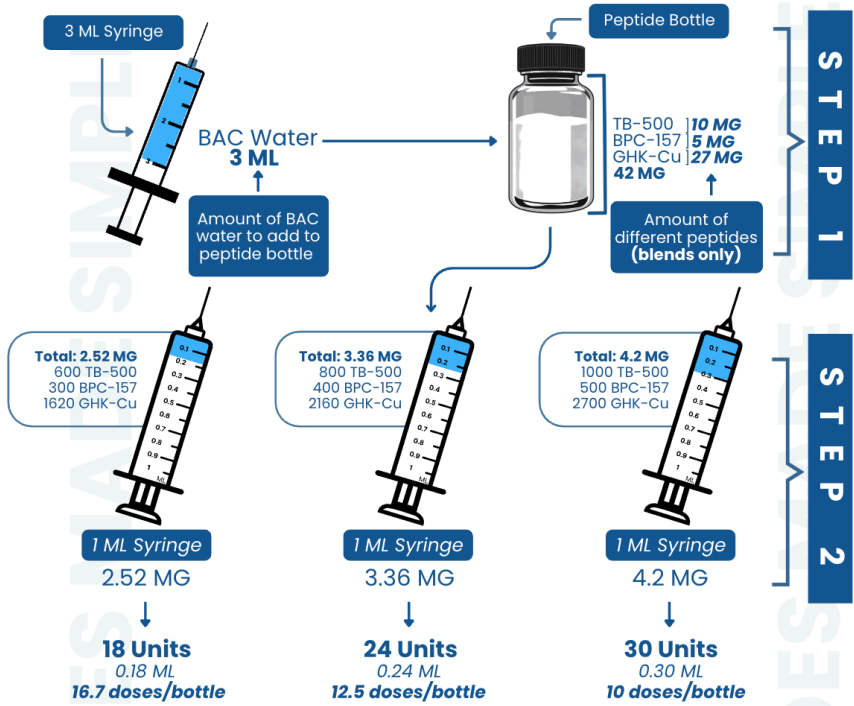
I aimed to make each graphic as straightforward as possible, providing practical information while keeping everything concise enough to fit on one page.

Steps for Research and Preparation:

1. Find the exact peptide name and amount you wish to research.
2. Gather the necessary supplies: a 3 mL syringe, the peptide bottle, a 1 mL syringe, and bacteriostatic water.
3. Step 1 – Add bacteriostatic water for reconstitution.
4. Step 2 – Prepare your doses.

TB-500
BPC-157
GHK-Cu
42 MG
Blend (10/5/27)

RECONSTITUTION



More Options		Key	
1.68 MG (400/200/1080)	→ 12 units	4.62 MG (1100/550/2970)	→ 33 units
2.1 MG (500/250/1350)	→ 15 units	5.04 MG (1200/600/3240)	→ 36 units
2.94 MG (700/350/1890)	→ 21 units		
3.78 MG (900/450/2430)	→ 27 units		
		ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water	

Learning Common Peptide Terms

- **Peptide** → A compound of amino acids linked by peptide bonds
- **Peptide Blends** → Combinations of two or more peptides for enhanced effects.
- **Solvent** → The liquid (commonly bacteriostatic water or sterile saline) used to dissolve the peptide powder during reconstitution.
- **Solution** → A liquid mixture where the peptide is dissolved in the solvent, resulting in a ready-to-use liquid form.
- **BAC Water** → Bacteriostatic Water is sterile water with 0.9% benzyl alcohol, used for reconstituting peptides to prevent bacterial growth and allow multi-dose use
- **Reconstitution** → The process of mixing a solid compound (peptide) with a solvent (usually BAC water) to create a solution for use
- **Dose** → The specific amount of a substance administered per use, expressed in units, micrograms, milliliters, or other measurements

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Liquid vs Mass

- **Liquid:** Units (U), milliliters (mL), and cubic centimeters (cc) measure volume. They quantify the amount of bacteriostatic water or other liquids used to reconstitute peptides and the volume of fluid administered as a dose.
 - 1 cc = 1 mL. The terms are interchangeable in most contexts.
 - 1 unit = .01 mL. This assumes a 100 units/mL concentration, standard across the peptide field.
- **Mass:** Measured in micrograms (mcg) and milligrams (mg). Most peptides come in milligram bottles. Micrograms are commonly used for dosing, especially for smaller amounts. Depending on the peptide's intended use, larger doses may be measured in milligrams.

ML → Milliliter

- .01 milliliter = 1 unit
- .10 milliliter = 10 units
- 1 milliliter = 100 units
- 10 milliliters = 1000 units
- A 1 mL syringe can hold 100 units or 1 cc.
- A 3 mL syringe can hold 300 units or 3 cc

CC → Cubic centimeters

- 1 cc = 1 mL, used interchangeably in most liquid measurements

MG → Milligram

- .05 milligram = 500 micrograms
- 1 milligram = 1000 micrograms
- 1000 milligrams = 1 gram

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MCG → Microgram

- 50 micrograms = .005 miligram
- 100 micrograms = .1 miligram
- 1000 micrograms = 1 miligram

Units

- 1 unit = .01 milliter
- 10 units = .1 milliter
- 100 units = 1 milliter
- There are 100 units in a 1 mL syringe.
- There are 300 units in a 3 mL syringe.

IU → International Unit

IU vs. MCG → IU measures potency based on biological activity and varies by substance, while MCG measures mass and provides a precise weight for solid compounds.

- Some compounds are measured in IUS. Most peptides are measured in MCG since it is easier to relate to all compounds.
 - Example:
 - 1 MCG HCG ~ 9.3 IUS
 - 1 MCG Oxytocin ~ 1.67 IUS

Peptides 101

Why Peptides

- Most peptides are naturally occurring molecules that support the body's healing processes.
- They offer targeted effects, helping to optimize hormones, boost immunity, accelerate recovery, enhance gene expression, and support regenerative processes.
- Peptides offer a more accessible pathway to personalized regenerative therapies, expanding opportunities for holistic healing and comprehensive support for various health conditions.

What Are Peptides

- Peptides are molecules that combine two or more amino acids joined together through a peptide bond.
- There are over 7,000 naturally occurring peptides in the human body, each involved in various biological functions.
- The use of peptides in medicine dates back to the 1920s, with insulin being the first peptide-based treatment introduced.
- Over 150 peptides are utilized for medical therapies, and over 500 are under research for potential future applications.

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- Peptides can be administered in various ways, such as injections under the skin, into muscles, intranasal delivery, or even orally, though injections under the skin remain the most common method.

How Do Peptides Work

- Peptides are present in all cells and are vital for communication between them.
- They operate through the body's natural processes, acting as messengers, instructing cells to turn specific processes on or off, influencing bodily functions to support healing, growth, and regulation.
- The body's natural peptide production often declines around age 30, impacting various biological functions.
- Most peptides have a short half-life, meaning they quickly do their job and exit the system. However, some peptides are being developed with longer half-lives to enhance their therapeutic effects.

Are Peptides Safe

- Peptides are a more intensive therapy, since many require injecting; however, peptides can be extremely safe when used with care.
- Anything can become poisonous, and as I like to remind myself, "Poison is in the dose." I do my best to provide material that prevents it from becoming poisonous.

My Insights On Safe Peptide Practices

- Practicing proper injection techniques
- Avoiding peptide misuse (extremely high doses or long cycles)
- Selecting the appropriate peptides

My Insights On Unsafe Peptide Practices

- Using peptides that have strong side effects

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- Improper injection techniques
- Lack of proper dosage and cycling

How Are Peptides Made

- Peptides are created when two or more amino acids form a peptide bond, linking them together.
- They can be synthesized in research or compounding pharmacy laboratories for medical or research purposes.
- Some peptides are modified with additional components, such as a drug affinity complex (DAC), amide groups, or polyethylene glycol, to extend their stability and effectiveness in the bloodstream.
- Understanding the manufacturing process of each peptide is vital for comprehending its potential benefits, limitations, and possible side effects.

The Different Types of Peptides

- Pill (Oral)
 - Common peptides include BPC-157, KPV, 5-Amino-1MQ, and TB-500.
 - Typically, oral peptides are less favored because stomach acid can destroy many peptides, though this method can be effective for targeted stomach treatments.
- Intra-Nasal
 - Primarily used for peptides that target brain and cognitive functions, as they can pass through the blood-brain barrier.
 - An increasing number of peptides are being developed into nasal spray forms, leveraging their ability to affect the brain directly.

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- Injectable
 - The most common administration method is allowing peptides to enter the bloodstream effectively.
 - Most peptides are injected subcutaneously (under the skin), while some require intramuscular injections (into the muscle).
- Topical
 - It is often used for cosmetic peptides, such as GHK-Cu, KPV, and PTD-DBM, to target specific skin areas directly.

When To Take Peptides

- Naturally, around age 30, the body's production of signaling agents, including peptides, declines.
- If the body is balanced, additional peptides may not provide benefits.
- However, peptides are valuable and can make a significant difference. I recommend looking into peptides once there is a need, as you are more comfortable exploring them and feel secure with your financial resources.
- It's important to maintain a holistic approach—consider other aspects of health and recognize how your resources can be spent to provide the highest return on your quality of life and health.
 - **Example:** Spending \$100 more on higher-quality groceries could be a more impactful move than spending \$100 on a peptide protocol

Where To Buy Peptides

- Research Grade
 - These come in powder form and will have to be reconstituted.
 - **Sigma Compounds** is my research institute and the peptides I use in my research
 - Go to page 390 to learn more about Sigma Compounds

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- Compounding Pharmacy
 - You must go through a physician. These peptide may come in powder form but often they are given to the patient already constituted (already mixed) and sometimes already in the syringes. Every clinic is different how they go about it.

When Will You Start Seeing Results

- On average, I noticed changes two weeks after starting my protocol.
- The timeline for results varies based on individual factors such as health status, lifestyle choices, sensitivity, and the specific peptide protocol. While higher doses and increased frequency might accelerate results, quicker isn't always better for everyone.
- Patience is essential, as significant improvements typically emerge after 6-8 months. Peptides are not a miracle cure but support natural body functions to optimize health and healing.

Do You Need an Off-Cycle with Peptides

- I believe off-cycles are essential for several reasons, including preventing receptor overuse and allowing the body to evaluate its natural response without the influence of peptides.
- Off-cycles also serve as a cost-effective strategy, allowing reassessment and refining of future cycles based on evolving goals.
- Unlike exogenous substances such as hormones, which can suppress the body's natural functions, peptides are designed to support and enhance existing biological processes. This allows for a smooth transition on and off peptides.

How To Maximize Peptide Effects

- Prioritizing healthy lifestyle choices is crucial in maximizing the benefits of peptides. I often think of peptides as "loading the gun" and lifestyle habits as "shooting the gun."

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- Timing peptide intake to align with specific goals can enhance its effectiveness:
 - For example, taking growth hormone peptides before a workout may support fat burning.
 - Post-workout administration of growth hormone peptides may promote muscle growth.
 - BPC-157, whether taken before bed or after exercise, can assist with recovery.
- Adjusting dosage and frequency might provide additional benefits, but more isn't always better—costs can increase, and overuse may diminish effectiveness.

Reconstitution 101

What is Reconstitution

- Reconstitution is mixing a peptide powder with a solvent to create a usable solution. It is essential for effectively administering injectable peptides.
- Taking a peptide + adding a solvent (usually bacteriostatic water) = a solution (for use)

Why Reconstitute

- Reconstitution is necessary because many peptides are supplied in dry powder form to maintain stability and prolong shelf life. Proper reconstitution allows the peptide to be activated.

Reconstitution Care

- After reconstitution, the peptide can last 30 days, even up to 120 days. This depends mainly on the solution used and how the peptide was stored after reconstitution.
- Reconstituted peptides are the most sensitive to UV light, freezing-heating cycles, and harsh movement, with UV light being the most destructive.

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- I keep my reconstituted peptides in a black box on the middle shelf of my fridge. Putting them in the higher part of my fridge (the colder section) results in crystallization.
- I keep my non-constituted peptides (powder form) in a room-temperature, dark environment.
- I freeze any peptides I do not plan to use in 1 year or more.

What Solvents To Use To Reconstitute

The most common solutions for reconstituting peptides include:

- **Bacteriostatic Water:** This is the preferred solvent, a sterile water with 0.9% benzyl alcohol
- **Sterile Water:** An alternative to bacteriostatic water
- **Saline Solution:** Occasionally used, but not as common.

The Different Types of Mixtures

Here are some key points about peptide appearance and behavior:
Important, this is after adding in the solvent (usually bacteriostatic water)

- Most peptide solutions (95 %+) are clear, indicating a pure compound. Let the compound mix (usually under 5 minutes) before making a final assessment.
- Exception: GHK-Cu, copper peptide, is a blue powder and turns the solution blue
- Crystallization can occur if the peptide is stored at a temperature that is too low or at a high concentration. This is normal and does not mean the peptide is bad. Slightly reducing the temperature of the peptide and/or adding more bacteriostatic water can prevent both of these.
- The most important aspect to watch for is clarity, an indicator of quality and purity.

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Supplies Needed For Reconstitution

To reconstitute peptides, you will need the following supplies:

- Peptide Bottle
- Reconstitution solution (e.g., bacteriostatic water)
- Syringe and needle: For drawing and injecting the solution
 - I prefer a 3 mL syringe for reconstituting my peptides and then a 1 mL syringe or insulin syringe to withdraw the mixed peptide (after reconstitution) for injecting.
- Alcohol swabs: For disinfecting vial tops and maintaining sterility.
- Sharps container: For safe disposal of used needles and syringes.

Single Peptides

Adipotide

Overview

- Adipotide is a peptide designed to target and reduce fat tissue.
- It induces apoptosis (cell death) in the blood vessels that supply fat cells.

Deeper Research

- Adipotide binds to a specific protein on the blood vessels that supply white adipose (fat) tissue.
- This binding disrupts the blood supply to fat cells, leading to their death and reabsorption by the body.
- The process reduces overall fat mass, especially visceral fat (deep belly fat), and can lead to weight loss, decreased BMI (body mass index), and improved insulin sensitivity.
- The protein (prohibitin) adipotide binds to is found in cancer cells and may offer potential therapeutic use in certain cancers.

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Dosing & Cycling

- Dosing
 - 4.53 mcg/lb per dose
 - Weight 100-150 lbs - 455-680 mcg
 - Weight 151-200 lbs - 685-905 mcg
 - Weight 201-250 lbs - 910-1150 mcg
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between.

Cautions & Contraindications

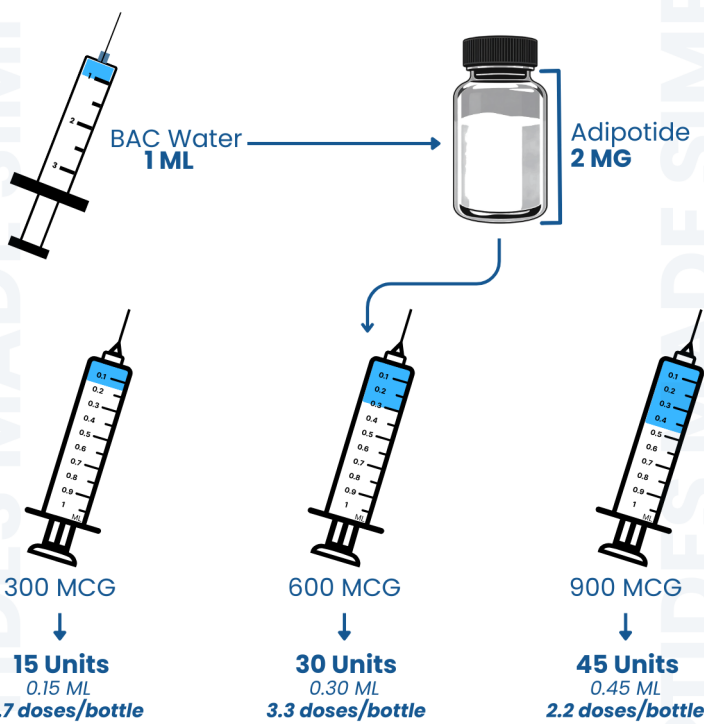
- Cautions
 - May cause fluid retention, nausea, diarrhea, and/or stomach discomfort
- Contraindications
 - Pregnant individuals
 - Individuals with a history of, or current liver, kidney, or pancreas disease

Reconstitution Options

- 2 MG
- 10 MG

Adipotide
2 MG

RECONSTITUTION



More Options

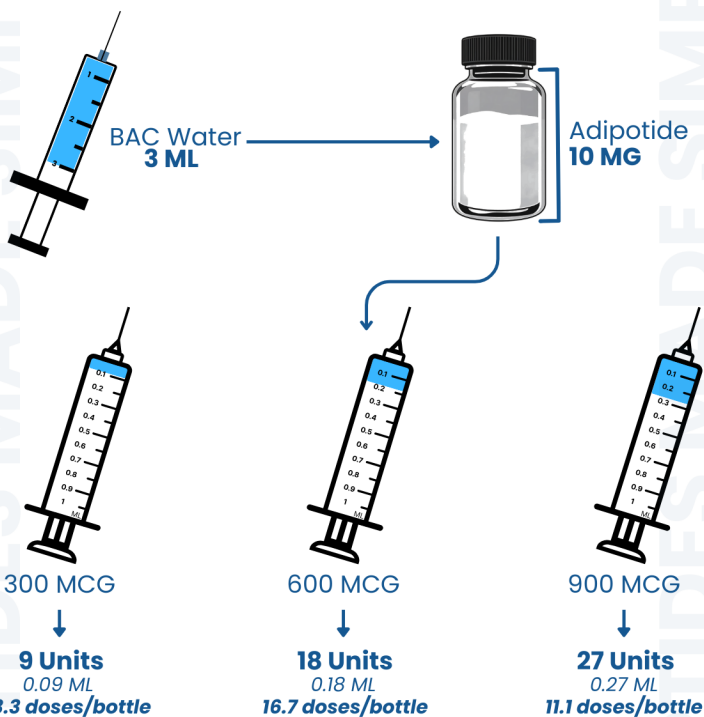
200 MCG → **10 units** 1 MG → **50 units**
400 MCG → **20 units** 1.1 MG → **55 units**
500 MCG → **25 units** 1.2 MG → **60 units**
700 MCG → **35 units**
800 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Adipotide
10 MG

RECONSTITUTION



More Options

200 MCG → **6 units** 1 MG → **30 units**
400 MCG → **12 units** 1.1 MG → **33 units**
500 MCG → **15 units** 1.2 MG → **36 units**
700 MCG → **21 units**
800 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

AOD-9604 / Fragment 176-191

Overview

- AOD-9604 is a modified human growth hormone (HGH) fragment that promotes fat burning and weight loss.
- Frag-176-191 is considered a less stable version of AOD-9604, but both compounds work in the same way, and subjective experiences have reported better results with Frag 176-191.
- It reduces body fat without impacting hormones like IGF-1 and insulin.

Deeper Research

- AOD-9604 works by enhancing lipolysis (breakdown of fat) and inhibiting lipogenesis (preventing fat storage)
- AOD-9604's fat-burning effects are unique as it does not enhance hunger, blood sugar levels, or tissue growth, which many growth hormone treatments can
- AOD-9604 may improve joint health, heart function, and have other regenerative properties since it is similar in structure and function to growth hormone

Dosing & Cycling

Same dosing and cycling scheme for AOD-9604 and Fragment 176-191

- Dosing
 - 100-500 mcg per dose
- Cycling
 - Daily, for 60-90 days or up to 180 days at a continuous dose, with a 30-day minimum cycle break between
 - To maximize the fat-burning effects, it is best to take this peptide on an empty stomach in the morning or before a workout.

Readers Review Copy

- Some theorize injecting into the area where you want to reduce fat provides more local benefits

Cautions & Contraindications

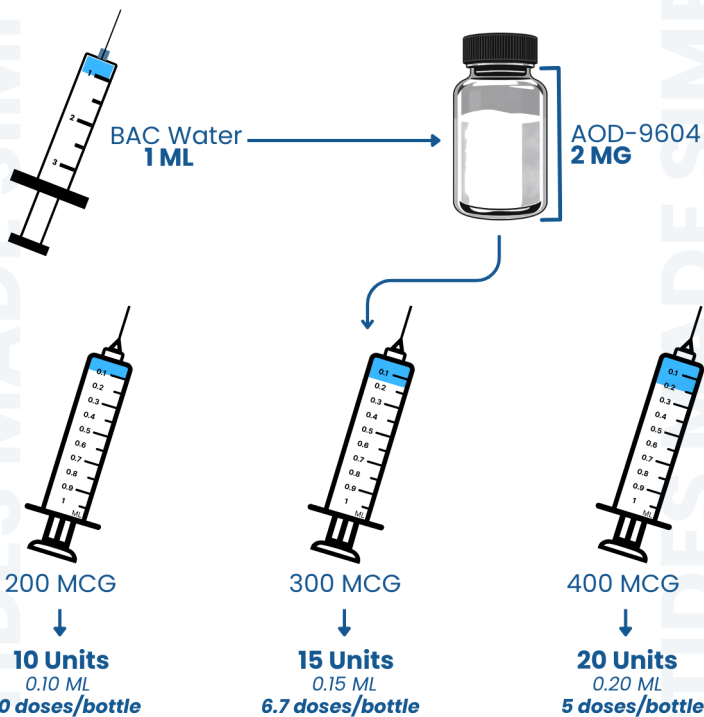
- Cautions
 - May cause facial flushing and/or nausea
- Contraindications
 - Pregnant individuals
 - Individuals with current liver or kidney disease

Reconstitution Options

- 2 MG
- 5 MG
- 6 MG
- 10 MG

AOD-9604
2 MG

RECONSTITUTION



More Options

100 MCG → 5 units	500 MCG → 25 units
150 MCG → 8 units	550 MCG → 28 units
250 MCG → 13 units	600 MCG → 30 units
350 MCG → 18 units	
450 MCG → 23 units	

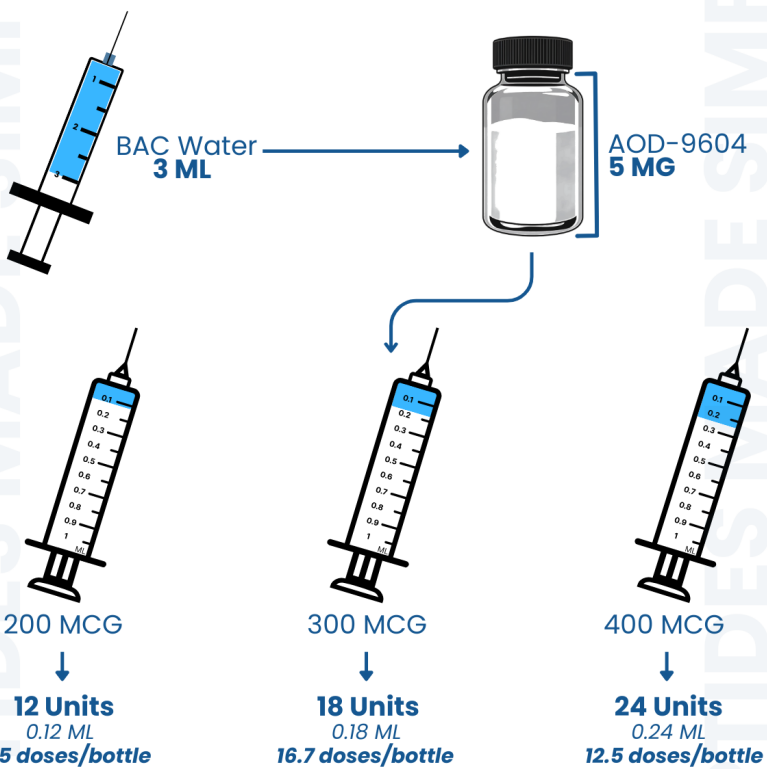
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

AOD-9604

5 MG

RECONSTITUTION



More Options

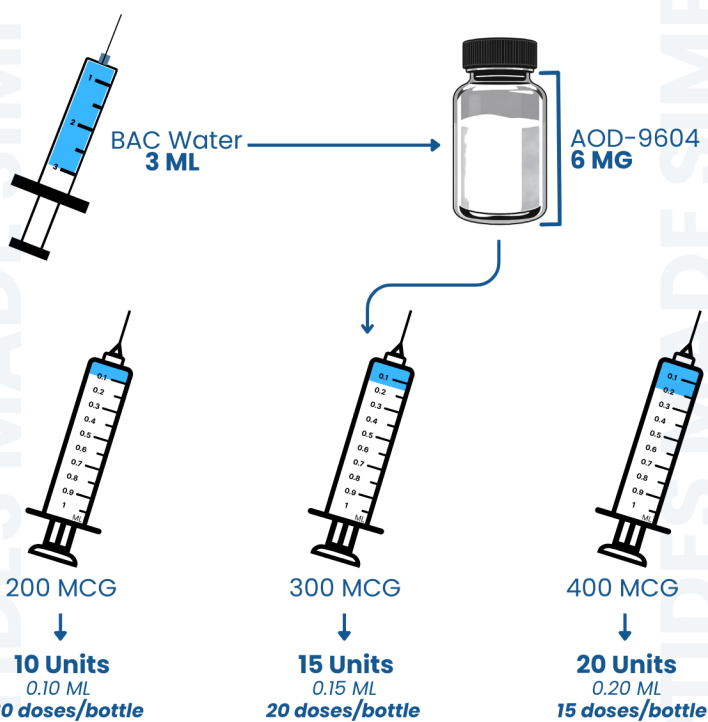
- | | |
|---------------------------|---------------------------|
| 100 MCG → 6 units | 500 MCG → 30 units |
| 150 MCG → 9 units | 550 MCG → 33 units |
| 250 MCG → 15 units | 600 MCG → 36 units |
| 350 MCG → 21 units | |
| 450 MCG → 27 units | |

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

AOD-9604
6 MG

RECONSTITUTION



More Options

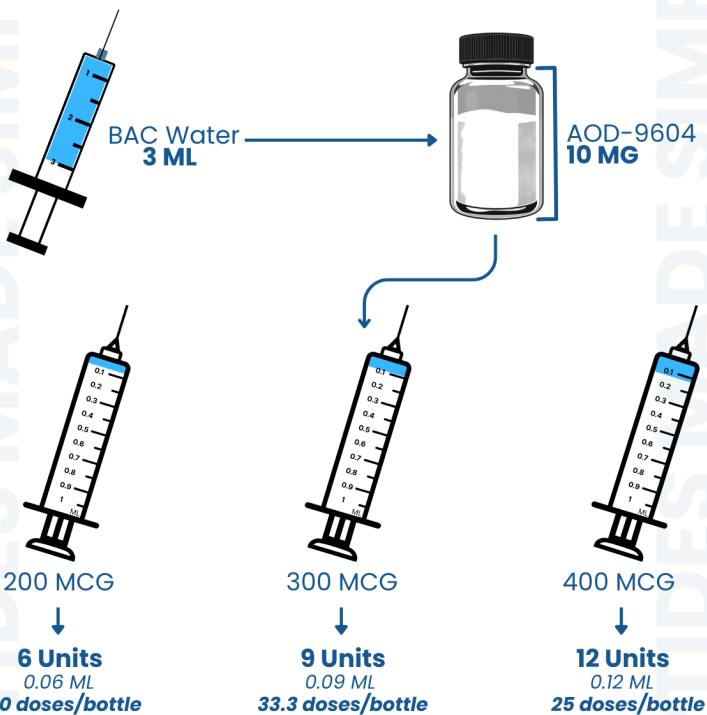
100 MCG → 5 units	500 MCG → 25 units
150 MCG → 8 units	550 MCG → 28 units
250 MCG → 13 units	600 MCG → 30 units
350 MCG → 18 units	
450 MCG → 23 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

AOD-9604
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	500 MCG → 15 units
150 MCG → 5 units	550 MCG → 17 units
250 MCG → 8 units	600 MCG → 18 units
350 MCG → 11 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

ARA-290

Overview

- ARA-290 is a peptide designed from erythropoietin (EPO), known for protecting nerves and relieving pain.
- It is being studied for treating nerve pain in diabetes, aiding wound healing, and potentially helping with autoimmune diseases.
- ARA-290 has completed phase II trials and is moving into phase III trials for various applications.

Deeper Research

- ARA-290 primarily binds to 4 receptors
 - Tissue-Protective Receptor (TPR): The primary receptor for ARA-290, improving cell survival, reducing inflammation, and promoting tissue healing.
 - Innate Repair Receptor (IRR): Involved in tissue repair processes and pain regulation, particularly for nerve-related pain.
 - Erythropoietin Receptor (EPO-R): Activates pathways that support cellular protection.
 - Toll-like receptor 2 (TLR2): TLR2 activates the immune response, enhancing the detection of damaged cells and promoting survival pathways in the nervous system.
- The downstream effect of these receptors allows ARA-290 to:
 - Balances the immune response, reducing inflammation while still fighting infections.
 - Aid blood vessel repair, particularly in conditions like retinal ischemia.
 - Reduce nerve pain, providing relief for conditions like diabetes and sarcoidosis.

Readers Review Copy

Dosing & Cycling

- Dosing
 - 4-8 mg per dose
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Cautions & Contraindications

- Caution
 - May cause nausea and/or diarrhea
- Contraindications
 - Individuals with active infections

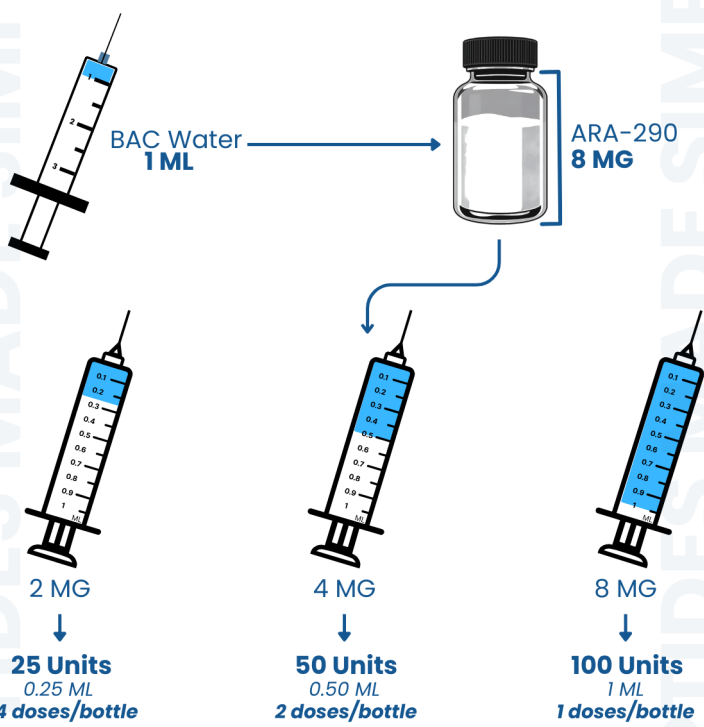
Reconstitution Options

- 8 MG
- 10 MG
- 16 MG

ARA-290

8 MG

RECONSTITUTION



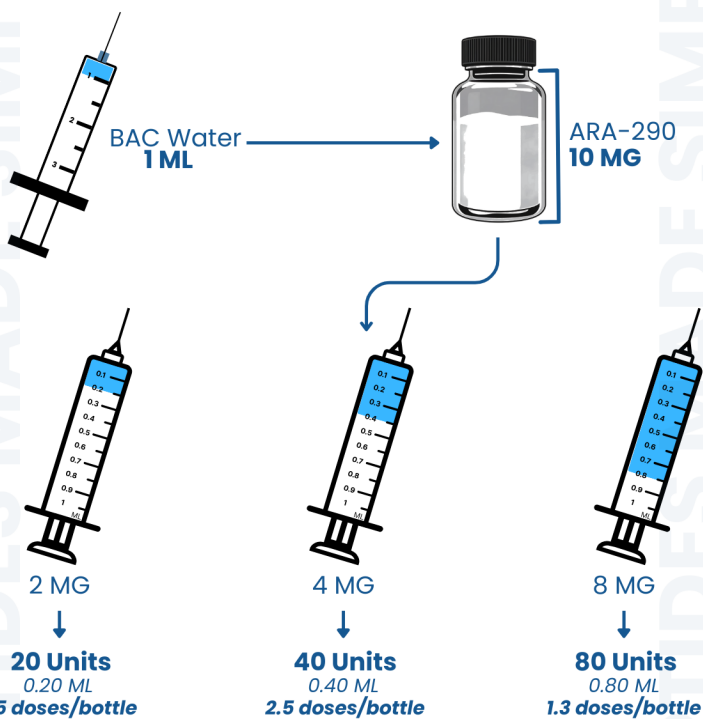
More Options
1 MG → 13 units
3 MG → 38 units
5 MG → 63 units
6 MG → 75 units
7 MG → 88 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

ARA-290

10 MG

RECONSTITUTION



More Options

1 MG → 10 units	9 MG → 90 units
3 MG → 30 units	10 MG → 100 units
5 MG → 50 units	
6 MG → 60 units	
7 MG → 70 units	

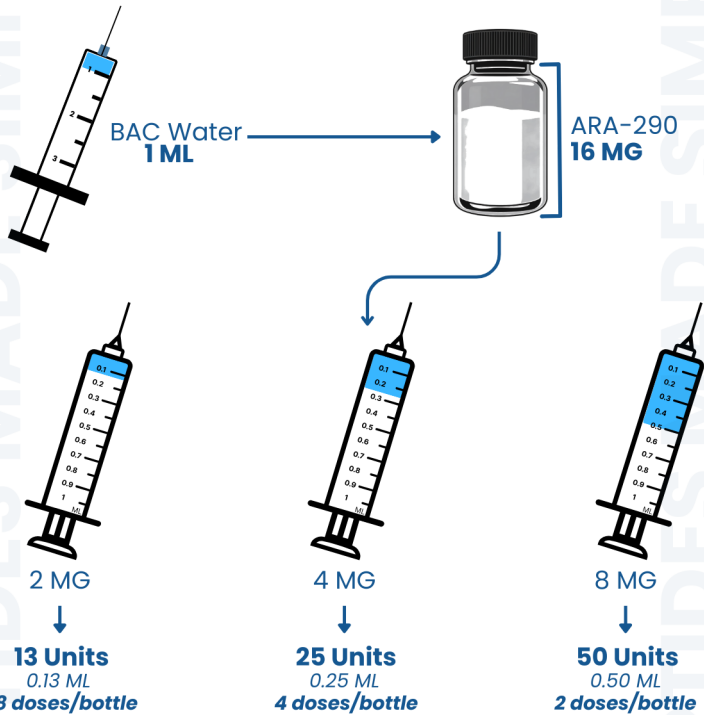
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

ARA-290

16 MG

RECONSTITUTION



More Options

- 1 MG → 6 units
- 3 MG → 19 units
- 5 MG → 31 units
- 6 MG → 38 units
- 7 MG → 44 units
- 9 MG → 56 units
- 10 MG → 63 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

B7-33

Overview

- B7-33 is part of a family of relaxin proteins that can help reduce inflammation and promote healing in various bodily functions, including muscles, heart, and lungs.
- Specifically, B7-33 is derived from the hormone H2-relaxin. It retains the beneficial effects of H2-relaxin in fighting scarring in tissues while avoiding increased levels of cAMP, which can lead to unwanted side effects like tumor growth.

Deeper Research

- B7-33 binds to the receptor (RXFP1), activating a signaling pathway known as pERK, which helps reduce scarring (fibrosis) and supports healthier tissue growth.
- By promoting pERK activation, B7-33 helps break down excessive scar tissue (fibrosis) in organs, such as the heart or lungs.
- Compared to the original H2-relaxin protein, B7-33 is easier to produce due to its simpler structure.
- Beyond supporting fibrotic conditions, B7-33 shows promise in preventing fibrosis around implanted medical devices, helping them function better and last longer.

Dosing & Cycling

- Dosing
 - 200-800 mcg per dose
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Readers Review Copy

Caution & Contraindications

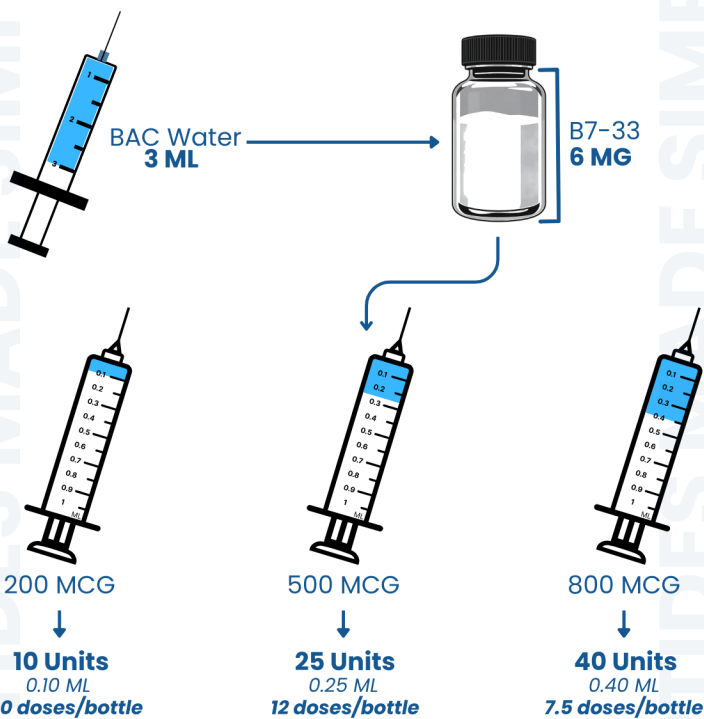
- Caution
 - Individuals with hormonal imbalances or related medical conditions
 - May cause nausea and/or diarrhea
- Contraindications
 - Individuals with known hypersensitivity to relaxin family peptides

Reconstitution Options

- 6 MG

B7-33
6 MG

RECONSTITUTION



More Options

100 MCG → **5 units** 900 MCG → **45 units**
300 MCG → **15 units** 1 MG → **50 units**
400 MCG → **20 units**
600 MCG → **30 units**
700 MCG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

BPC-157

Overview

- BPC-157 stands for body-protection compound. It was discovered in the human gastric juice.
- BPC-157 is neuroprotective (brain), cardioprotective (heart), gastroprotective (stomach), and musculoskeletal protective (joints, ligaments, and muscles)
- It is one of the most well-used and well-researched peptides

Deeper Research

- BPC-157 works by activating regeneration properties of the body and also preventing growth-inhibiting effects in several aspects of the body (brain, stomach, heart, joints, muscles, ligaments)
- BPC 157 enhances angiogenesis (formation of new blood vessels), which plays a role in promoting healing and helping cells regenerate faster.
- BPC-157 works on the brain-gut axis, which allows it to protect organs, heal ulcers, modulate neurotransmitter levels in the brain, and overall enhance cognitive functions.

Dosing & Cycling

- Dosing
 - 300-800 mcg per dose
 - Injury: Split the dose and inject around the area
- Cycling
 - Typical cycles are daily, for 30 days and can be extended to 90 or 120 days, with a 30-day minimum cycle break between
 - Cycle length and intensity depend on response and goal

Readers Review Copy

Caution & Contraindications

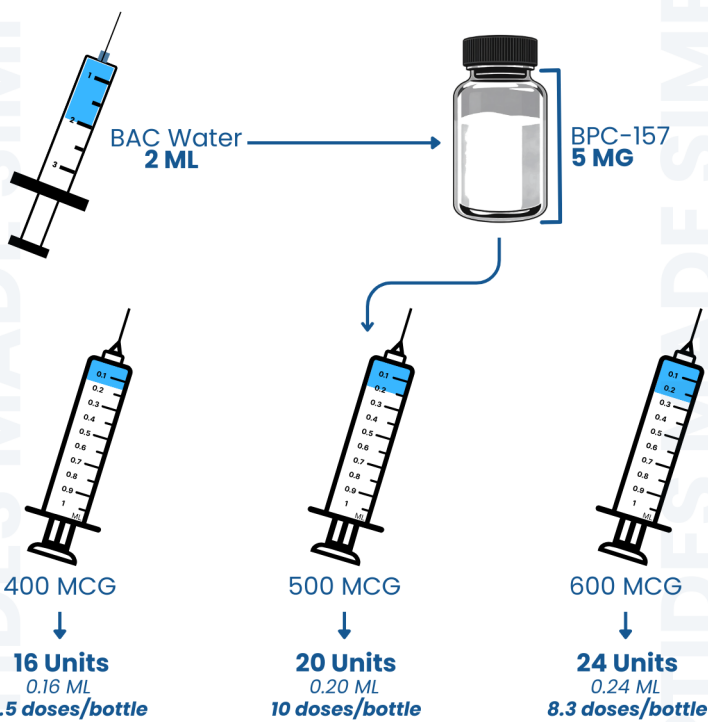
- Caution
 - May cause flushing, water retention, nausea, diarrhea, and changes in blood pressure
- Contraindications
 - Individuals with active infections

Reconstitution Options

- 5 MG
- 10 MG

BPC-157
5 MG

RECONSTITUTION



More Options

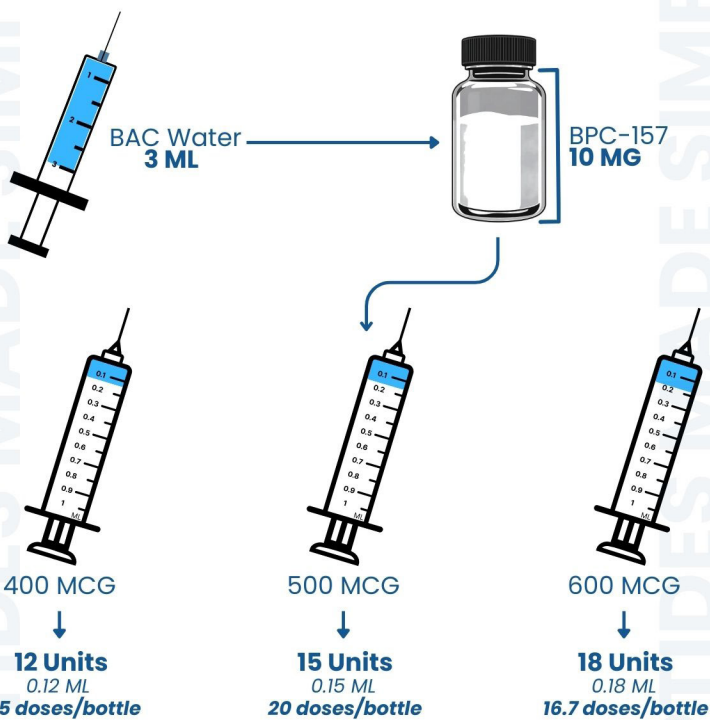
300 MCG → **12 units**
700 MCG → **28 units**
800 MCG → **32 units**
900 MCG → **36 units**
1 MG → **40 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

BPC-157
10 MG

RECONSTITUTION



More Options

300 MCG → **9 units**
700 MCG → **21 units**
800 MCG → **24 units**
900 MCG → **27 units**
1 MG → **30 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Bronchogen

Overview

- Bronchogen is a peptide and bio-regulator that helps stabilize DNA, specifically in the lungs.
- Bronchogen helps boost the production of essential substances in the lungs, which in turn helps repair lung damage, reduce inflammation, and improve breathing.
- Researchers are looking into Bronchogen for its potential to aid in lung diseases like asthma and chronic obstructive pulmonary disease (COPD)

Deeper Research

- Bronchogen stabilizes DNA by enhancing the activity of DNA transcription factors in the lungs, making it less prone to damage over time.
- The DNA stabilization encourages the growth and differentiation of lung cells by increasing transcription factors for cellular development. Older cells seem to respond better to Bronchogen.
- Bronchogen boosts the production of surfactants, which help keep the lungs functioning optimally by lowering surface tension.
- Bronchogen has potential uses in plant growth. It activates regulatory pathways in plant cells, enhancing their growth and regeneration.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption

Readers Review Copy

- Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month
 - ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

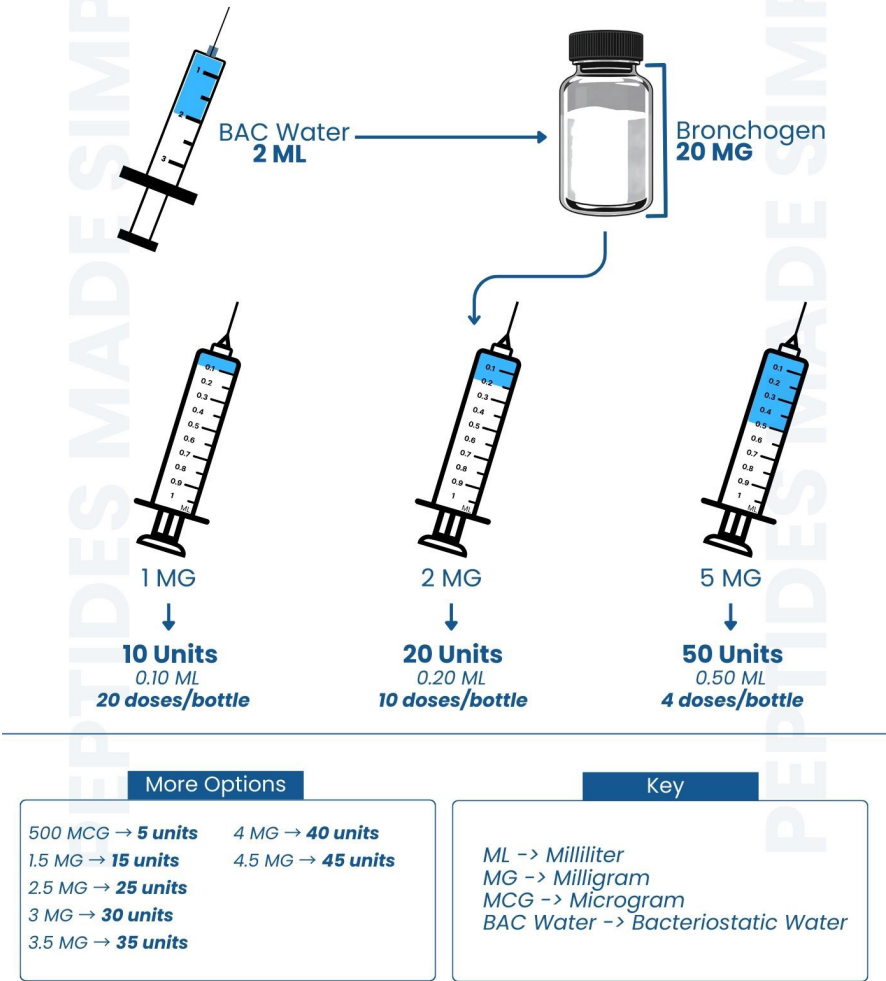
- Caution
 - May cause nausea and changes in respiratory rate
 - Individuals with severe lung disease
- Contraindications
 - Individuals with uncontrolled respiratory conditions

Reconstitution Options

- 20 MG

Bronchogen
20 MG

RECONSTITUTION



Readers Review Copy

Cagrilintide

Overview

- Cagrilintide is a modified version of amylin, a hormone that works with insulin to help regulate blood sugar levels.
- It has shown potential in animal studies to treat obesity and type 2 diabetes.
- Beyond weight loss and blood sugar control, cagrilintide is being researched for its potential benefits in liver diseases, cardiovascular health, and Alzheimer's disease.

Deeper Research

- Cagrilintide is an amylin analog that enhances fullness, slows digestion, and improves blood sugar control by slowing gastric emptying.
- It activates amylin receptors in the hypothalamus, increasing satiety signals and reducing hunger.
- Cagrilintide lowers glucagon release after meals, helping to manage glucose levels and reduce fat storage.
- It may protect heart health and cognitive function by improving blood sugar control, reducing the risks of cardiovascular diseases, and cognitive decline.

Dosing & Cycling

- Dosing
 - .6 mg - 4.5 mg per dose
 - Increasing the dose by .6 mg every 4 weeks until the goal response is achieved
 - More is not always better

Readers Review Copy

- Cycling
 - 1x weekly, 3-month cycles, with 1 month off minimum
 - Cycles can be extended depending on the response and the goal

Caution & Contraindications

- Caution
 - Caution in individuals with hypoglycemia (low blood sugar), pancreatic conditions, kidney conditions, and/or gastrointestinal conditions
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with type 1 diabetes and/or severe kidney impairment
 - Pregnant individuals

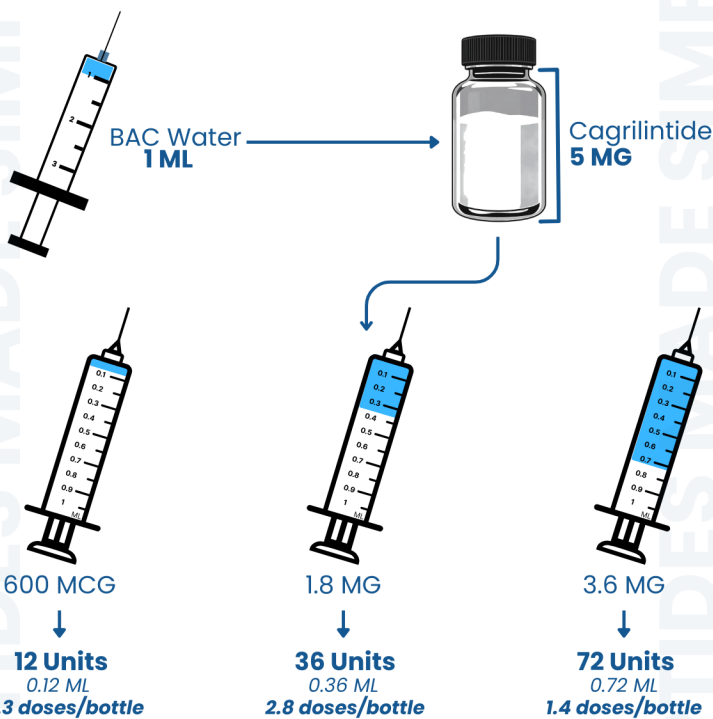
Reconstitution Options

- 5 MG
- 10 MG

Cagrilintide

5 MG

RECONSTITUTION



More Options

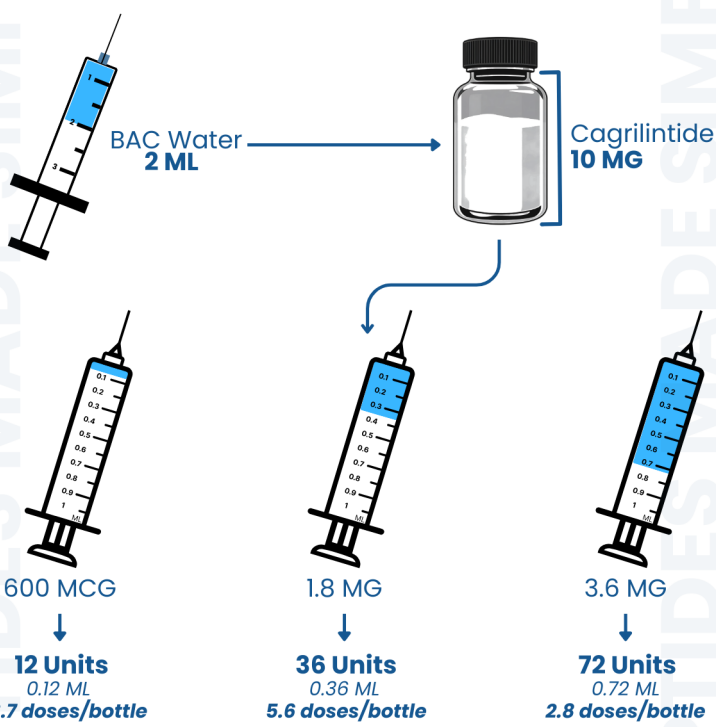
300 MCG → 6 units	3 MG → 60 units
900 MCG → 18 units	3.3 MG → 66 units
1.2 MG → 24 units	3.6 MG → 72 units
1.5 MG → 30 units	3.9 MG → 78 units
2.1 MG → 42 units	4.2 MG → 84 units
2.4 MG → 48 units	4.5 MG → 90 units
2.7 MG → 54 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Cagrilintide
10 MG

RECONSTITUTION



More Options	
300 MCG → 6 units	3 MG → 60 units
900 MCG → 18 units	3.3 MG → 66 units
1.2 MG → 24 units	3.6 MG → 72 units
1.5 MG → 30 units	3.9 MG → 78 units
2.1 MG → 42 units	4.2 MG → 84 units
2.4 MG → 48 units	4.5 MG → 90 units
2.7 MG → 54 units	

Key
ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

Cardiogen

Overview

- Cardiogen is a peptide and bioregulator that regulates cell functions, particularly fibroblasts, which are essential for healing and scar formation.
- Primarily studied for heart diseases, Cardiogen may also improve healing in other tissues.
- Early rat studies suggest Cardiogen might increase cancer cell deaths (apoptosis), indicating potential for cancer treatment use.

Deeper Research

- Cardiogen supports the heart by promoting the growth of heart cells (cardiomyocytes) while reducing scar-forming cells (fibroblasts), resulting in less scar tissue and improved heart function.
- Cardiogen decreases cell death (apoptosis) in heart cells and induces more cell death in tumor cells, particularly in sarcoma, indicating potential as a targeted cancer tool.
- Cardiogen alters signaling factors in prostate fibroblasts, which may help prevent and control prostate cancer by normalizing these signals to healthier levels.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily

Readers Review Copy

- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

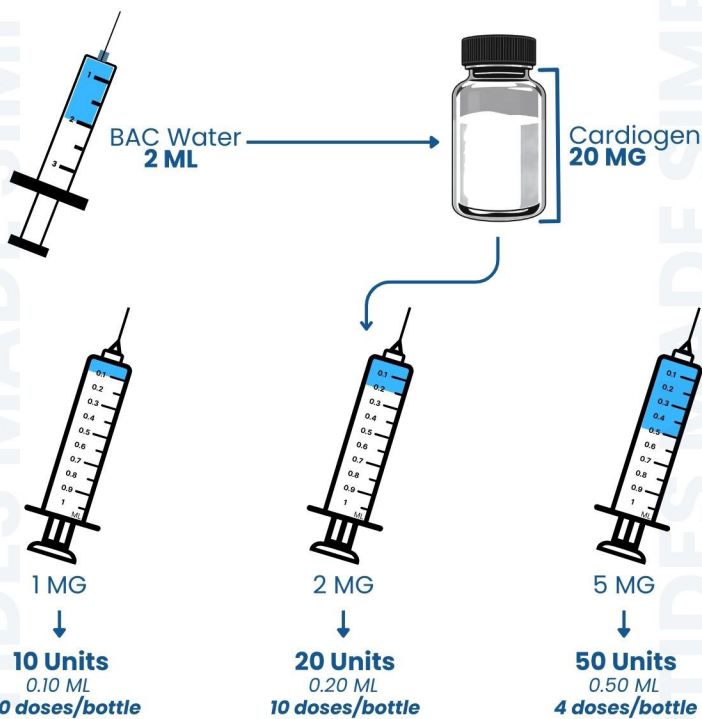
- Caution
 - Caution in individuals with existing heart conditions or arrhythmias as it may affect heart rate
- Contraindications
 - Individuals with severe heart failure

Reconstitution Options

- 20 MG

Cardiogen
20 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Cartalax

Overview

- Cartalax is a peptide and bio-regulator that primarily impacts fibroblasts, which produce structural components in tissues such as skin, cartilage, and blood vessels.
- It positively influences gene expression related to aging, improving cell health and function.

Deeper Research

- Cartlax works by increasing levels of a protein called Ki-67 (which is associated with cell growth), decreasing p53 signaling (which plays a role in cell death), and activating NF-kB signaling (a pathway involved in inflammation and cell survival).
- Cartalax boosts tissue regeneration, skin elasticity, and extracellular matrix remodeling, particularly in aging skin, by inhibiting MMP-9 (a protein that worsens skin aging) and enhancing the expression of growth-promoting factors.
- Cartalax acts as a longevity agent, rejuvenating older cells by influencing genes like IGF1 and SIRT-6, potentially improving cellular health and extending tissue longevity.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily

Readers Review Copy

- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

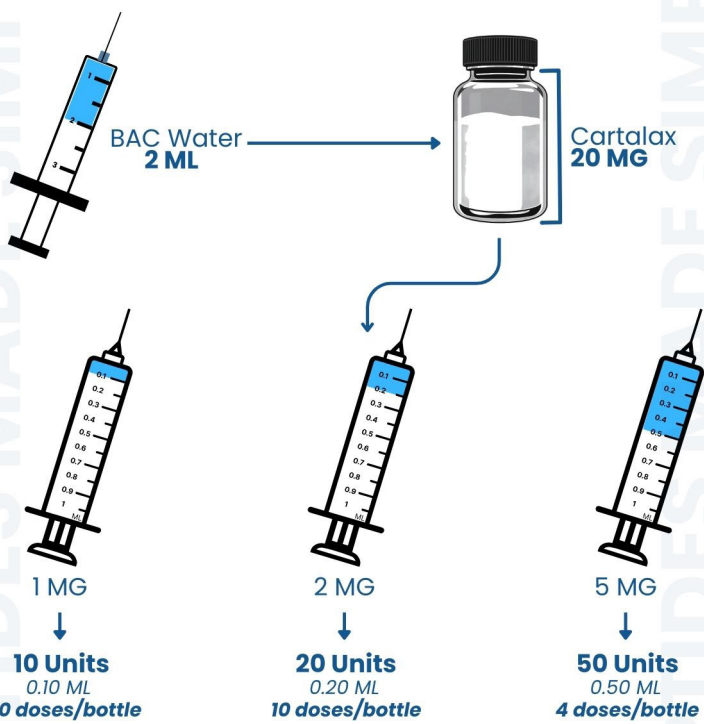
- Caution
 - Individuals with immune system or connective tissue conditions
- Contraindications
 - Individuals with severe kidney impairment, active infections, and/or autoimmune disorders

Reconstitution Options

- 20 MG

Cartalax
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Chonluten

Overview

- Chonluten is a peptide and bioregulator that regulates gene expression, particularly in the lungs.
- Chonluten is often used as an anti-inflammatory treatment to improve lung function and normalize mucosal health in conditions affecting respiratory health, like chronic obstructive pulmonary disease (COPD).

Deeper Research

- Chonluten penetrates cell membranes to reach the nucleus, binding to specific DNA regions that control gene activity. This influences genes like c-Fos (which promotes cell survival) and antioxidant genes like Superoxide Dismutase (SOD), enhancing the body's defense against oxidative stress.
- By regulating pro-inflammatory genes such as COX-2 and TNF-alpha, Chonluten reduces inflammation in lung tissues, helping normalize mucosal function and alleviate symptoms in conditions like asthma and COPD.
- Chonluten normalizes the mucosal lining of the airways, improving respiratory function and potentially enhancing the effectiveness of treatments during respiratory infections

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1

Readers Review Copy

- ✧ Month 1: Daily
- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

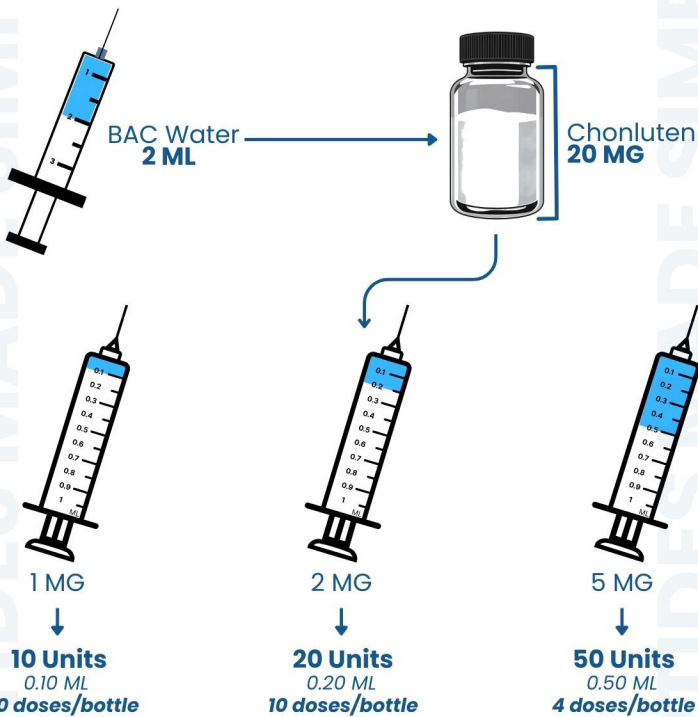
- Caution
 - May cause nausea and changes in respiratory rate
 - Individuals with severe lung disease
- Contraindications
 - Individuals with uncontrolled respiratory conditions

Reconstitution Options

- 20 MG

Chonluten
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

CJC-1295 DAC

Overview

- CJC-1295 is a GHRH (Growth Hormone Releasing Hormone) that increases the creation and release of growth hormone.
- CJC-1295 is a modified version of MOD-GRF 1-29. The modification contains DAC (drug affinity complex), which increases the peptide's half-life to 6-8 days rather than a few minutes.
- CJC-1295 is not the same as MOD-GRF 1-29. Many labs will label CJC-1295 DAC, actually referring to CJC-1295, and label CJC-1295, actually referring to MOD-GRF 1-29.

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production for 6-8 days (because the peptide contains DAC). This results in downstream hormones like insulin-like growth factor-1 (IGF-1), which plays a role in growth and development.
- CJC-1295 is often paired up with a GHRP (Growth Hormone Release Peptide) because GHRP's inhibit somatostatin, which somatostatin blocks the release of growth hormone.
- Combining a CJC-1295 (GHRH) with a GHRP (Ipamorelin, GHRP-2, GHRP-6 or Hexarelin), synergies with CJC-1295 to allow a more potent release of growth hormone

Dosing & Cycling

- Dosing
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
- Cycling
 - 6-8 weeks on, 4-8 weeks off minimum

Readers Review Copy

- Daily injections can lead to HG levels above normal physiological levels
- Carbohydrates and fatty acids can blunt growth hormone release. It is best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

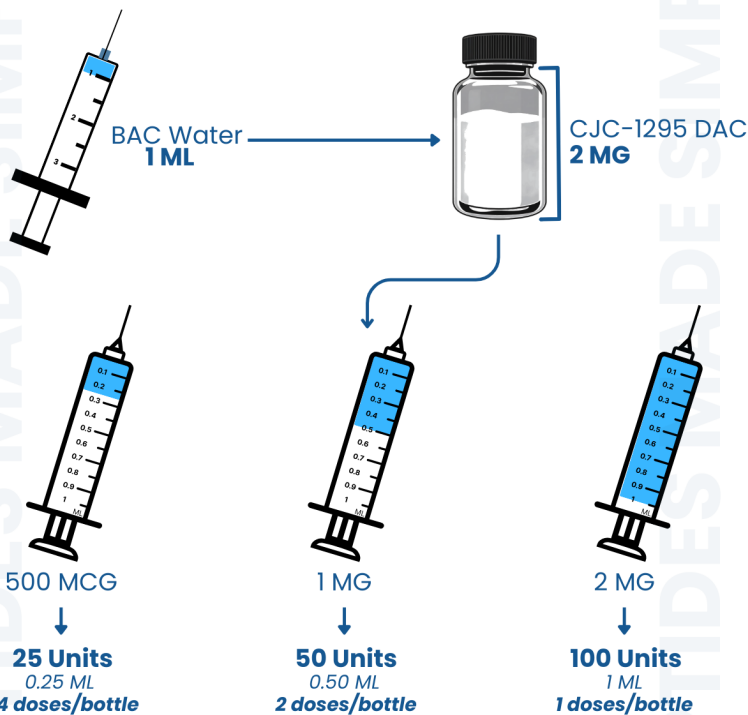
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

CJC-1295 DAC
2 MG

RECONSTITUTION



More Options

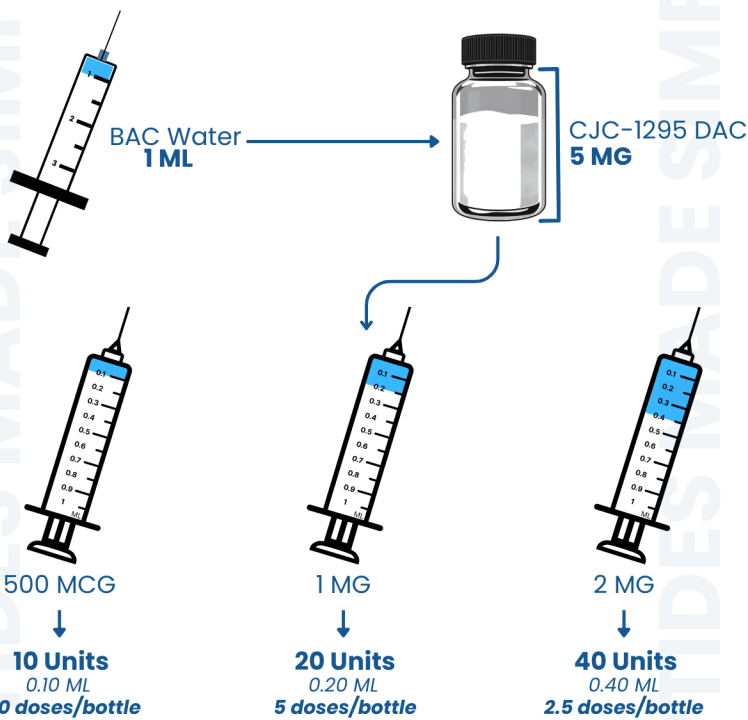
250 MCG → **13 units**
750 MCG → **38 units**
1.25 MG → **63 units**
1.5 MG → **75 units**
1.75 MG → **88 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

CJC-1295 DAC
5 MG

RECONSTITUTION



More Options

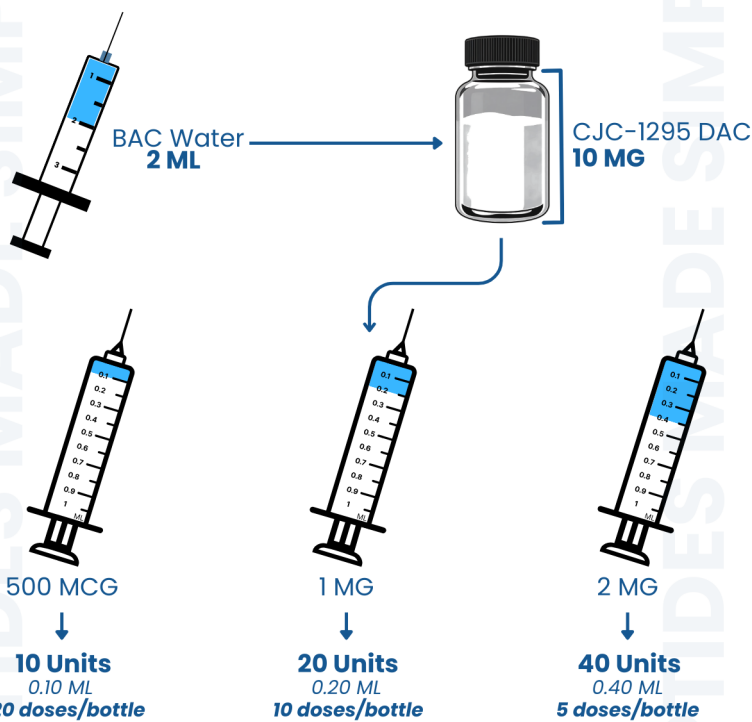
250 MCG → 5 units	3 MG → 60 units
750 MCG → 15 units	3.5 MG → 70 units
1.25 MG → 25 units	4 MG → 80 units
1.5 MG → 30 units	4.5 MG → 90 units
2.5 MG → 50 units	5 MG → 100 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

CJC-1295 DAC
10 MG

RECONSTITUTION



More Options

250 MCG → 5 units	3 MG → 60 units
750 MCG → 15 units	3.5 MG → 70 units
1.25 MG → 25 units	4 MG → 80 units
1.5 MG → 30 units	4.5 MG → 90 units
2.5 MG → 50 units	5 MG → 100 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Cortagen

Overview

- Cortagen is a peptide and bioregulator known for regulating brain, heart, immune, and central nervous system functions.
- It stabilizes inflammation in the central nervous system, helping to reduce long-term brain damage from injury and restore nerve function.

Deeper Research

- DNA becomes tightly packed with age, reducing gene activity and contributing to cellular aging. Cortagen helps unpack DNA, restoring gene function and rejuvenating cells, specifically targeting the brain, heart, immune system, and central nervous system.
- Cortagen affects peripheral nerves and heart tissue by promoting gene changes that enhance nerve function and support heart health.
- Cortagen boosts the body's ability to combat oxidative damage by reducing lipid peroxidation. This protects cell membranes and helps prevent neurodegenerative diseases like Alzheimer's and Parkinson's.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month

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✧ Months 5-12: Off

■ Maintenance Phase - Year 2+

✧ 10-20 day cycles

✧ 3x a year spread out evenly

Caution & Contraindications

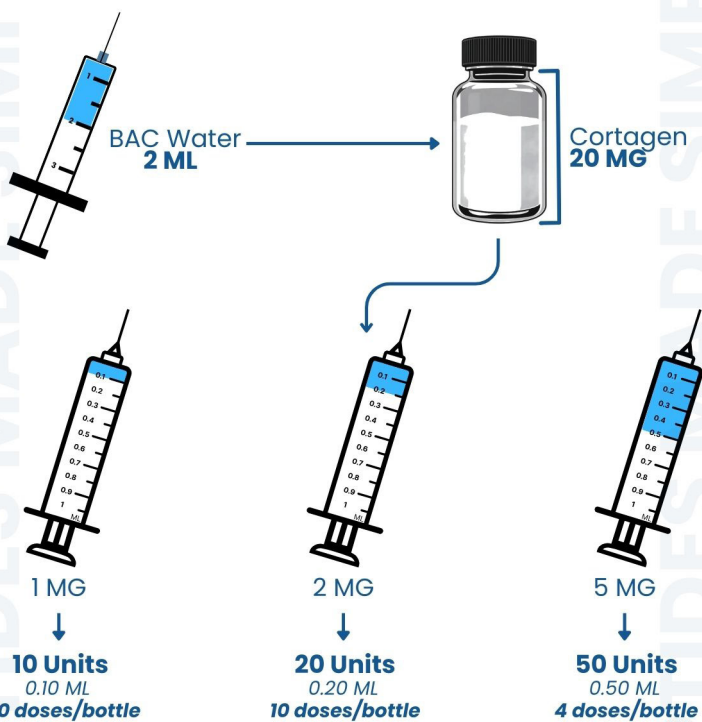
- Caution
 - May cause a headache and changes in mood
- Contraindications
 - Individuals with active infections or severe neurological conditions

Reconstitution Options

- 20 MG

Cortagen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

DSIP

Overview

- DSIP stands for delta sleep-inducing peptide, known for promoting and stabilizing natural sleep patterns
- A similar peptide is found in large concentrations in human mother's milk
- Beyond sleep, DSIP can help manage stress levels, normalize blood pressure, influence pain perception, and regulate hormones during sleep

Deeper Research

- DSIP works by targeting several sites of the brain and brainstem that are linked to sleep and relaxation
- It interacts with the hormones serotonin, melatonin, and the neurotransmitter GABA, which all play a role in falling and staying asleep, and this interaction has implications for mental health, particularly in depression and addiction recovery
- DSIP has been shown to increase endocrine functions during sleep, leading to higher releases of growth hormone, thyroid hormone, and testosterone
- DSIP acts on opioid receptors in the brain, helping to reduce pain perception and even easing withdrawal symptoms for those dependent on opioid related substances

Dosing & Cycling

- Dosing
 - 100-300 mcg, daily, 3 hours before bed
 - Reduce down to 50-100 mcg 1x week once sleep stabilizes

Readers Review Copy

- Cycling
 - Continue with the dose based on response
 - The goal is to restore normal sleep patterns

Caution & Contraindications

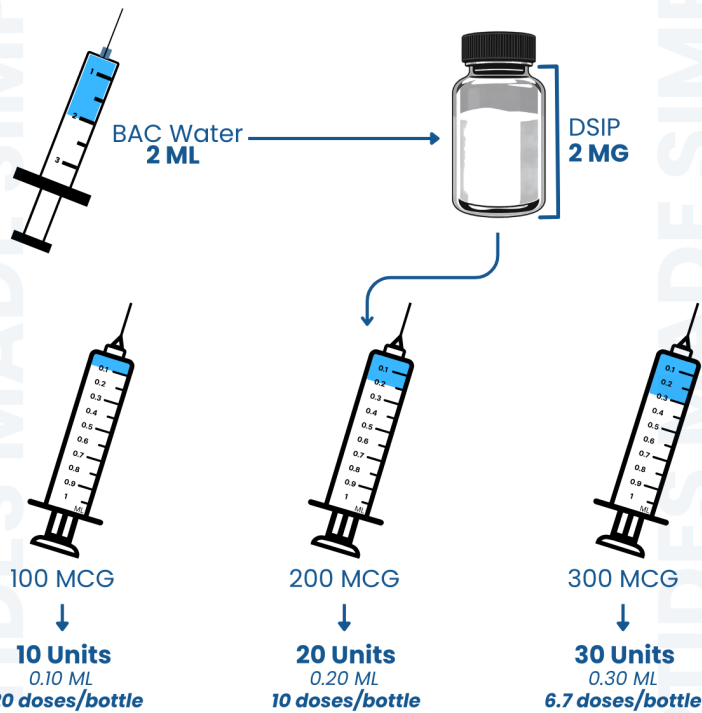
- Caution
 - May cause headache, fatigue, stomach discomfort, and drowsiness
 - May disrupt sleep
- Contraindications
 - Individuals with an active or history of cancer or hormonal imbalances

Reconstitution Options

- 2 MG
- 5 MG

DSIP
2 MG

RECONSTITUTION



More Options

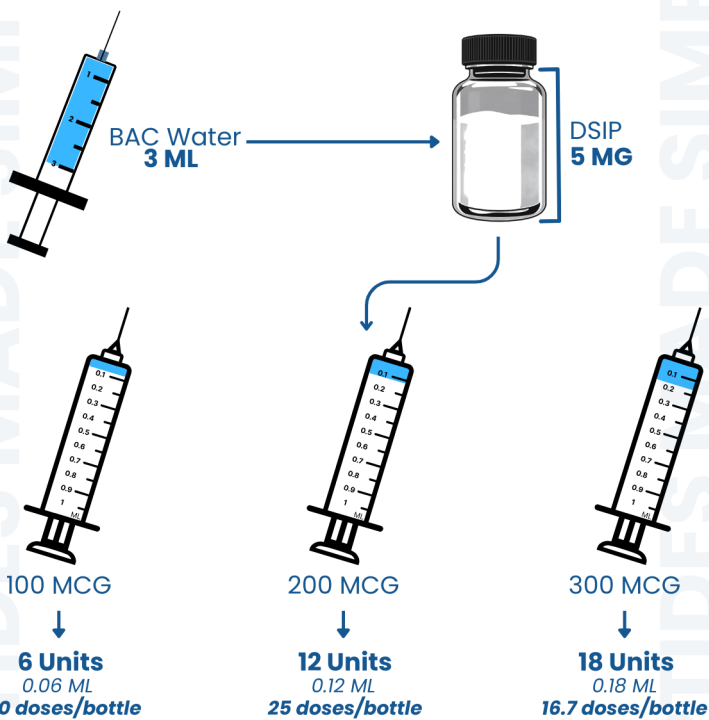
- | | |
|---------------------------|---------------------------|
| 50 MCG → 5 units | 450 MCG → 45 units |
| 150 MCG → 15 units | 500 MCG → 50 units |
| 250 MCG → 25 units | |
| 350 MCG → 35 units | |
| 400 MCG → 40 units | |

Key

- ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

DSIP
5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Epithalon

Overview

- Epithalon is a peptide and bio-regulator that reproduces the effects of epithalamion, a peptide found naturally in the pineal gland.
- This peptide's primary function is to increase the length and activation of telomeres, which is linked to a longer and healthier lifespan.
- Epithalon also stimulates the release of melatonin, affects specific cancers and infectious diseases, and shows promise in areas like enhancing skin health.
- Modified versions of epithalons are entering the field for increased potency and duration.
 - **N-Acetyl Epithalon** → Modifications with an n-acetyl group increase the peptide's stability and half-life.
 - **N-Acetyl Epithalon Amide** → Modification with an n-acetyl group and amide group, increasing the peptide's stability and half-life further (most potent)

Deeper Research

- Epithalon works in the pineal gland by activating an enzyme called telomerase, which protects the ends of chromosomes known as telomeres. By maintaining telomere length, epithalon helps increase cell lifespan and function.
- Epithalon influences genes involved in nerve cell growth. Binding to histone proteins (which help manage how DNA is accessed) promotes the production of proteins needed for neuron repair. This can enhance learning, memory, and recovery from brain injuries.
- Epithalon influences melatonin production and proteins that regulate circadian rhythms, which may help improve sleep quality and overall well-being.

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- The peptide enhances genes that play a role in the immune system and tissue repair, boosting immune cell function and collagen production.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month
 - ✧ Months 4-12: Off
 - Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly
 - Limited research on dosing and cycling schemes for modifications of Epithalon (N-Acetyl and Amidate). Currently, dosing and cycling schemes similar to those of the original compound are seen in the peptide field.
 - Often recommended to start with a more conservative dosing and cycling scheme when researching a more potent compound.

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Caution & Contraindications

- Caution
 - May cause headache, fatigue and stomach discomfort
- Contraindications
 - Generally well tolerated based on current research

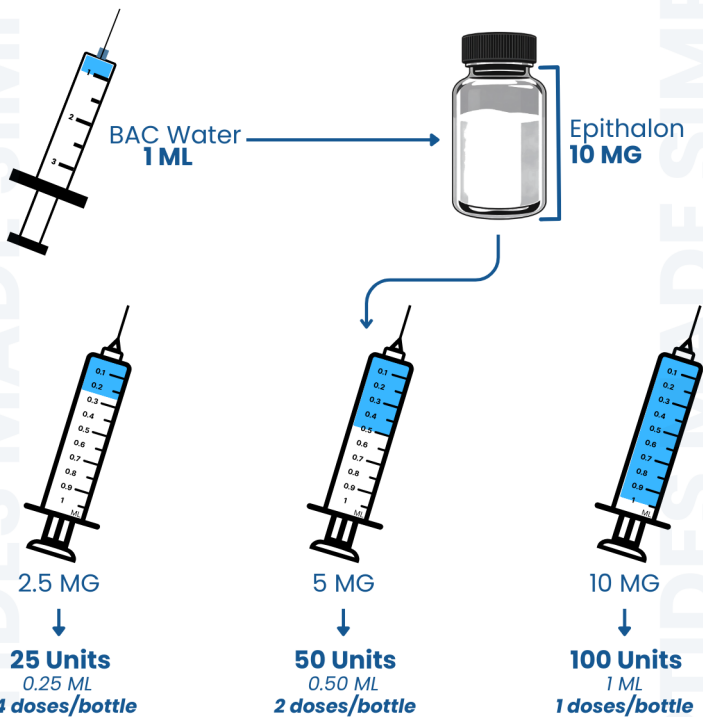
Reconstitution Options

- 10 MG
- 20 MG
- 50 MG

Epithalon

10 MG

RECONSTITUTION



More Options

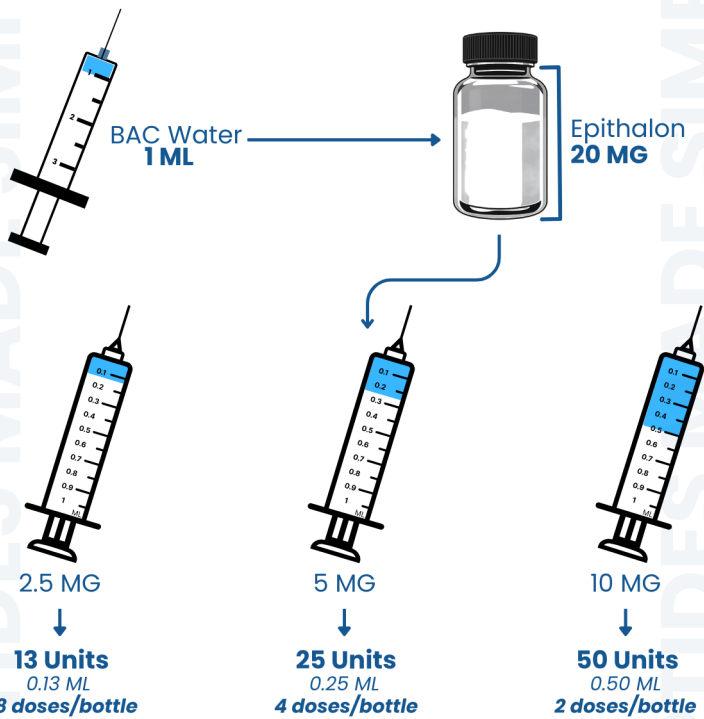
1 MG → 10 units	7 MG → 70 units
2 MG → 20 units	8 MG → 80 units
3 MG → 30 units	9 MG → 90 units
4 MG → 40 units	
6 MG → 60 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Epithalon
20 MG

RECONSTITUTION



More Options

- | | |
|-----------------|-----------------|
| 1 MG → 5 units | 7 MG → 35 units |
| 2 MG → 10 units | 8 MG → 40 units |
| 3 MG → 15 units | 9 MG → 45 units |
| 4 MG → 20 units | |
| 6 MG → 30 units | |

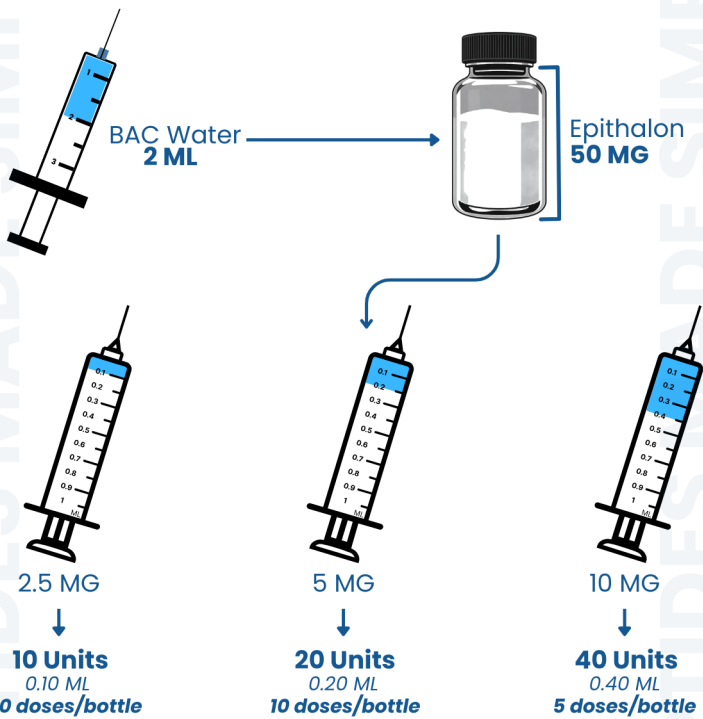
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Epithalon

50 MG

RECONSTITUTION



More Options

1 MG → 4 units	7 MG → 28 units
2 MG → 8 units	8 MG → 32 units
3 MG → 12 units	9 MG → 36 units
4 MG → 16 units	
6 MG → 24 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

FGL(L)

Overview

- FGL(L) is a variant of the Neural Cell Adhesion Molecule (NCAM), which is found naturally on the surface of nerve cells (neurons) and glial cells (which protect neurons)
- NCAM stimulates FGL, which helps produce new neurons and form new synapses between neurons.
- This peptide contains several brain-protective and memory-enhancing properties.

Deeper Research

- FGL(L) directly increases fibroblast growth factor receptors, which increases neuronal growth and survival. This leads to enhanced memory.
- FGL(L) increases AMPA receptor availability, which increases synaptic transmission, leading to faster information processing between neurons
- FGL(L) activates the Protein Kinase C (PKC) pathway, which enhances synaptic plasticity. Synaptic plasticity is one of the key indicators of memory and learning capacity.

Dosing & Cycling

- Dosing
 - 1-2 mg per dose
 - Younger subjects in their 30s are recommended to do a lower dose (1mg or less)
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Readers Review Copy

Caution & Contraindications

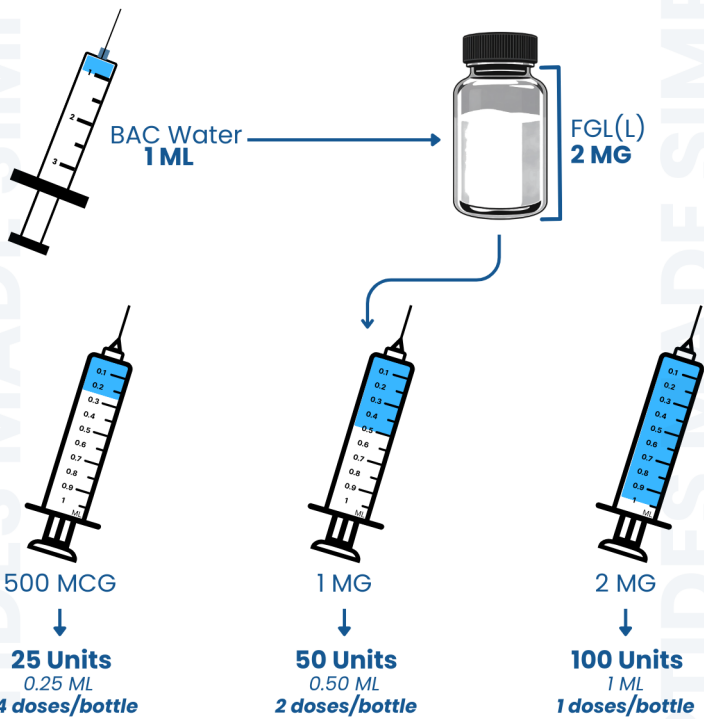
- Caution
 - May cause headache, fatigue, and stomach discomfort
 - Caution in individuals with a history of current neurological conditions
- Contraindications
 - None at the moment due to limited research

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

FGL(L)
2 MG

RECONSTITUTION



More Options

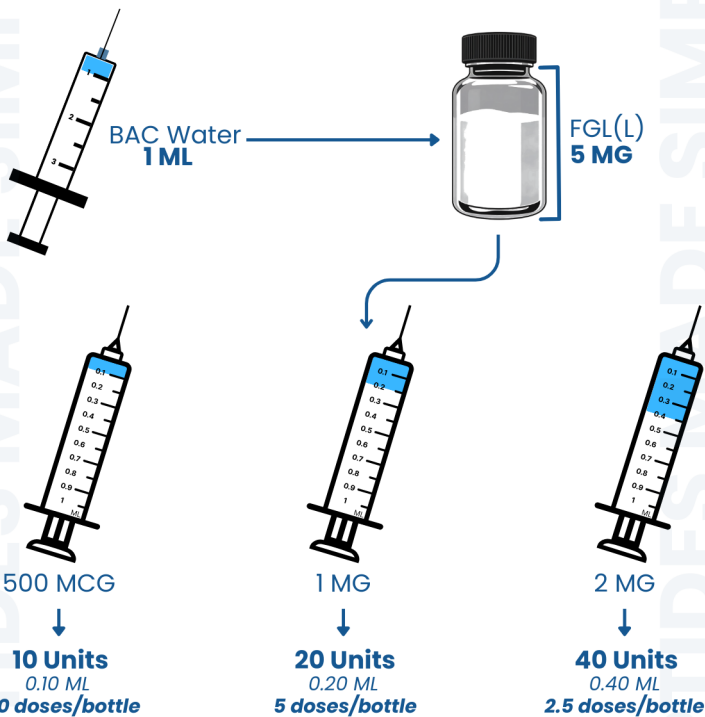
750 MCG → 38 units
1.25 MG → 63 units
1.5 MG → 75 units
1.75 MG → 88 units

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

FGL(L)
5 MG

RECONSTITUTION



More Options

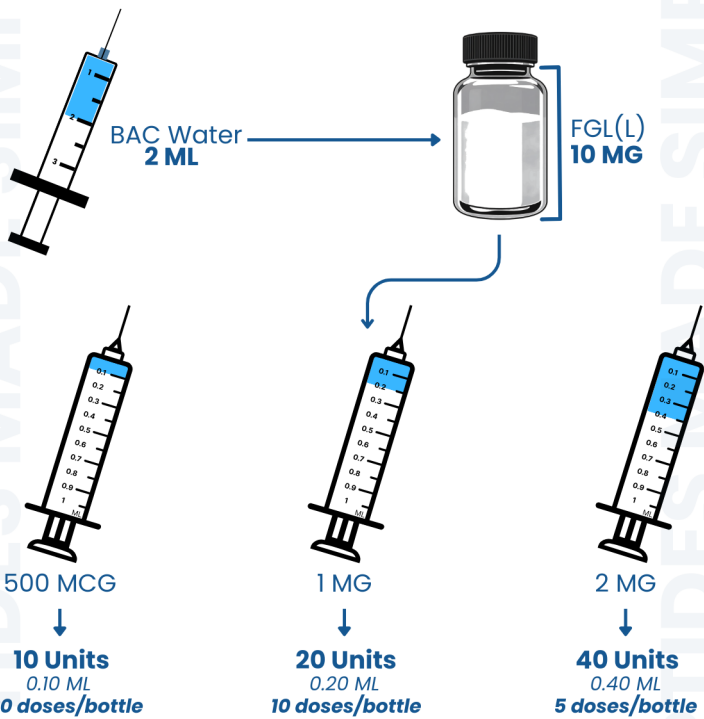
1.5 MG → 30 units 4.5 MG → 90 units
2.5 MG → 50 units 5 MG → 100 units
3 MG → 60 units
3.5 MG → 70 units
4 MG → 80 units

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

FGL(L)
10 MG

RECONSTITUTION



More Options

1.5 MG → 30 units 4.5 MG → 90 units
2.5 MG → 50 units 5 MG → 100 units
3 MG → 60 units
3.5 MG → 70 units
4 MG → 80 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Follistatin 315

Overview

- Follistatin 315 is a naturally occurring protein that helps regulate growth in the body and is one of three forms of follistatin.
- It binds to proteins like activin and myostatin, promoting muscle growth and controlling cell growth.
- Follistatin 315 plays a role in muscle development, inflammation, embryo growth, and fertility.

Deeper Research

- Follistatin 315 binds to the proteins activin and myostatin. By doing so, it can promote muscle growth (by blocking myostatin) and manage cell growth (by inhibiting activin), helping to balance how the bodies grow and repairs tissues.
- Follistatin 315 counters activin A, a protein that worsens inflammatory diseases like rheumatoid arthritis and asthma, helping reduce inflammation.
- Follistatin 315 aids in blood vessel growth and tissue repair, especially after an injury.
- Follistatin 315 is a shorter variant of Follistatin 344 with stronger binding to myostatin, leading to greater muscle regeneration, while Follistatin 344, with its additional binding regions, binds less effectively but provides broader biological benefits across various tissues

Dosing & Cycling

- Dosing
 - 100-300 micrograms per dose
 - Some theorize that injecting into the targeted muscle is the best approach

Readers Review Copy

- Cycling
 - 4-8 weeks on, 4-8 weeks off

Caution & Contraindications

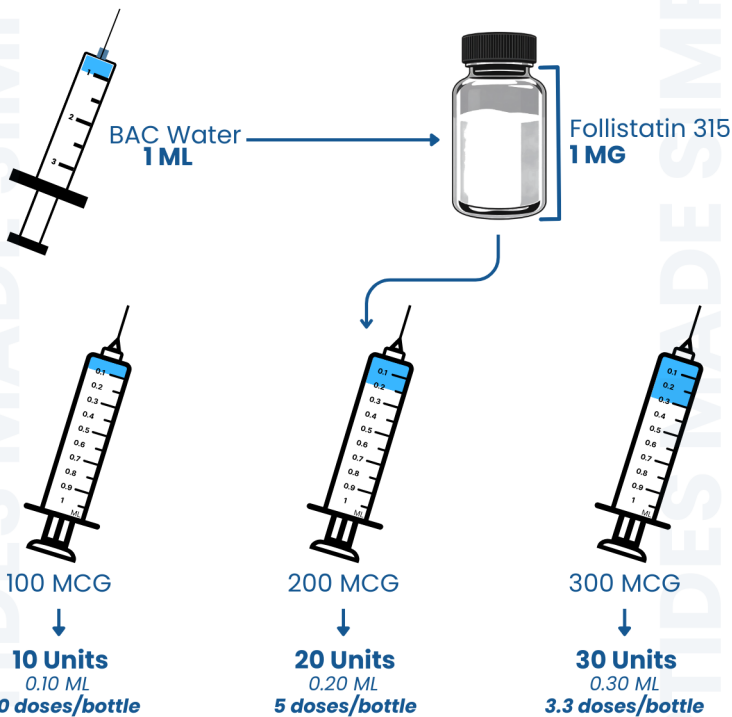
- Caution
 - Individuals with diabetes have a greater risk of developing side effects associated with follistatin.
 - High levels of follistatin have been associated with heart failure, mortality, and kidney disease.
- Contraindications
 - None at the moment due to limited research

Reconstitution Options

- 1 MG

Follistatin 315
1 MG

RECONSTITUTION



More Options

50 MCG → 5 units 450 MCG → 45 units
150 MCG → 15 units 500 MCG → 50 units
250 MCG → 25 units
350 MCG → 35 units
400 MCG → 40 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Follistatin 344

Overview

- Follistatin 344 is a form of the natural protein follistatin found in many living organisms' tissues.
- It binds to proteins like activin and myostatin, promoting muscle growth and controlling cell proliferation.
- Follistatin 344 plays a role in muscle development, inflammation, embryo growth, and fertility.

Deeper Research

- Follistatin 344 binds to the proteins activin and myostatin. Doing so can promote muscle growth (by blocking myostatin) and manage cell growth (by inhibiting activin), helping to balance how the bodies grow and repairs tissues.
- Follistatin 344 improves insulin production in the pancreas by encouraging beta-islet cell growth, which can help regulate blood sugar levels and enhance overall insulin response.
- Follistatin 344 affects cancer by encouraging cells to grow, but it also helps prevent cancer from spreading to other body parts. This means that while the tumors might develop, they do not invade other areas as aggressively, which can lead to better chances of survival.
- Follistatin 344 is a longer variant of Follistatin 315 with weaker binding to myostatin, leading to less potent muscle regeneration than Follistatin 315, but due to Follistatin 344's additional binding regions, it provides broader benefits across various tissues, such as regulating reproductive hormones, managing different cancers, and organ protection.

Dosing & Cycling

- Dosing
 - 100-300 micrograms per dose

Readers Review Copy

- Some theorize that injecting into the targeted muscle is best
- Cycling
 - 4-8 weeks on, 4-8 weeks off

Caution & Contraindications

- Caution
 - Individuals with diabetes have a greater risk of developing side effects associated with follistatin.
 - High levels of follistatin have been associated with heart failure, mortality, and kidney disease.
- Contraindications
 - None at the moment due to limited research

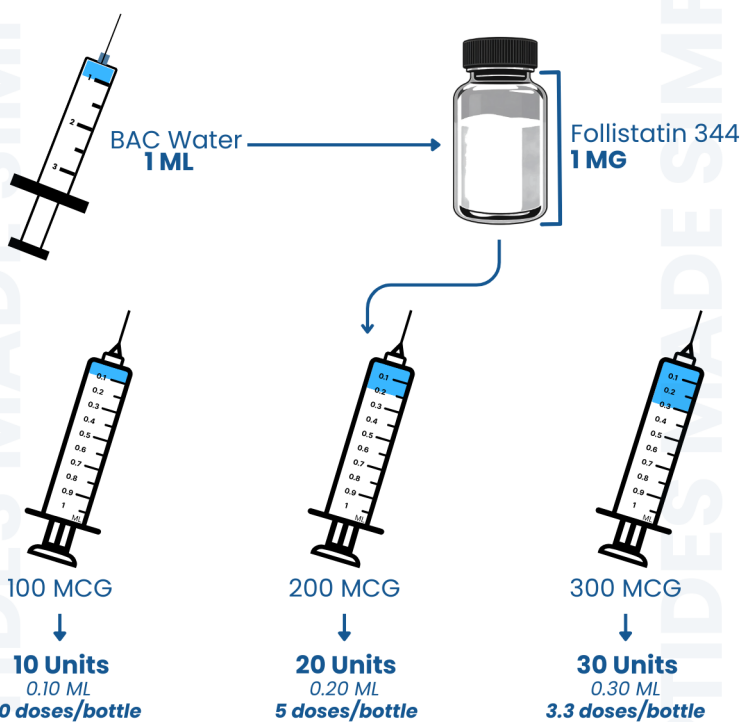
Reconstitution Options

- 1 MG

Follistatin 344

1 MG

RECONSTITUTION



More Options

50 MCG → 5 units	450 MCG → 45 units
150 MCG → 15 units	500 MCG → 50 units
250 MCG → 25 units	
350 MCG → 35 units	
400 MCG → 40 units	

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

Fox04-DR1

Overview

- FOXO4-D-Retro-Inverso is a modified protein version of FOXO4, with D-amino acids that help it stay in the body longer
- FOXO4-DRI targets non-functional cells (senescent cells) by binding to p53, allowing p53 to kill these dysfunctional cells rather than allowing them to survive.
- By eliminating senescent cells, FOXO4-DRI promotes healthier tissue function and encourages the growth of younger cells, helping to reduce biological age.

Deeper Research

- FOXO4-DRI's main action promotes apoptosis (cell death) in non-functional cells. By targeting these cells, FOXO4-DRI improves tissue health and function.
- FOXO4-DRI interacts with FOXO proteins, which impact how the body responds to insulin. By influencing insulin signaling, FOXO4-DRI may help lower fasting blood sugar levels, which can reduce the risks of complications associated with diabetes.
- FOXO4-DRI boosts the function of proteasomes (structures that clean up damaged cells), helping to remove damaged proteins and reduce oxidative stress in heart and brain tissues. This may enhance cardiovascular and neurological function, resulting in a lower risk of heart and neurodegenerative disease.

Dosing & Cycling

Limited information on dosing and cycling

- Dosing
 - 1-5 mg per dose

Readers Review Copy

- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between
 - Cycle frequency is based on the individual response

Caution & Contraindications

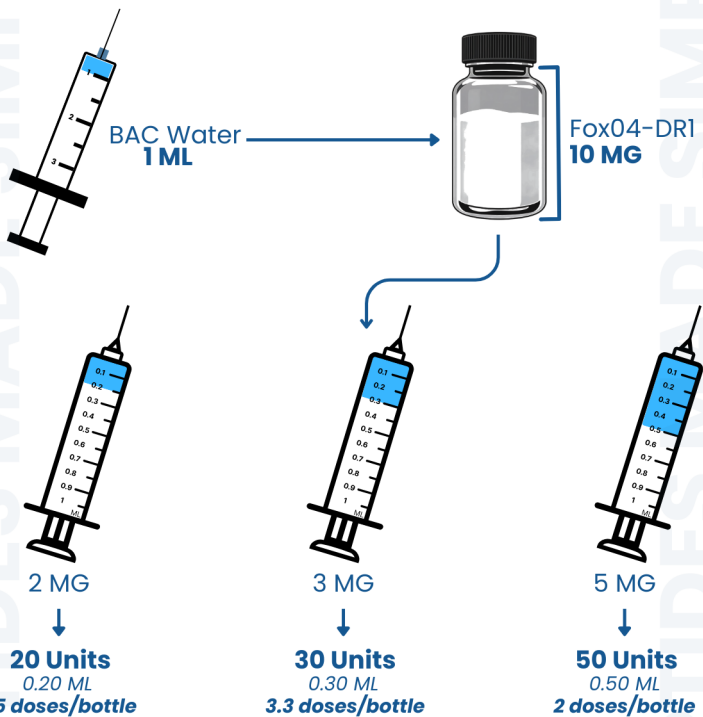
- Caution
 - May cause headache, fatigue, and stomach discomfort
 - Caution in individuals with a history of current blood sugar complications
- Contraindications
 - Unknown at the moment due to limited research

Reconstitution Option

- 10 MG

Fox04-DR1
10 MG

RECONSTITUTION



More Options

1 MG → 10 units 9 MG → 90 units
4 MG → 40 units
6 MG → 60 units
7 MG → 70 units
8 MG → 80 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

GHK-Cu

Overview

- GHK-Cu is a naturally occurring copper peptide found in human plasma. The ability to produce this decreases with age.
- This peptide is commonly used in hair and skin products due to its regeneration and anti-inflammatory properties.
- GHK-Cu influences over 500 gene expressions, resulting in multiple health and anti-aging benefits.

Deeper Research

- GHK-Cu affects multiple pathways in the body, leading to a wide range of benefits
- For tissue injuries, GHK-Cu acts as a chemoattractant (stimulating cell signaling and movement of cells during inflammatory actions) while releasing proteins to stimulate the growth and repair of tissue.
- GHK-Cu increases collagen, stem cell production, and bone formation by stimulating chondrocytes in bones.
- GHK-Cu provides a source of copper for cells, which is essential for angiogenesis (development of new blood cells), which plays a role in tissue growth and survival.
- GHK-Cu blocks the release of oxidative damage from ferritin channels after injury, allowing for enhanced regeneration properties for skin, hair follicles, stomach lining, bone tissue, fingernails, and other aspects of the body.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Daily, for 6 weeks with a 30-day minimum cycle break between

Readers Review Copy

- Can be cycled 3- 4x a year

Cautions & Contraindications

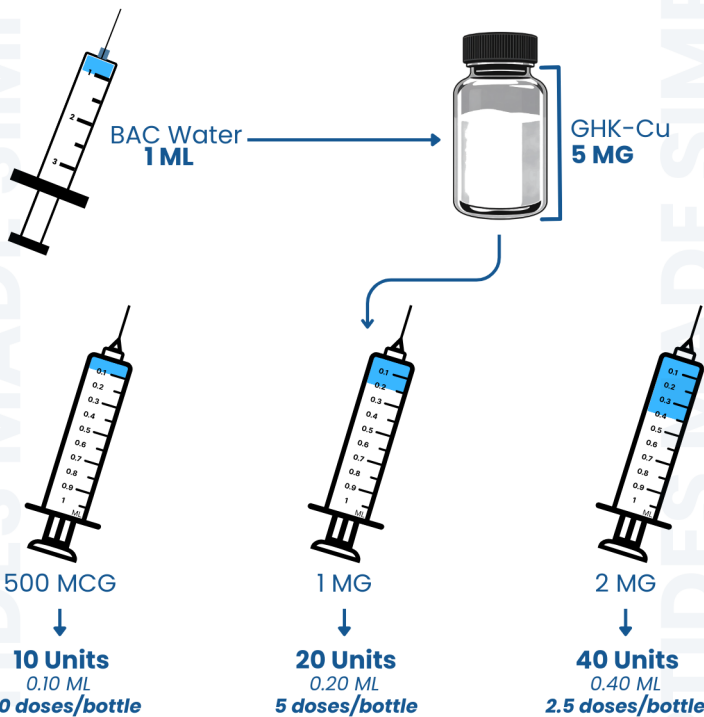
- Cautions
 - A stinging or burning sensation may occur upon application, especially when injecting
 - Individuals with autoimmune diseases
- Contraindications
 - None noted at this time of research

Reconstitution Options

- 5 MG
- 10 MG
- 50 MG
- 100 MG

GHK-Cu
5 MG

RECONSTITUTION



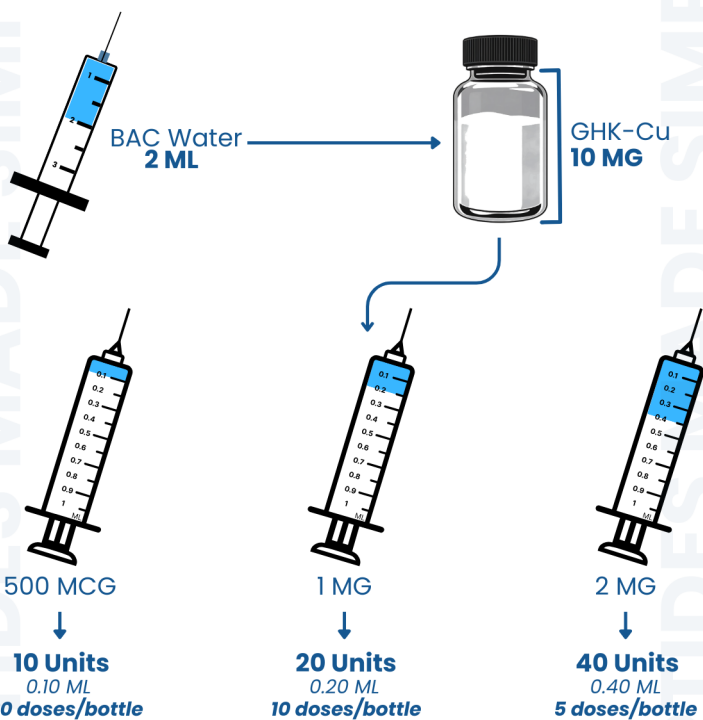
More Options

1.5 MG → 30 units 4.5 MG → 90 units
2.5 MG → 50 units 5 MG → 100 units
3 MG → 60 units
3.5 MG → 70 units
4 MG → 80 units

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

**GHK-Cu
10 MG
RECONSTITUTION**



More Options

1.5 MG → **30 units**
2.5 MG → **50 units**
3 MG → **60 units**
3.5 MG → **70 units**
4 MG → **80 units**

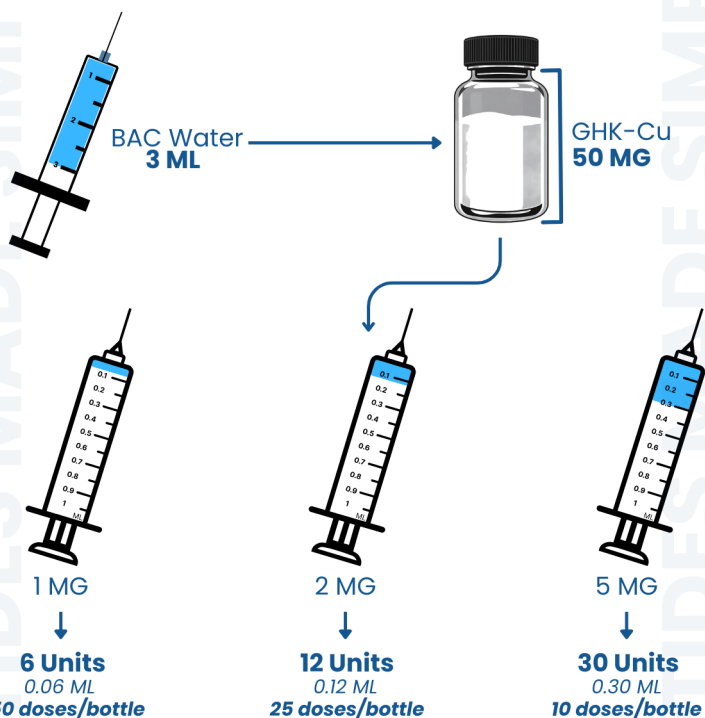
4.5 MG → **90 units**
5 MG → **100 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

GHK-Cu
50 MG

RECONSTITUTION



More Options

3 MG → 18 units

4 MG → **24 units**

6 MG → 36 units

7 MG → 42 units

8 MG → 48 units

9 MG → **54 units**

10 MG → 60 units

Key

ML -> Milliliter

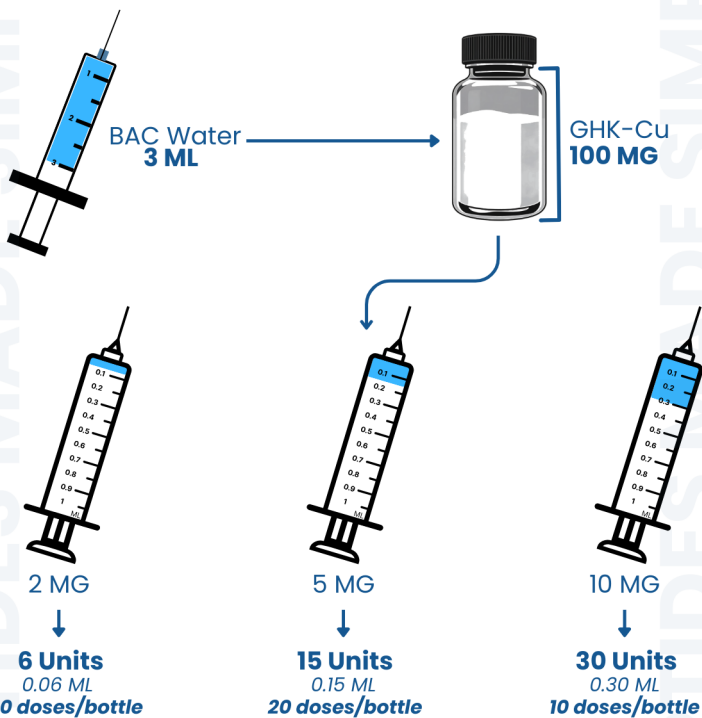
MG $\rightarrow$ Milligram

MCG $\rightarrow$ Microgram

BAC Water -> Bacteriostatic Water

GHK-Cu
100 MG

RECONSTITUTION



More Options

1 MG → 3 units	15 MG → 45 units
3 MG → 9 units	20 MG → 60 units
4 MG → 12 units	
8 MG → 24 units	
12 MG → 36 units	

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

GHRH

Overview

- Growth Hormone-Releasing Hormone (GHRH) is a natural peptide produced in the hypothalamus that prompts the pituitary gland to create growth hormone (GH)

Deeper Research

- GHRH binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production.
- GHRH maintains natural GH release patterns, supporting balanced hormone levels and the secretion of insulin-like growth factor-1 (IGF-1)
- Combined with growth hormone-releasing peptides (GHRPs), which inhibit somatostatin (a hormone that blocks GH release), it optimizes GH production and release.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple injections can be given a day to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain

Readers Review Copy

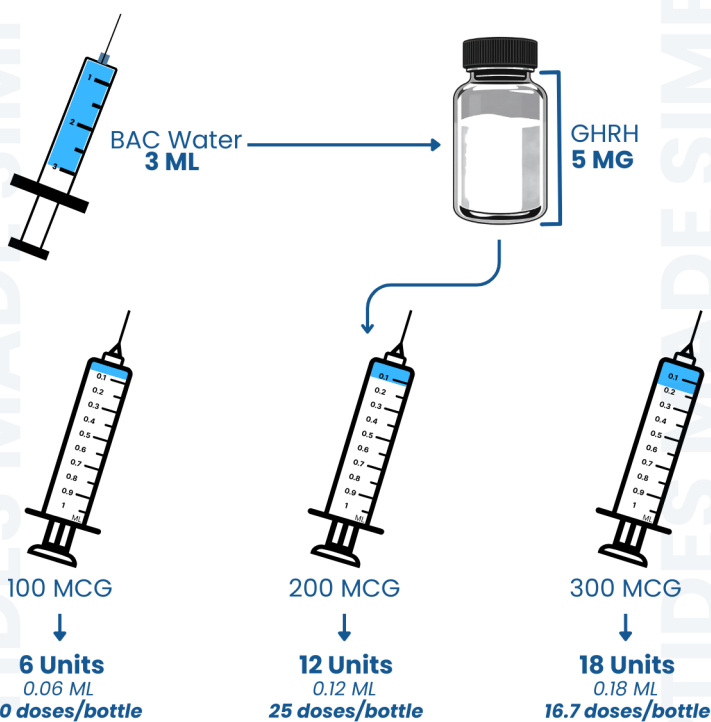
- Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

- 5 MG

GHRH
5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

GHRP-2

Overview

- GHRP-2 is the second strongest GHRP (Growth Hormone Releasing Peptide) and was initially developed to check for growth hormone deficiencies
- GHRP-2 stimulates the release of growth hormone & ghrelin (hunger hormone) and temporarily increases prolactin and cortisol
- It is being studied for increasing appetite, helping build muscle, strengthening the immune system, and improving sleep.

Deeper Research

- GHRP-2 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production
- In heart cells, GHRP-2 reduces apoptosis (cell death) during stress or nutrient deprivation, thus helping preserve heart function and promoting healing, especially after cardiac events.
- GHRP-2 stimulates the thymus gland to produce T-cells, crucial for boosting T-cell diversity and improving the body's ability to fight infections
- GHRP-2 enhances deep sleep and REM sleep primarily by stimulating the release of growth hormone (GH) and by regulating sleep-related hormones and neurotransmitters like melatonin and GABA

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off

Readers Review Copy

- Multiple injections can be given a day to increase GH secretion, which is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

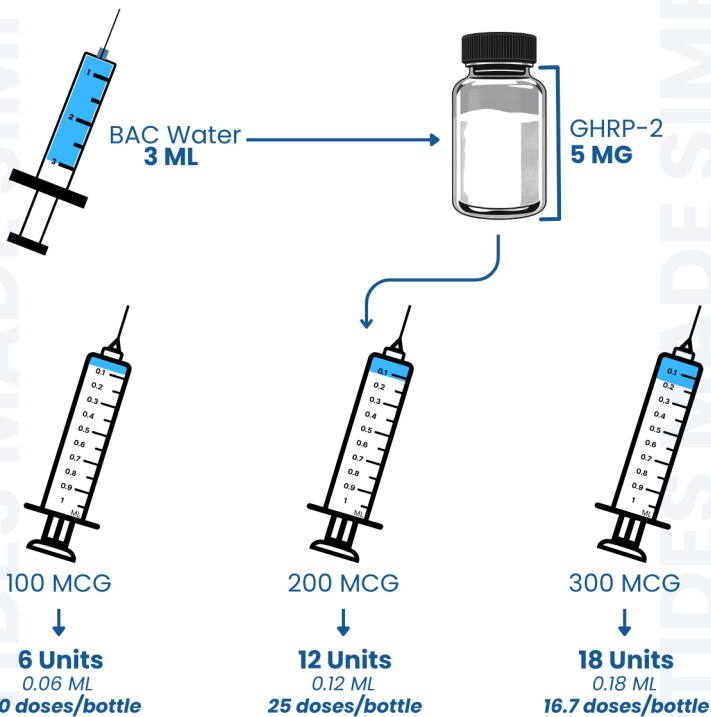
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin and cortisol
- Contraindications
 - Individuals with active or history of hormone-sensitive cancers and/or history of severe low blood sugar levels

Reconstitution Options

- 5 MG
- 10 MG

GHRP-2
5 MG

RECONSTITUTION



More Options

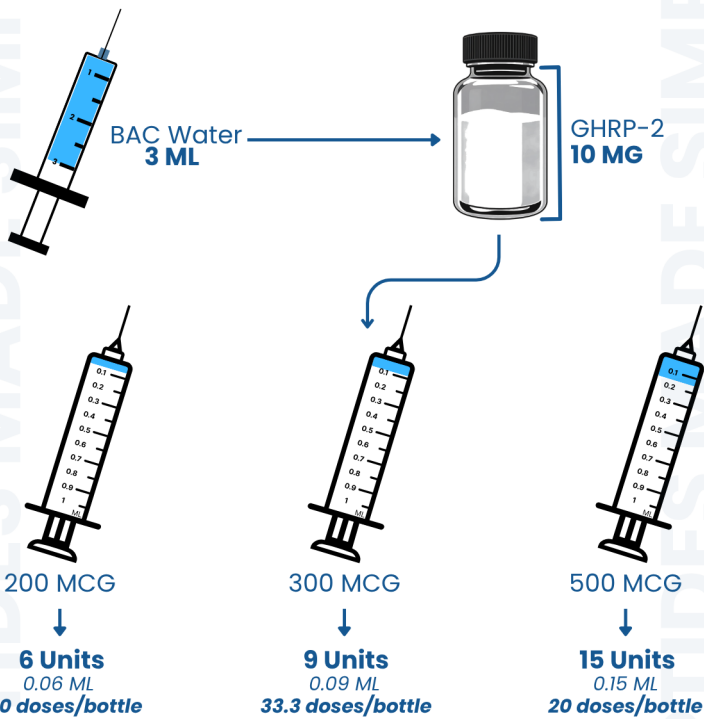
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

GHRP-2
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

GHRP-6

Overview

- GHRP-6 is the third strongest GHRP (Growth Hormone Releasing Peptide)
- Stimulates the release of growth hormone & ghrelin (hunger hormone)
- GHRP-6 has been shown to positively affect heart muscle cells, enhance memory, aid in scar healing, and boost sexual motivation.

Deeper Research

- GHRP-6 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production
- GHRP-6 influences mood by increasing dopamine levels in the brain, enhancing sexual motivation, and potentially alleviating symptoms of anxiety and depression.
- GHRP-6 enhances wound healing by promoting blood vessel growth, supporting collagen production and reducing scar formation.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple injections can be given a day to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating.

Readers Review Copy

Caution & Contraindications

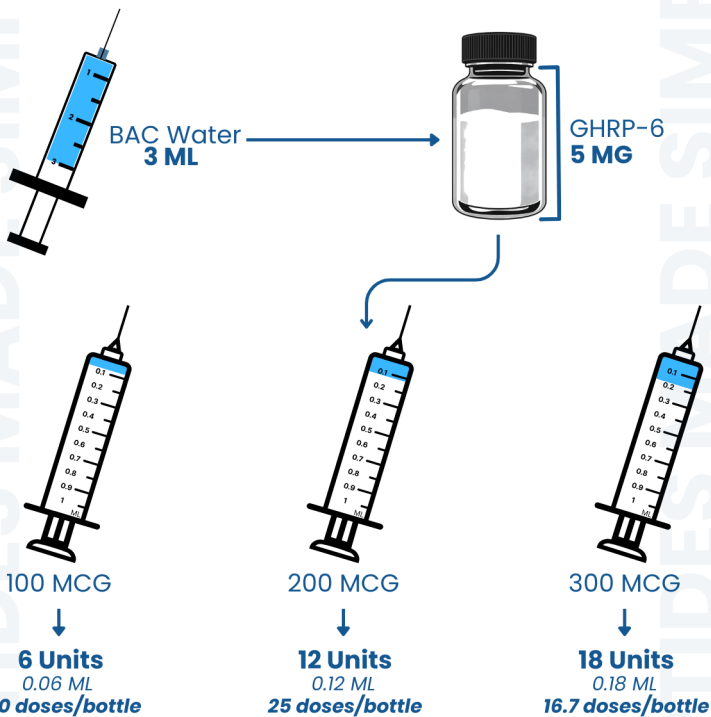
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin and cortisol
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 5 MG
- 10 MG

GHRP-6
5 MG

RECONSTITUTION



More Options

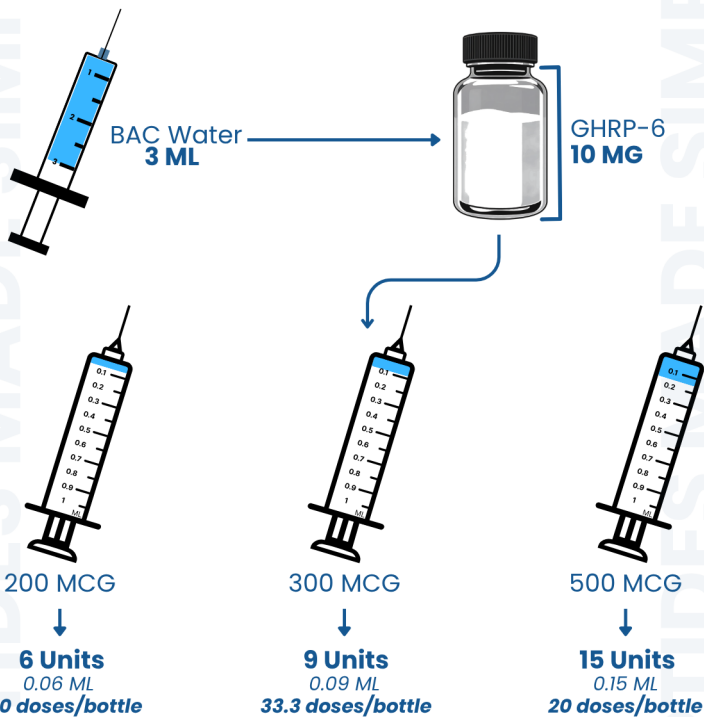
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

GHRP-6
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Glutathione

Overview

- Glutathione is a protein made of cysteine, glutamate, and glycine.
- It acts as an antioxidant, protecting cells from damage caused by harmful molecules called free radicals.
- It is vital for detoxifying the liver and preventing neurodegenerative diseases. Aging and chronic diseases can decrease glutathione levels, leading to health issues.

Deeper Research

- Glutathione functions through redox reactions, transferring electrons between molecules to neutralize harmful free radicals and reactive oxygen species (ROS). This process helps protect cells and promotes recycling other antioxidants, such as vitamins C and E.
- Glutathione creates signaling molecules called leukotrienes and prostaglandins, which aid the immune response and inflammation. It also helps ensure proteins fold correctly, which allows their function and overall cellular health.
- Glutathione reduces oxidative stress caused by free radicals in the brain. When glutathione levels drop with age, the brain struggles to manage this damage, potentially contributing to diseases like Alzheimer's and Parkinson's.
- Low glutathione levels are linked to age-related issues such as diabetes and cancer. Its detoxification role helps remove harmful substances from the body, acting as a natural detox agent that supports overall health.

Dosing & Cycling

- Dosing
 - 100-600 mg per dose
 - Typically, smaller doses are used for more frequent dosing, with larger doses used for less frequent dosing

Readers Review Copy

- Cycling
 - 1- 3x week, for 1 month, and can be extended up to 3 or 4 months, with a 1-month minimum cycle break between
 - Cycle length and intensity depend on response and goal

Cautions & Contraindications

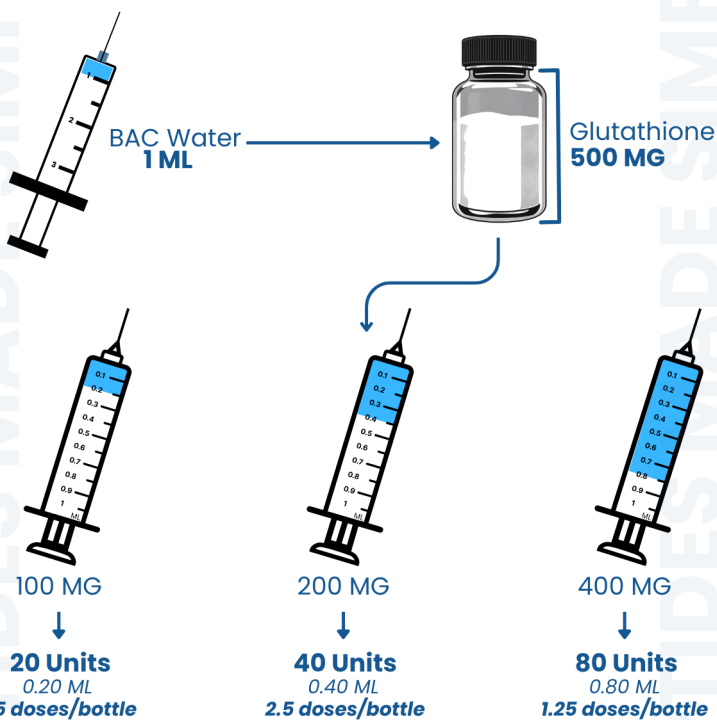
- Cautions
 - May cause nausea, diarrhea, or stomach discomfort, especially at higher doses
 - Individuals with asthma or sulfur allergies should be cautious, as glutathione could trigger respiratory issues or allergic reactions.
 - It's generally recommended to stop taking glutathione two weeks before any surgical procedure due to its potential effects on inflammation and healing.
- Contraindications
 - None noted at this time

Reconstitution Options

- 500 MG
- 600 MG
- 1500 MG

Glutathione
500 MG

RECONSTITUTION



More Options

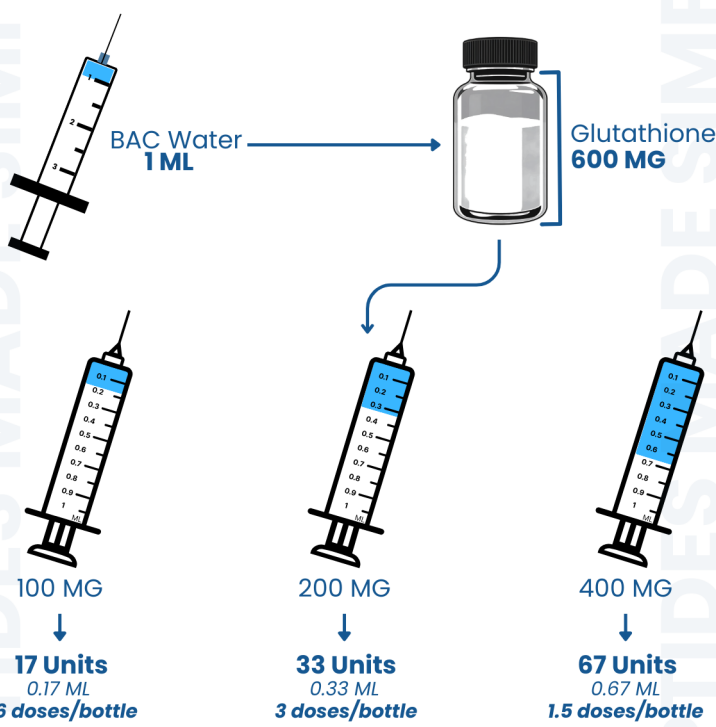
50 MG → 10 units	450 MG → 80 units
150 MG → 30 units	500 MG → 100 units
250 MG → 50 units	
300 MG → 60 units	
350 MG → 70 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Glutathione
600 MG

RECONSTITUTION

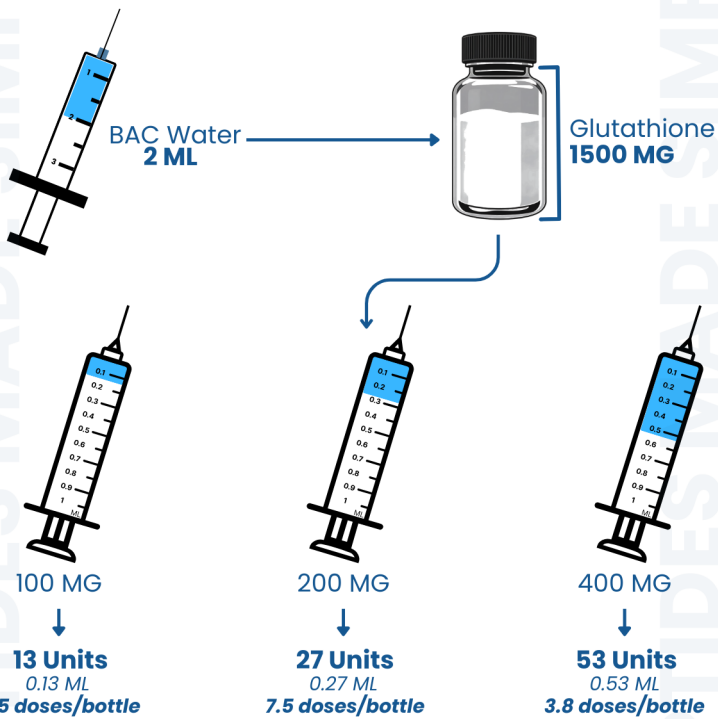


More Options	
50 MG → 8 units	450 MG → 75 units
150 MG → 25 units	500 MG → 83 units
250 MG → 42 units	550 MG → 92 units
300 MG → 50 units	600 MG → 100 units
350 MG → 58 units	

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Glutathione
1500 MG

RECONSTITUTION



More Options

50 MG → 7 units	450 MG → 60 units
150 MG → 20 units	500 MG → 67 units
250 MG → 33 units	550 MG → 73 units
300 MG → 40 units	600 MG → 80 units
350 MG → 47 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Gonadorelin

Overview

- Gonadorelin (GnRH) is a hormone that stimulates the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH), which regulate reproductive functions in both men and women.
- GnRH is commonly used in medical treatments to help address issues like infertility, irregular menstrual cycles, and low testosterone levels
- Research is exploring gonadorelin's potential in treating certain cancers, and possibly managing Alzheimer's disease

Deeper Research

- Gonadorelin stimulates the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH) from the pituitary gland. By influencing these hormones, gonadorelin can help manage conditions related to infertility, menstrual irregularities, and low testosterone levels.
- Prolonged use can cause down-regulation of the pituitary gland, ultimately suppressing testosterone and estrogen, which can be beneficial for managing prostate and breast cancer. This approach is less invasive than traditional cancer treatments
- Gonadorelin might help protect against neurodegenerative diseases like Alzheimer's by regulating LH levels, which have been linked to memory problems and brain cell health

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - Most commonly used 2-3x a week
 - Can be run continuously or in a cycle, depending on the goal

Readers Review Copy

- To suppress the pituitary gland (often used in cancer protocols), longer cycles are used, while shorter cycles with longer breaks are used for general fertility and hormone-related protocols
- Best to take this when LH and FSH levels naturally peak, which is typically in the morning

Caution & Contraindications

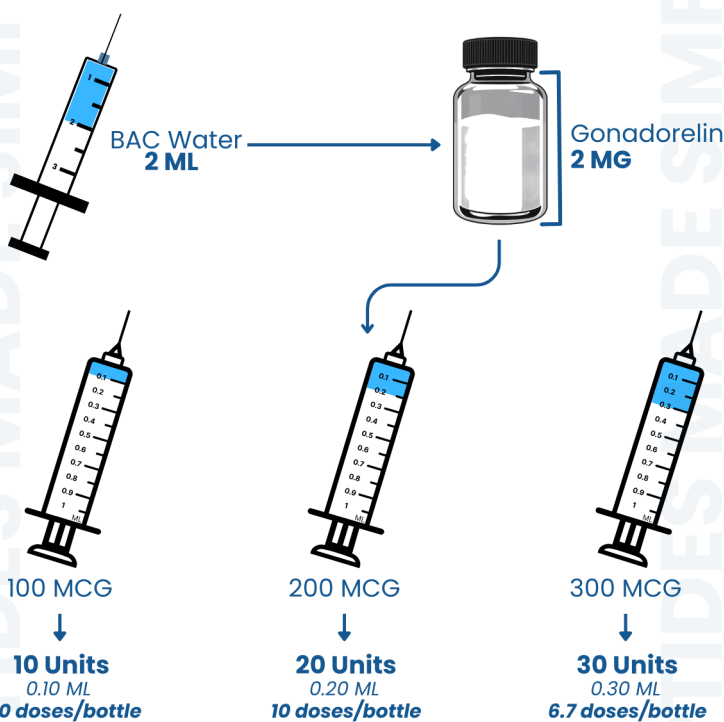
- Caution
 - May cause headaches and nausea
 - Caution in individuals with existing hormonal imbalances and/or pituitary disorders
- Contraindications
 - Individuals with active or history of hormone-sensitive cancers

Reconstitution Options

- 2 MG
- 10 MG

Gonadorelin
2 MG

RECONSTITUTION



More Options

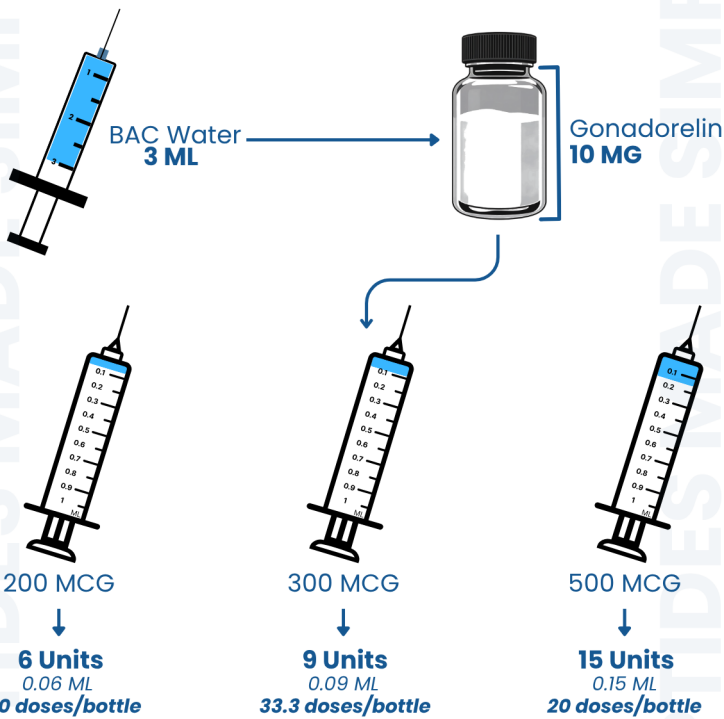
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Gonadorelin
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

HCG

Overview

- Human Chorionic Gonadotropin (HCG) is a hormone produced during pregnancy by the placenta.
- In women, HCG enhances fertility by promoting progesterone production. In men, it boosts testosterone levels and stimulates sperm production.
- HCG is used in various medical treatments for its hormone-regulating properties, benefiting reproductive health in both genders.

Deeper Research

- HCG mimics luteinizing hormone (LH), which boosts progesterone in females and testosterone in males.
- Focusing on fertility, HCG triggers ovulation in females, allowing eggs to be fertilized. In males, it helps the testes produce testosterone, essential for making healthy sperm.
- HCG is frequently combined with various compounds, including gonadorelin (GnRH), Human Menopausal Gonadotropin (HMG), Kisspeptin-10, and Enclomiphene Citrate, to enhance fertility treatments and optimize hormone levels.

Dosing & Cycling

- Hormone Optimization
 - Dosing
 - 500-3,000 IUS per dose
 - Cycling
 - 2-3x week, over several months, with a one- month minimum break in between cycles

Readers Review Copy

- Best to take this when LH and FSH levels naturally peak, which is typically in the morning
- Fertility
 - Dosing
 - 5,000-10,000 IUS per dose
 - Cycling
 - Typically, as a single dose and planned around conception
 - For females, particularly during the follicular phase leading up to ovulation, and discounted after

Caution & Contraindications

- Caution
 - May cause headaches, nausea, fluid retention, gynecomastia in males, and ovarian hyperstimulation syndrome (OHSS) in females
 - Individuals with a history of or existing blood clots, kidney disease, and/or liver disease
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

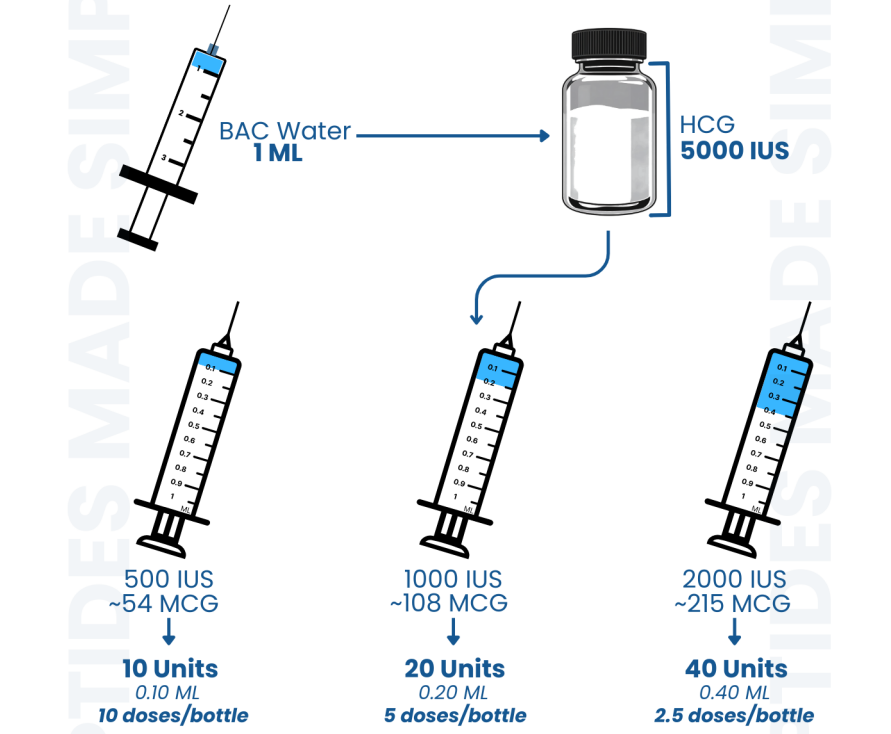
- 5000 IUS (~540 MCG)

HCG

5000 IUS

~540 MCG

RECONSTITUTION



More Options		Key
750 IUS → 15 units	4000 IUS → 80 units	ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water 1 MCG HCG ~ 9.3 IU IU -> International Unit
1500 IUS → 30 units	4500 IUS → 90 units	
2500 IUS → 50 units	5000 IUS → 100 units	
3000 IUS → 60 units		
3500 IUS → 70 units		

Readers Review Copy

Hexarelin

Overview

- Hexarelin is the most potent GHRP (Growth Hormone Releasing Peptide)
- Hexarelin stimulates the release of growth hormone & ghrelin (hunger hormone) and temporarily increases prolactin and cortisol
- It has been shown to positively affect heart muscle cells, especially heart cells that do not get enough oxygen or nutrients

Deeper Research

- Hexarelin has a similar mechanism of action to GHRP-6 and GHRP-2 but has a stronger binding affinity to the receptors, allowing for a stronger (the strongest) response over other GHRPs.
- Hexarelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production
- Hexarelin binds to heart cell receptors to protect heart function during attacks, reduces damage and stress from heart failure, corrects unhealthy fat levels, improves insulin sensitivity, and protects muscle cells during severe weight loss.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1-7x weekly, 4-6 weeks on, 4-6 weeks off
 - Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Readers Review Copy

Caution & Contraindications

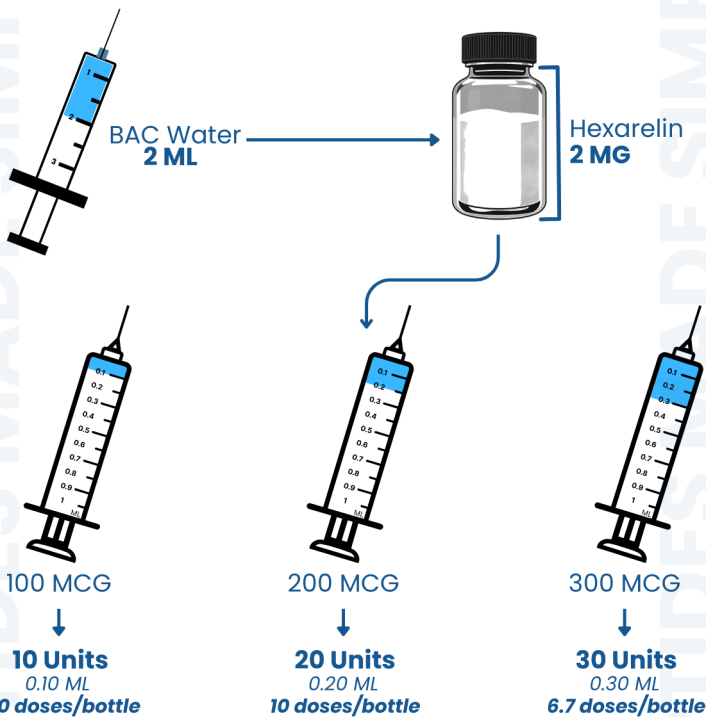
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin and cortisol
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

Hexarelin
2 MG

RECONSTITUTION



More Options

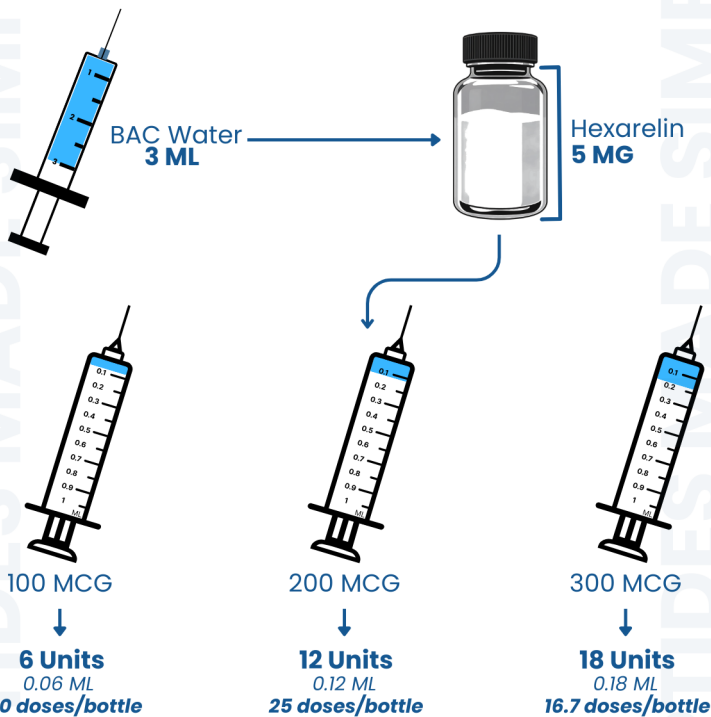
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Hexarelin
5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

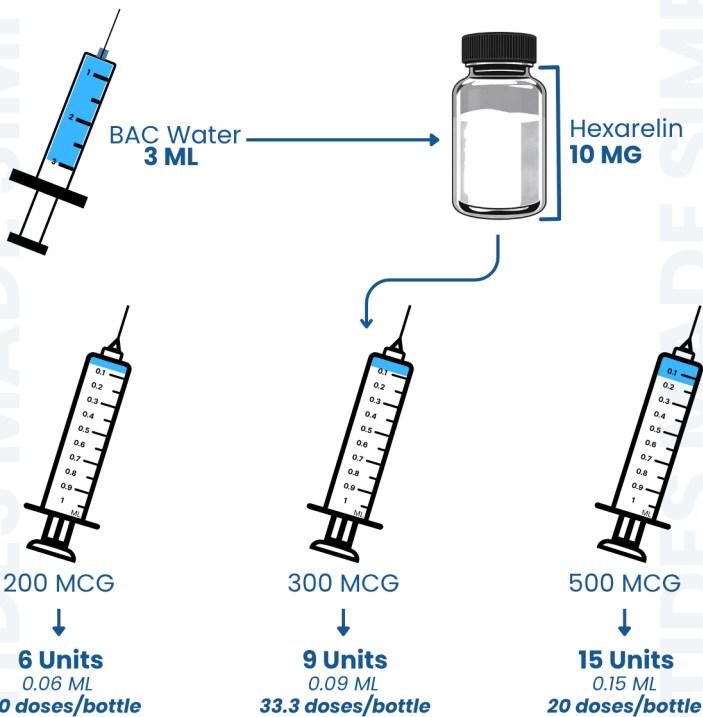
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Hexarelin

10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

HMG

Overview

- Human Menopausal Gonadotropin (HMG) is a hormone derived from the urine of postmenopausal women. It contains follicle-stimulating hormone (FSH) and luteinizing hormone (LH).
- In females, HMG helps stimulate the ovaries to produce eggs. In males, it supports the production of testosterone.
- HMG is used in various treatments for its hormone-regulating properties, benefiting reproductive health in both sexes.

Deeper Research

- In females, HMG works by stimulating the ovaries to produce more follicles, which are small sacs that contain eggs. This process is crucial for ovulation, the release of an egg.
- In males, HMG stimulates the testes, leading to increased production of sperm and testosterone.
- HMG is often combined with other compounds, gonadorelin (GnRH), Human Chorionic Gonadotropin (HCG), Kisspeptin-10, and Enclomiphene citrate to enhance fertility treatments and/or hormone optimization

Dosing & Cycling

- Hormone Optimization
 - Dosing
 - 75-500 IUS per dose
 - Cycling
 - 2-3x week, over several months, with a one-month minimum break in between cycles

Readers Review Copy

- Best to take this when LH and FSH levels naturally peak, which is typically in the morning
- Fertility
 - Dosing
 - 75-500 IUS per dose
 - Cycling
 - Typically cycled around conception
 - For females, particularly during the follicular phase leading up to ovulation and discontinued after

Caution & Contraindications

- Caution
 - May cause headaches, nausea, fluid retention, gynecomastia in males, and ovarian hyperstimulation syndrome (OHSS) in females
 - Individuals with a history or existing blood clots, kidney disease, and/or liver disease

Contraindications

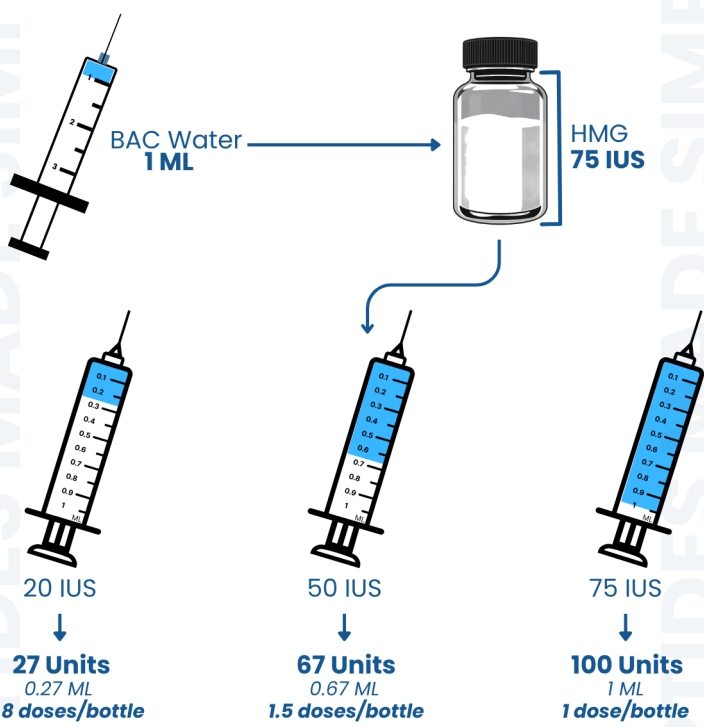
- Individuals with active or history of hormone-sensitive cancers

Reconstitution Options

- 75 IUS

HMG
75 IUS

RECONSTITUTION



More Options
10 IUS → 13 units
35 IUS → 47 units
60 IUS → 80 units

Key
ML → Milliliter
BAC Water → Bacteriostatic Water
IU → International Unit

Readers Review Copy

Humanin

Overview

- Humanin is a naturally occurring peptide found in the mitochondria and various tissues, including the heart, kidneys, brain, and skeletal muscles.
- Initially classified as a mitochondrial peptide, it was later identified as a neuropeptide due to its relevance in Alzheimer's disease.
- Humanin is linked to health-span and life-span, with higher levels observed in children than adults, notably lower in those with Alzheimer's and mitochondrial dysfunctions.

Deeper Research

- Humanin regulates mitochondrial health by inhibiting apoptosis (cell death) through the blockade of the Bax protein.
- Bax is normally inactive in the cytosol (the fluid of cells) but can trigger cell death by targeting mitochondria and releasing harmful compounds; humanin prevents this targeting, thus protecting mitochondria.
- Humanin binds to various receptors within the body, enhancing intracellular signaling and protecting against harmful agents.
- It supports the brain by preventing neuronal degeneration in Alzheimer's and countering cell death from beta-amyloid plaques (bad protein clumps). Additionally, it supports the heart by reducing oxidative stress from oxidized LDL cholesterol and promotes bone health by supporting chondrocyte (cartilage cells) survival while inhibiting osteoclasts (bone breakdown cells)

Dosing & Cycling

- Dosing
 - 500 mcg - 5 mg per dose
 - Typically, smaller doses are used for more frequent dosing, with larger doses used for less frequent dosing

Readers Review Copy

- Cycling
 - Frequency varies from every day to once a week
 - 30-day cycles and can extend longer depending on the goal and response, with a 30-day minimum cycle break between

Cautions & Contraindications

- Cautions
 - None at the moment due to limited research
- Contraindications
 - None at the moment due to limited research

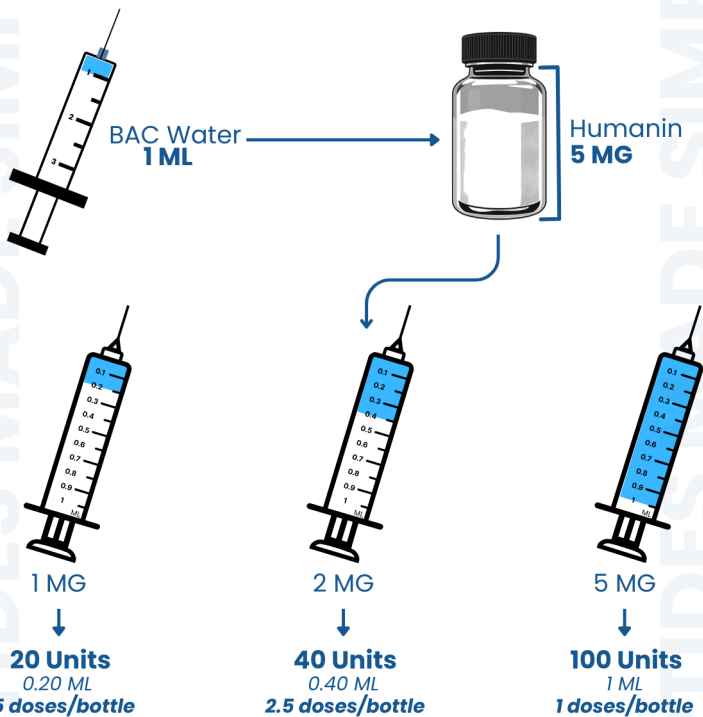
Reconstitution Options

- 5 MG
- 10 MG

Humanin

5 MG

RECONSTITUTION



More Options

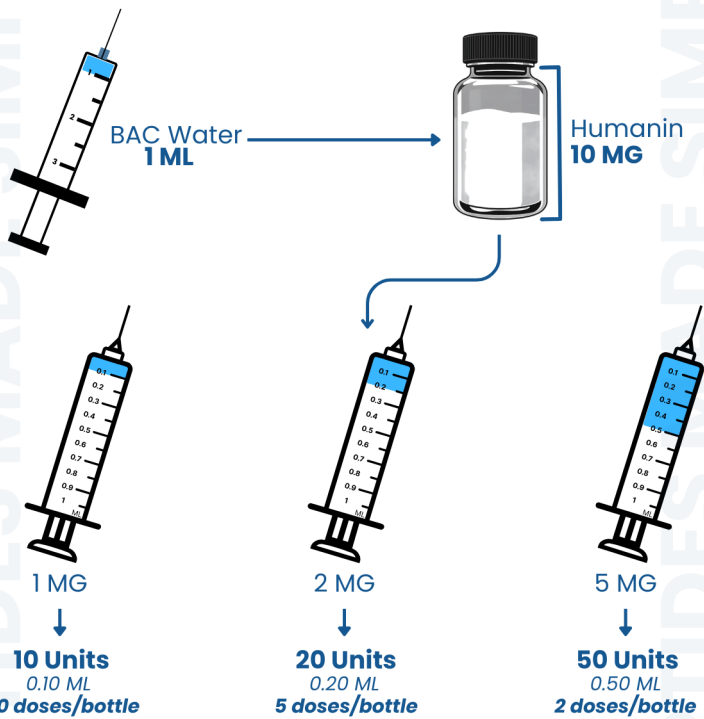
500 MCG → 10 units 4 MG → 80 units
1.5 MG → 30 units 4.5 MG → 90 units
2.5 MG → 50 units
3 MG → 60 units
3.5 MG → 70 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Humanin
10 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

IGF-1 DES

Overview

- IGF-1 DES is a shorter Insulin-like Growth Factor 1 (IGF-1) version. This peptide naturally occurs in the human brain, as well as in cow colostrum and pig uterus.
- IGF-1 DES is about 10 times more potent than regular IGF-1 because proteins don't influence it, minimize binding to regulatory proteins, and lead to greater availability.
- Researchers are exploring IGF-1 DES for its potential therapeutic applications in muscle wasting, neurological disorders, and wound healing.

Deeper Research

- IGF-1 DES is about 10 times more potent than regular IGF-1 in promoting muscle growth, lowering blood sugar, and protecting neurons by bypassing binding proteins.
- IGF-1 DES boosts anabolic processes, activating satellite cells for muscle repair and growth. It also increases protein synthesis while limiting muscle protein breakdown.
- IGF-1 DES enhances insulin sensitivity, improving muscle cells' ability to absorb glucose and amino acids, and boosts circulation during exercise to deliver oxygen and nutrients.
- Besides affecting muscles and metabolism, IGF-1 DES benefits the brain by promoting neuron growth and improving synaptic function.
- IGF-1 DES is optimized for rapid effectiveness and higher potency due to its reduced binding to proteins, while IGF-1 LR3 has a longer half-life and provides sustained activity.

Dosing & Cycling

- Dosing
 - 20-100 mcg per dose

Readers Review Copy

- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between
 - Best taken with food

Cautions & Contraindications

- Cautions
 - May cause water retention, hunger, headaches, changes in blood sugar levels, joint pain, liver toxicity, overgrowth in body tissues, heart damage, fatigue, and changes in sexual function
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers, pre-diabetic or diabetic, and/or a history of severe low blood sugar levels

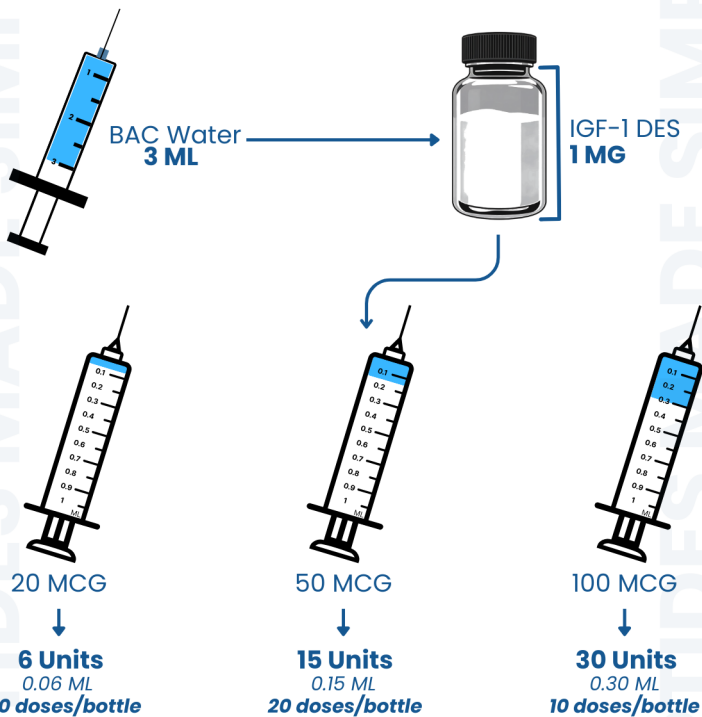
Reconstitution Options

- 1 MG

IGF-1 DES

1 MG

RECONSTITUTION



More Options

10 MCG → 3 units	175 MCG → 53 units
35 MCG → 11 units	200 MCG → 60 units
75 MCG → 23 units	
125 MCG → 38 units	
150 MCG → 45 units	

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

IGF-1 LR3

Overview

- IGF-1 LR3 is a modified version of insulin-like growth factor-1 (IGF-1) known as insulin-like growth factor-1 long arginine 3.
- IGF-1 LR3 doesn't bind as strongly to IGF binding proteins, allowing it to stay in the bloodstream up to 120 times longer.
- Its prolonged presence in the body enhances its ability to stimulate muscle growth, improve injury recovery, and support overall metabolic processes.

Deeper Research

- IGF-1 LR3 promotes cell division, especially in muscle and connective tissues, and remains in the bloodstream longer than IGF-1.
- It aids in fat metabolism by enhancing glucose uptake in muscle, nerve, and liver cells. This promotes the breakdown of stored fats and glycogen, reducing body fat and increasing energy consumption.
- IGF-1 LR3 blocks myostatin, a protein that inhibits muscle growth, benefiting individuals with muscular dystrophy and muscle atrophy.

Dosing & Cycling

- Dosing
 - 20-100 mcg per dose
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between
 - Best taken with food

Readers Review Copy

Cautions & Contraindications

- Cautions
 - May cause water retention, hunger, headaches, changes in blood sugar levels, joint pain, liver toxicity, overgrowth in body tissues, heart damage, fatigue, and changes in sexual function

Contraindications

- Individuals with active or a history of hormone-sensitive cancers, pre-diabetic or diabetic, and/or a history of severe low blood sugar levels

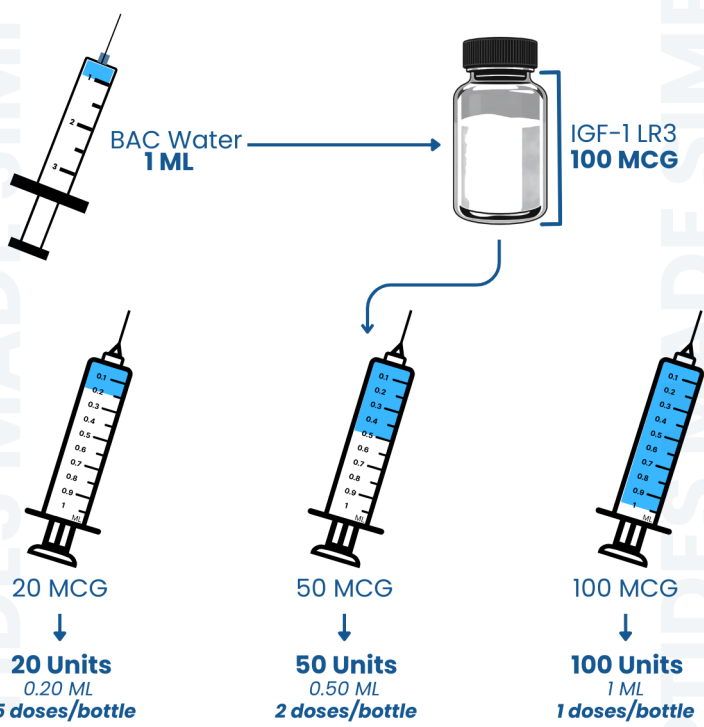
Reconstitution Options

- 100 MCG
- 1 MG

IGF-1 LR3

100 MCG

RECONSTITUTION



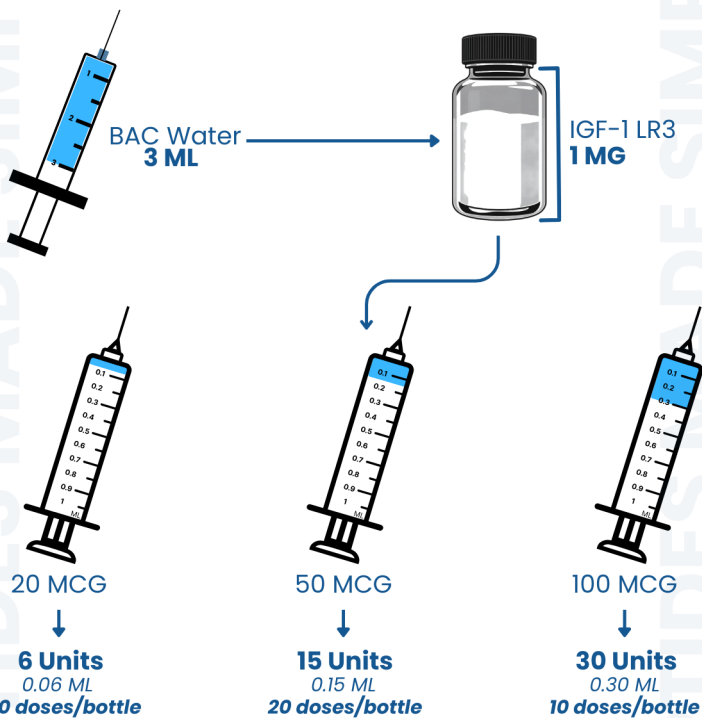
More Options
10 MCG → 10 units
35 MCG → 35 units
75 MCG → 75 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

IGF-1 LR3

1 MG

RECONSTITUTION



More Options

10 MCG → 3 units 175 MCG → 53 units
35 MCG → 11 units 200 MCG → 60 units
75 MCG → 23 units
125 MCG → 38 units
150 MCG → 45 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Ipamorelin

Overview

- Ipamorelin is the mildest of GHRPs (Growth Hormone Releasing Peptide)
- It stimulates the release of growth hormone without an increase in appetite, cortisol, or prolactin.
- Ipamorelin is being researched for its potential to reduce side effects from glucocorticoid steroids that contribute to bone loss and muscle wasting and assist in diabetes management.

Deeper Research

- Ipamorelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production.
- Ipamorelin's structure is unique. It works on ghrelin receptors to release growth hormone without increasing appetite, as other GHRPs do.
- Releasing growth hormone supports muscle growth, fat metabolism, and bone health. By promoting these processes, ipamorelin helps improve overall metabolic health and counteracts negative effects often associated with steroids like glucocorticoids.
- Ipamorelin has shown potential in boosting insulin release from the pancreas, which may aid in managing type 2 diabetes.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off

Readers Review Copy

- Multiple injections can be given a day to increase GH secretion, and it is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Cautions & Contraindications

- Cautions
 - May cause water retention, hunger, headaches, changes in blood sugar level, and joint pain
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

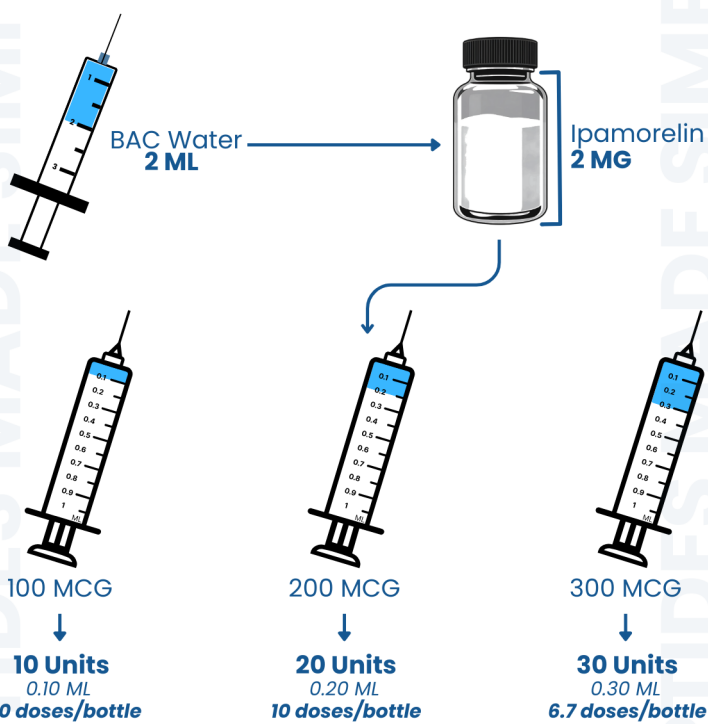
Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

Ipamorelin

2 MG

RECONSTITUTION



More Options

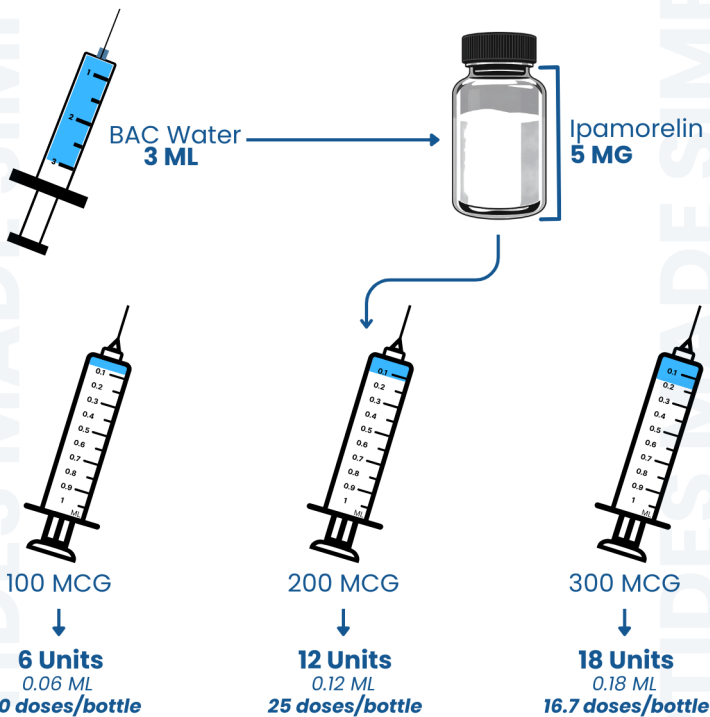
50 MCG → 5 units	450 MCG → 45 units
150 MCG → 15 units	500 MCG → 50 units
250 MCG → 25 units	
350 MCG → 35 units	
400 MCG → 40 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Ipamorelin
5 MG

RECONSTITUTION



More Options

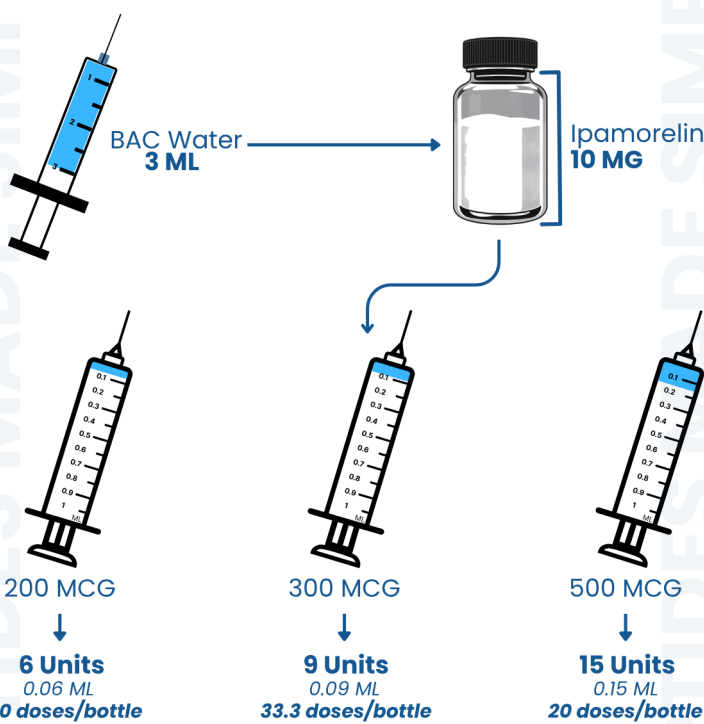
50 MCG → 3 units 450 MCG → 27 units
150 MCG → 9 units 500 MCG → 30 units
250 MCG → 15 units
350 MCG → 21 units
400 MCG → 24 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Ipamorelin
10 MG

RECONSTITUTION



More Options

100 MCG → **3 units** 600 MCG → **18 units**
250 MCG → **8 units** 650 MCG → **20 units**
350 MCG → **11 units** 700 MCG → **21 units**
400 MCG → **12 units**
450 MCG → **14 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Kisspeptin-10

Overview

- Kisspeptin-10, commonly called “the puberty peptide,” is essential for starting puberty and regulating reproductive hormones.
- Originally studied for reproductive health, this peptide also affects various bodily functions, including mood, behavior, and blood vessel growth.
- Additionally, kisspeptin-10 shows promise in inhibiting cancer growth

Deeper Research

- Kisspeptin-10 stimulates the release of GnRH (Gonadotropin-Releasing Hormone) in the hypothalamus. This releases LH (Luteinizing Hormone) and FSH (Follicle Stimulating Hormone) in the pituitary gland.
 - In males, LH and FSH signal the testes to create more testosterone and sperm.
 - In females, LH & FSH signal the ovaries to make more estrogen and signal the release of an egg (ovulation)
- Kisspeptin-10 enhances emotional responses and improves mood by stimulating brain regions that manage reward and motivation.
- Kisspeptin-10 interacts with cancer by inhibiting cancer growth and promoting healthy blood vessel function.

Dosing & Cycling

- Hormone Optimization
 - Dosing
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - 2- 3x week, over several months, with a one-month minimum break in between cycles
 - Best to take this when LH and FSH levels naturally peak, which is typically in the morning
- Fertility
 - Dosing
 - 100-500 mcg dose
 - Cycling
 - Typically cycled around conception
 - For females, particularly during the follicular phase leading up to ovulation, and discounted after

Caution & Contraindications

- Caution
 - May cause headaches, nausea, fluid retention, gynecomastia in males, and ovarian hyperstimulation syndrome (OHSS) in females
 - Individuals with a history of or existing blood clots, kidney disease, and/or liver disease
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

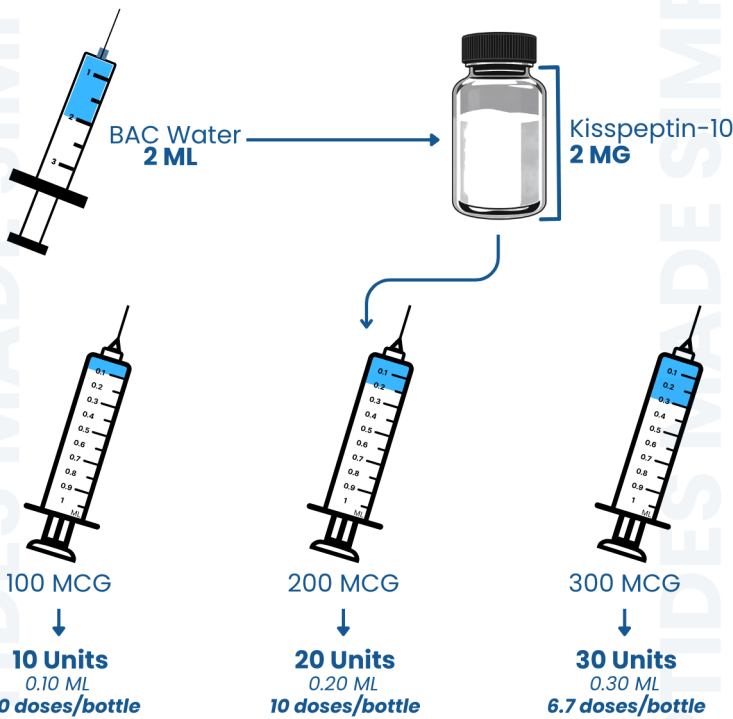
Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

Kisspeptin-10

2 MG

RECONSTITUTION



More Options

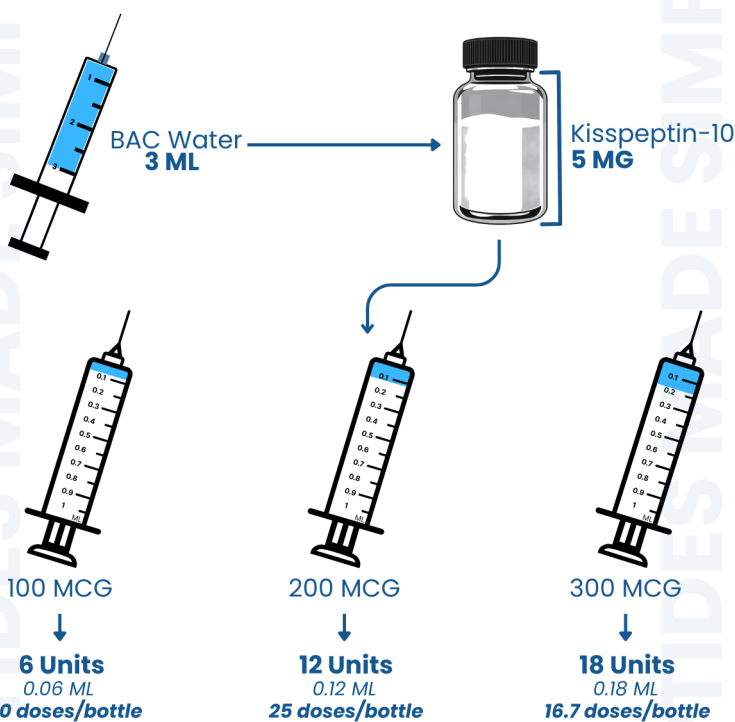
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Kisspeptin-10
5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

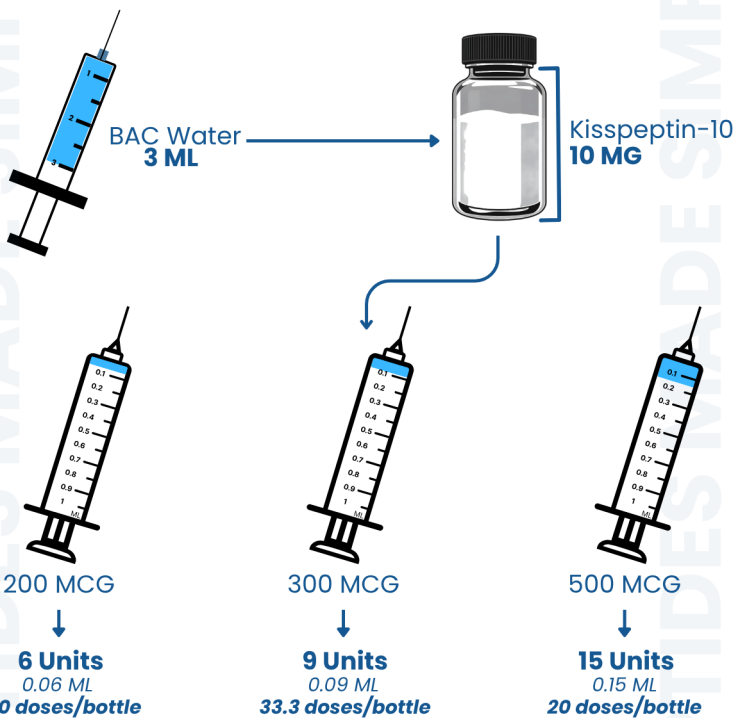
Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Kisspeptin-10

10 MG

RECONSTITUTION



More Options

100 MCG → **3 units** 600 MCG → **18 units**
250 MCG → **8 units** 650 MCG → **20 units**
350 MCG → **11 units** 700 MCG → **21 units**
400 MCG → **12 units**
450 MCG → **14 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

KPV

Overview

- KPV is naturally produced in the body and is found in the hormone alpha-MSH.
- It is most commonly used for autoimmune and inflammatory conditions but also influences the central nervous system, gastrointestinal tract, lungs, vascular system, and joints.
- Because KPV is a small peptide, it can be used as a cream, injectable, and/or capsule. The route of administration depends on which area is being focused on.

Deeper Research

- KPV is designed to specifically target inflamed areas in the body without impacting healthy tissues by using nanoparticles to carry KPV directly to the site of inflammation.
- KPV can enter cells and nuclei, where DNA is. Inside, it can inhibit NF-kB, one of the cell's main controllers of inflammation.
- Researchers have observed improved healing due to its ability to lower inflammatory markers like TNF-alpha, making it a helpful tool for conditions like inflammatory bowel disease (IBD)
- KPV (specifically topically) promotes wound healing and helps prevent scarring by inhibiting bacteria and fungi while also supporting tissue repair.

Dosing & Cycling

- Dosing
 - 200-500 mcg per dose
- Cycling
 - Typical cycles are daily, for 30 days, and can be extended to 90 or 120 days, with a 30-day minimum cycle break between

Readers Review Copy

- Cycle length and intensity depend on response and goal

Caution & Contraindications

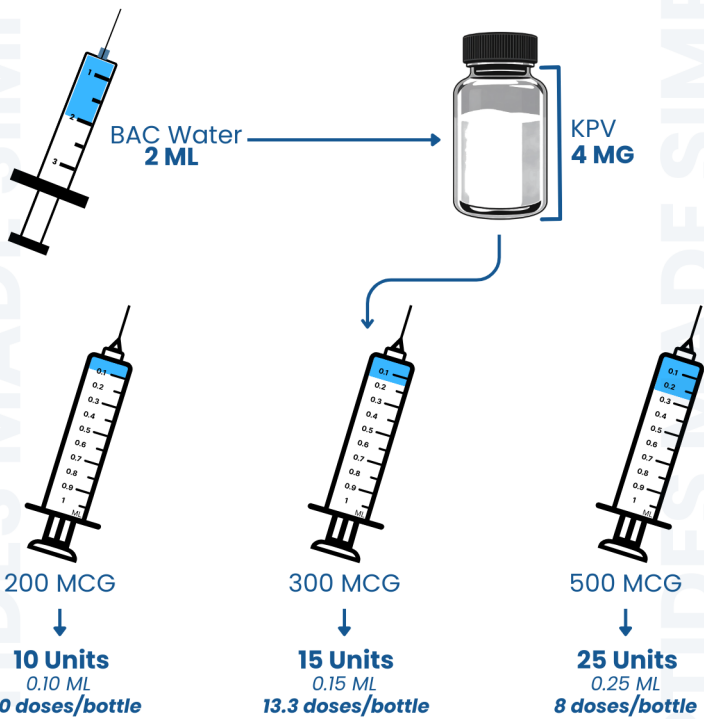
- Caution
 - May cause headaches or nausea
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 4 MG
- 5 MG

KPV
4 MG

RECONSTITUTION



More Options

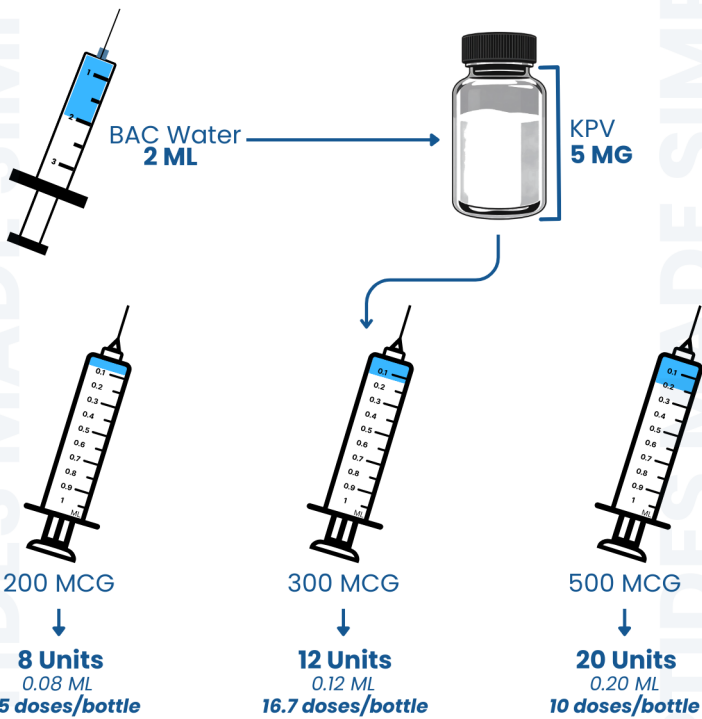
100 MCG → **5 units** 550 MCG → **28 units**
150 MCG → **8 units** 600 MCG → **30 units**
250 MCG → **13 units**
350 MCG → **18 units**
450 MCG → **23 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

KPV
5 MG

RECONSTITUTION



More Options

100 MCG → **4 units** 550 MCG → **22 units**
150 MCG → **6 units** 600 MCG → **24 units**
250 MCG → **10 units**
350 MCG → **14 units**
450 MCG → **18 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Livagen

Overview

- Livagen is related to a peptide called Epithalon and regulates the immune system, gastrointestinal (GI) tract, and liver.
- This peptide acts as a bio-regulator, meaning it can interact directly with DNA and influence gene expression.
- Livagen's anti-aging effects are believed to stem from its ability to "wake up" silenced genes, promoting better health.

Deeper Research

- Livagen influences DNA structure in lymphocytes, key immune cells, by "unpacking" chromatin to activate silenced genes. This enhances lymphocyte activity, improving their ability to produce antibodies and cytokines, thus strengthening the immune response.
- Livagen supports the heart by modulating gene activity in lymphocytes, reducing inflammation and scarring, and possibly decreasing the risk of heart disease.
- For the gastrointestinal (GI) tract, livagen boosts enkephalins, natural pain-relief peptides that maintain the gut lining's integrity and prevent damage from inflammation and infections.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily

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- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

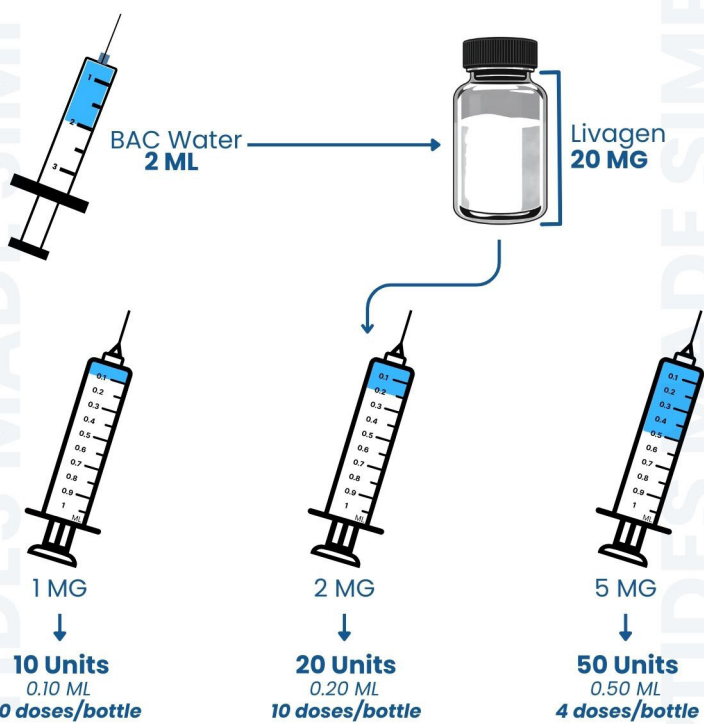
- Caution
 - May cause headache, nausea, and stomach discomfort
 - Caution in individuals with a history of active autoimmune conditions and/or individuals undergoing immunosuppressive therapy
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Livagen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

LL-37

Overview

- LL-37 is a protein in humans known as a cathelicidin, which belongs to a larger family of proteins called antimicrobial peptides (AMPs)
- It is mainly produced by certain white blood cells, like macrophages and neutrophils, which are crucial for the immune system.
- LL-37 has the potential to serve as an alternative to antibiotics and plays a role in innate and adaptive immunity.

Deeper Research

- LL-37 is an antimicrobial protein produced by immune cells that fights bacteria and regulates inflammation, specifically by interacting with molecules on the cell wall, poking holes in the membranes resulting in bacterial cell death.
- High levels of LL-37 are often found in inflammatory diseases, but recent studies suggest that it plays a protective role against excessive immune reactions rather than causing them. Depending on the inflammatory context, LL-37 can either boost or calm immune responses, helping maintain a balance so the body doesn't overreact.
- LL-37 promotes tissue repair in the lungs and intestines by attracting epithelial cells to heal wounds, enhancing new blood vessel formation for nutrients, and regulating inflammation, helping prevent chronic issues in asthma and inflammatory bowel diseases.
- LL-37 might play a role in cancer by helping the body's immune system recognize and destroy cancer cells, especially in the gastrointestinal tract.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - Daily, for 30 days, and can be extended to 60 or 90 days, with a 30-day minimum cycle break between
 - Cycle length and intensity depend on response and goal

Cautions & Contraindications

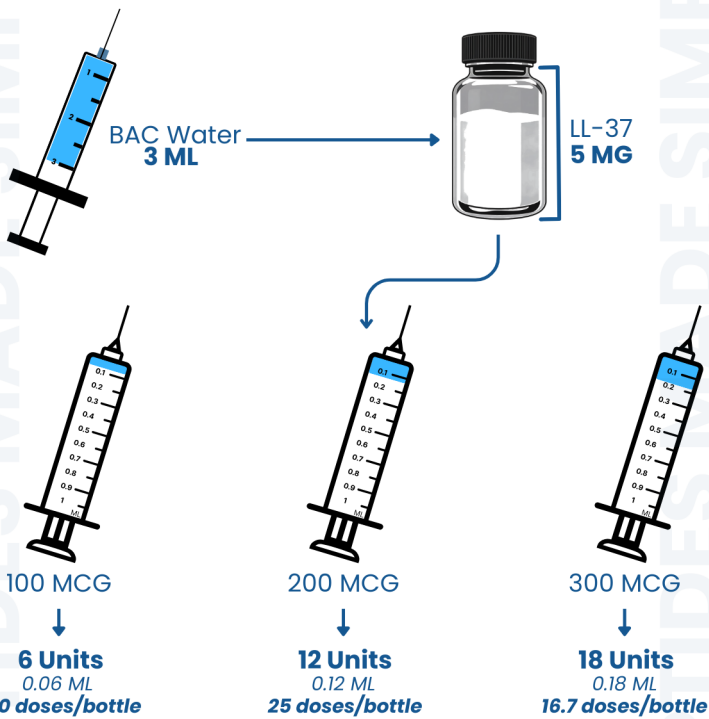
- Cautions
 - May cause and/or worsen autoimmune and inflammatory responses
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with an active, uncontrolled inflammatory and/or autoimmune response

Reconstitution Options

- 5 MG
- 10 MG

LL-37
5 MG

RECONSTITUTION



More Options

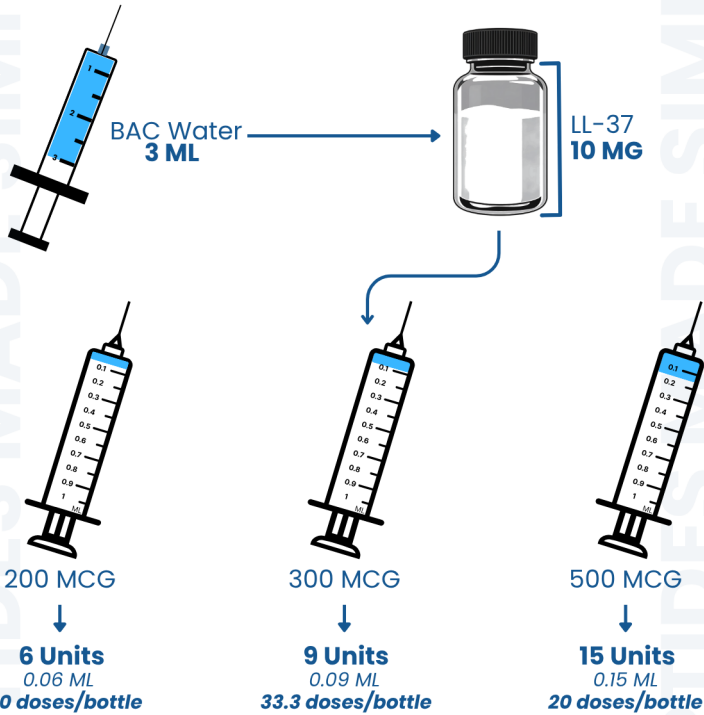
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

LL-37
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Melanotan 1

Overview

- Melanotan 1 (MT-1) is a version of the naturally occurring alpha-melanocyte-stimulating hormone (α -MSH) produced by the pituitary gland, regulating skin pigmentation and other bodily functions.
- It is primarily researched for promoting skin pigmentation (tanning) and offering protective benefits against UV radiation. It also affects blood pressure and appetite.
- Currently, Melanotan 1 is undergoing clinical trials for conditions related to sun damage, such as polymorphic light eruption and actinic keratosis.

Deeper Research

- Melanotan 1 (MT-1) primarily binds to melanocortin receptor 1 (MC1R), stimulating melanocytes—cells that produce melanin—resulting in tanning without sun exposure.
- MT-1 has potential applications in lowering high blood pressure, regulating appetite, protecting against neurodegenerative diseases like Alzheimer's, and assisting in fat metabolism.
- In contrast, Melanotan 2 (MT-2) activates a wider range of melanocortin receptors and significantly boosts appetite and sexual arousal, making Melanotan 1 more focused on tanning.

Dosing & Cycling

- Loading Phase
 - Dosing
 - 200-500 mcg per dose
 - Cycling
 - Daily until the desired pigmentation (skin tone) is reached

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- Desired pigmentation can be reached faster if sun exposure occurs shortly after dosing
- Maintenance Phase
 - Dosing
 - 100-300 mcg per dose
 - Cycling
 - 1- 2x a week after skin-tone goal is reached
 - Cycles can last 1-4 months, with a 1-month minimum cycle break between
 - Dosing frequency and amount vary depending on goals, natural sun exposure, and the reaction of the individual

Caution & Contraindications

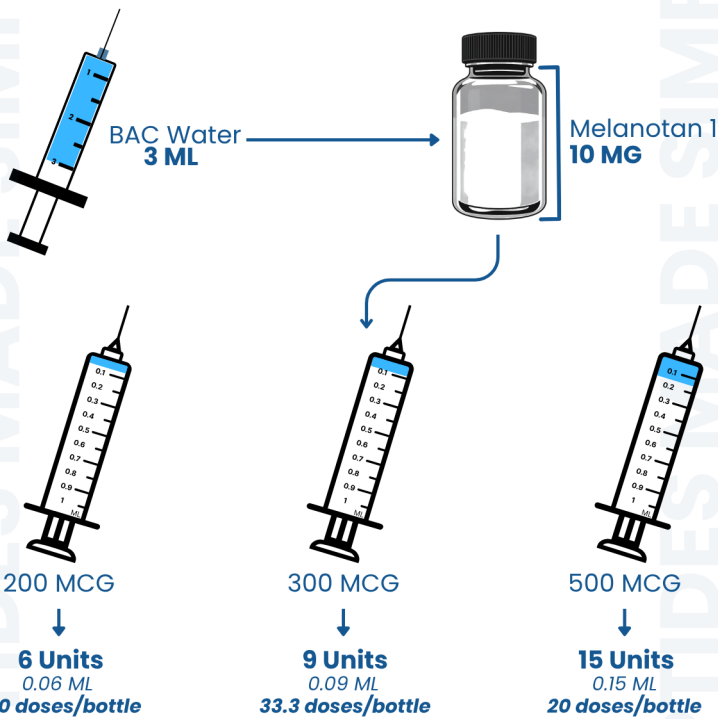
- Caution
 - May cause headache, nausea, changes in blood pressure, and darkening of moles and freckles
 - Caution in individuals with a history of or active autoimmune conditions
- Contraindications
 - Individuals with active or a history of skin cancer

Reconstitution Options

- 10 MG

Melanotan 1
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Melanotan 2

Overview

- Melanotan 2 (MT-2) is a version of the naturally occurring alpha-melanocyte-stimulating hormone (α -MSH), produced by the pituitary gland, which regulates skin pigmentation and other bodily functions.
- Developed in the 1980s as a sunless tanning agent, MT-2 was found to increase sexual arousal, promote tanning and impact appetite.

Deeper Research

- Melanotan 2 (MT-2) binds to melanocortin receptors in the body, primarily targeting MC-1R to stimulate skin darkening (tanning) and MC-4R for appetite control, energy regulation, and sexual stimulation.
- MT-2 is being explored for erectile dysfunction; unlike typical treatments that enhance blood flow, it acts on the central nervous system
- Melanotan (MT-1) focuses more on tanning, while Melanotan 2 (MT-2) is more potent and activates a wider range of melanocortin receptors more intensely. This results in a stronger regulation of appetite and a greater boost in sexual arousal and stimulation

Dosing & Cycling

- Tanning
 - Loading Phase
 - Dosing
 - ✧ 200-300 mcg per dose
 - Cycling
 - ✧ Daily until the desired pigmentation (skin tone) is reached

Readers Review Copy

- ⌘ Desired pigmentation can be reached faster if sun exposure occurs shortly after dosing
- Maintenance Phase
 - Dosing
 - ⌘ 50-100 mcg per dose
 - Cycling
 - ⌘ 1- 2x a week after skin-tone goal is reached
 - ⌘ Cycles can last 1-4 months, with a 1-month minimum cycle break between
 - ⌘ Dosing frequency and amount vary depending on goals, natural sun exposure, and the reaction of the individual
- Metabolic Support
 - Dosing
 - ⌘ 50-100 mcg per dose
 - Cycling
 - ⌘ Daily, for up to 1-4 months, with a 1-month minimum cycle break between
 - ⌘ Dosing frequency and amount vary depending on goals and the reaction of the individual
- Sexual Stimulation
 - Dosing
 - ⌘ 200-1000 mcg per dose
 - Cycling
 - ⌘ Ideally, 30-60 minutes before intercourse

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- ✧ 1- 2x a week on an as-needed basis
- ✧ Dosing frequency, intensity, and amount vary depending on the goal reaction of the individual

Caution & Contraindications

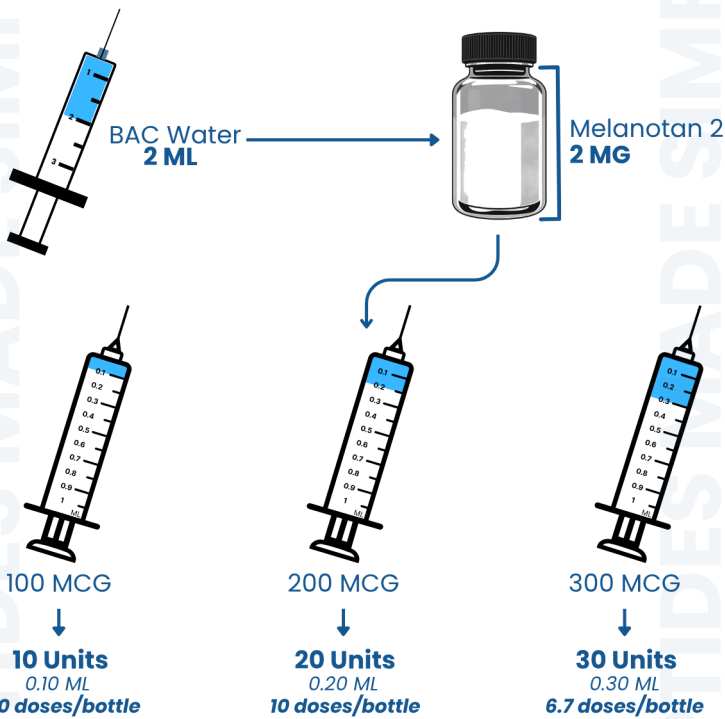
- Caution
 - May cause headache, nausea, changes in blood pressure, darkening of moles and freckles, and priapism (painful erection lasting longer than four hours)
 - Caution in individuals with a history of or active autoimmune conditions
- Contraindications
 - Individuals with active or a history of skin cancer
 - Do not combine with other PDE-5 inhibitors (Cialis, Viagra, etc)

Reconstitution Options

- 2 MG
- 10 MG

Melanotan 2
2 MG

RECONSTITUTION



More Options

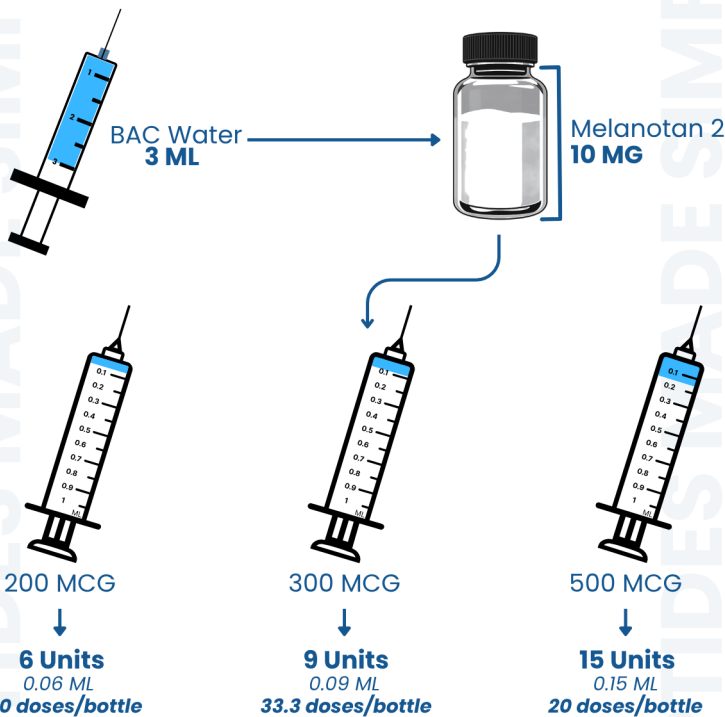
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Melanotan 2
10 MG

RECONSTITUTION



More Options

100 MCG → 3 units	600 MCG → 18 units
250 MCG → 8 units	650 MCG → 20 units
350 MCG → 11 units	700 MCG → 21 units
400 MCG → 12 units	
450 MCG → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29

Overview

- Mod-GRF 1-29 acts as a hormone-releasing hormone (GHRH) and does not contain DAC (drug affinity complex)
- Initially developed in the 1980s, Mod-GRF 1-29 was created to overcome the short half-life of the natural GHRH, allowing for a longer duration of action in stimulating growth hormone.
- MOD-GRF 1-29 is not the same as CJC-1295. Many labs will label CJC-1295 DAC, actually referring to CJC-1295, and label CJC-1295, actually referring to MOD-GRF 1-29.

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production.
- Mod-GRF 1-29 maintains the natural rhythmic release of GH, which is essential for balanced physiological function. By ensuring proper GH release patterns, Mod-GRF 1-29 allows the secretion of downstream hormones like insulin-like growth factor-1 (IGF-1), which plays a role in growth and development.
- Combining Mod-GRF 1-29 with growth hormone-releasing peptides (GHRPs), which inhibit somatostatin (a hormone that blocks GH release), enhances the effectiveness of GH release. This combination ensures that the body produces GH and releases it properly, optimizing its benefits.
- Mod-GRF 1-29 may improve conditions like inflammatory bowel disease by enhancing bowel motility and gut health. Additionally, it has potential cardioprotective effects, helping the heart recover better after events like heart attacks.

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Dosing & Cycling

- Dosing
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple injections can be given a day to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

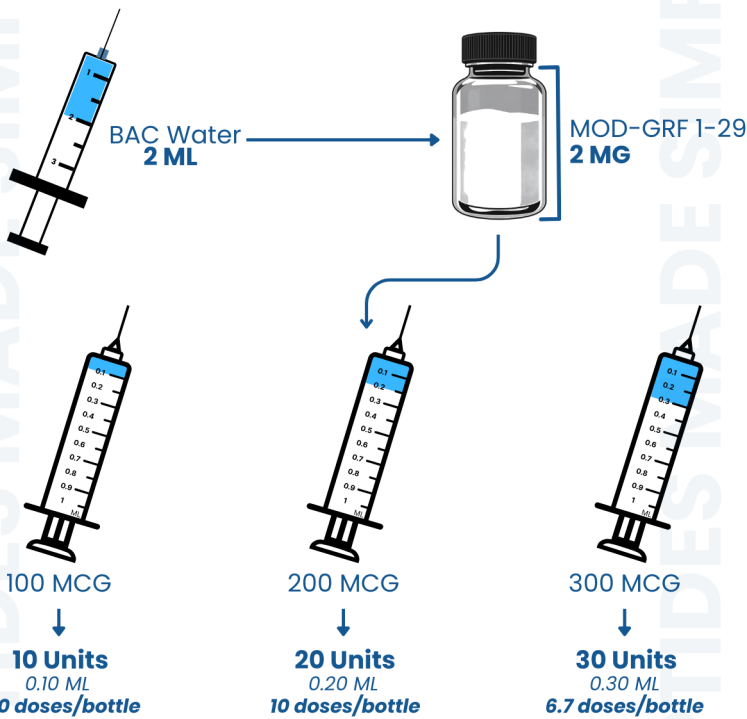
Reconstitution Options

- 2 MG
- 5 MG

MOD-GRF 1-29

2 MG

RECONSTITUTION



More Options

50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

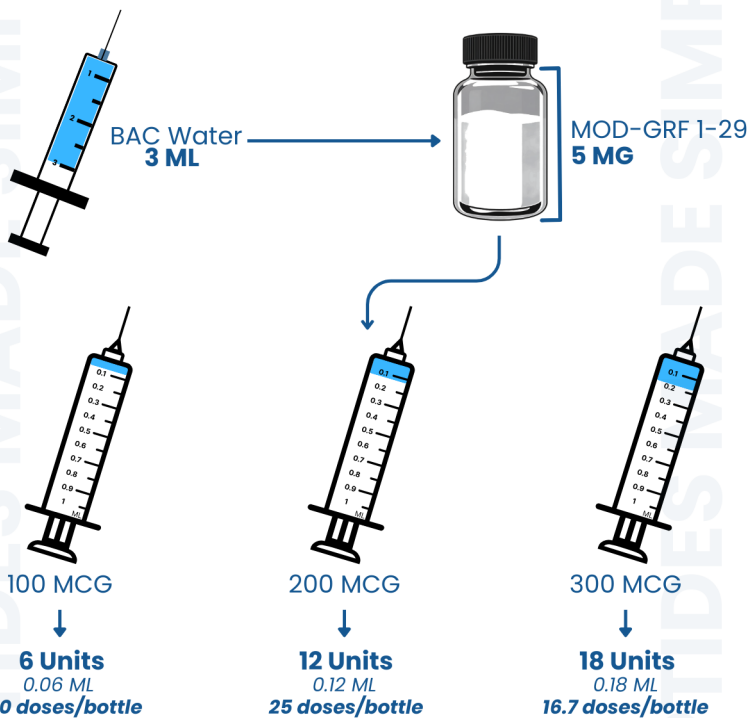
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

MOD-GRF 1-29

5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

MOTS-C

Overview

- MOTS-C is produced by the gene in the mitochondrial DNA and belongs to a group called mitochondrial-derived peptides (MDPs)
- MOTS-C can enter the cell nucleus and circulate in the bloodstream, showcasing its impact on the body
- Research is discovering how MOTS-C impacts metabolism, weight management, exercise capacity, and longevity.

Deeper Research

- MOTS-C mainly acts on the AICAR pathway, which activates the AMPK pathway. The AMPK pathway regulates energy metabolism, improves insulin sensitivity, reduces inflammatory responses, enhances fatty tissue activation, creates exercise-induced benefits, and protects the body against aging.
- MOTS-C improves muscle function by enhancing glucose uptake. Additionally, it boosts brown fat activity, aiding in calorie burning and fat reduction.
- MOTS-C promotes bone health by enhancing the survival and function of osteoblasts, the cells that build bone.
- MOTS-C supports endothelial cell function, which improves circulation. By improving how these cells respond to signals, MOTS-C may enhance heart health and reduce the risk of heart-related issues.

Dosing & Cycling

- Dosing
 - 500 mcg - 5 mg per dose
 - Typically, smaller doses are used for more frequent dosing, with larger doses used for less frequent dosing.

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- Cycling
 - 1 - 7x week, for 1 month, and can be extended up to 3 or 4 months, with a 1-month minimum cycle break between
 - Cycle length and intensity depend on response and goal

Caution & Contraindications

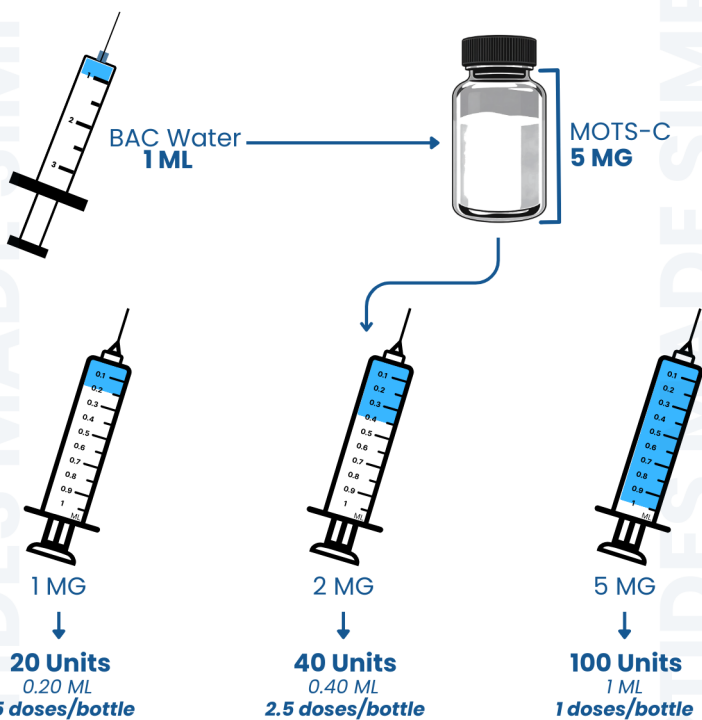
- Caution
 - May cause increase in heart rate and/or insomnia
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 5 MG
- 10 MG

MOTS-C
5 MG

RECONSTITUTION



More Options

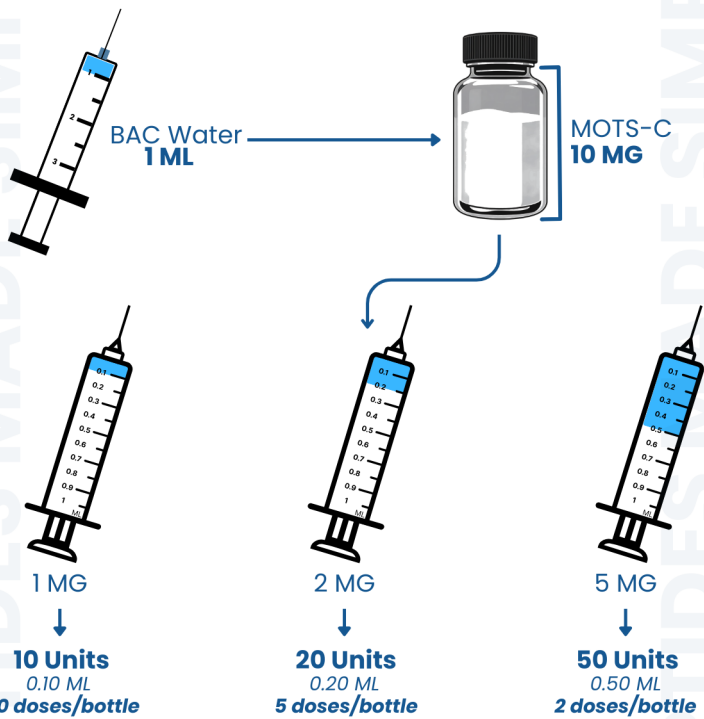
500 MCG → **10 units** 4 MG → **80 units**
1.5 MG → **30 units** 4.5 MG → **90 units**
2.5 MG → **50 units**
3 MG → **60 units**
3.5 MG → **70 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

MOTS-C
10 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

NAD+

Overview

- NAD+ (nicotinamide adenine dinucleotide) is a molecule that helps transfer energy by shuttling electrons between bodily reactions, which are essential for energy production.
- NAD+ activates and deactivates enzymes, modifies proteins after they're made, and facilitates cell communication, playing a role in various bodily functions.
- NAD+ also functions inside and outside cells throughout the body.

Deeper Research

- NAD+ can help restore mitochondrial function and communication between mitochondria and the nucleus, potentially preventing the effects of aging by activating genes linked to metabolism and longevity.
- NAD+ supports muscle by enhancing oxidative phosphorylation (how cells make energy with oxygen and food), which produces ATP (the energy currency of cells) in mitochondria.
- NAD+ protects neurons by improving mitochondrial function and reducing reactive oxygen species (ROS) that cause cellular damage. Research is finding how NAD+ levels influence neurodegenerative diseases like Alzheimer's and Parkinson's.
- NAD+ regulates inflammation and metabolic health. Low NAD+ levels increase NAMPT, an enzyme linked with inflammation, contributing to obesity and type 2 diabetes.

Dosing & Cycling

- Dosing
 - 50-250 mg per dose
 - Typically, smaller doses are used for more frequent dosing, with larger doses used for less frequent dosing.

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- For more intensive therapy: 500-1500 mg per day, often as part of a multi-day protocol
- Cycling
 - 1 - 3x week, for 1 month, and can be extended up to 3 or 4 months, with a 1-month minimum cycle break between
 - Cycle length and intensity depend on response and goal

Cautions & Contraindications

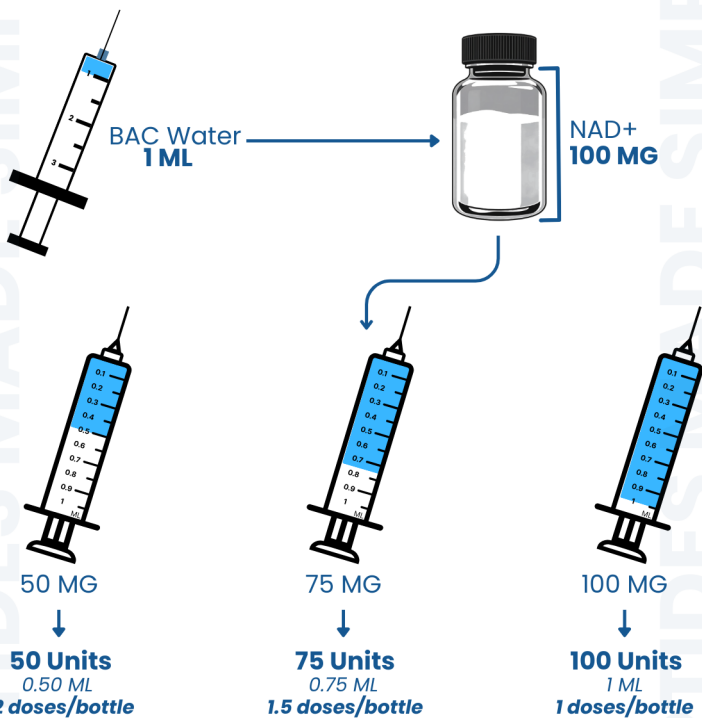
- Cautions
 - May cause nausea, flushing in the chest and face, and/or headache
 - Caution in individuals taking medications affecting the liver, blood thinners, and/or vitamins B3/B6
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 100 MG
- 500 MG
- 750 MG
- 1000 MG

NAD+
100 MG

RECONSTITUTION



More Options

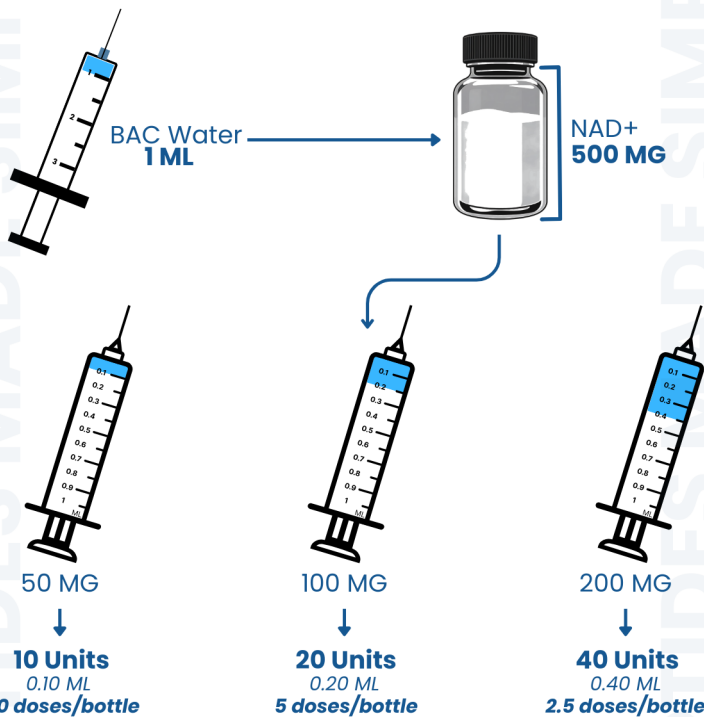
25 MG → 25 units

Key

ML -> Milliliter
MG -> Milligram
BAC Water -> Bacteriostatic Water

NAD+
500 MG

RECONSTITUTION



More Options

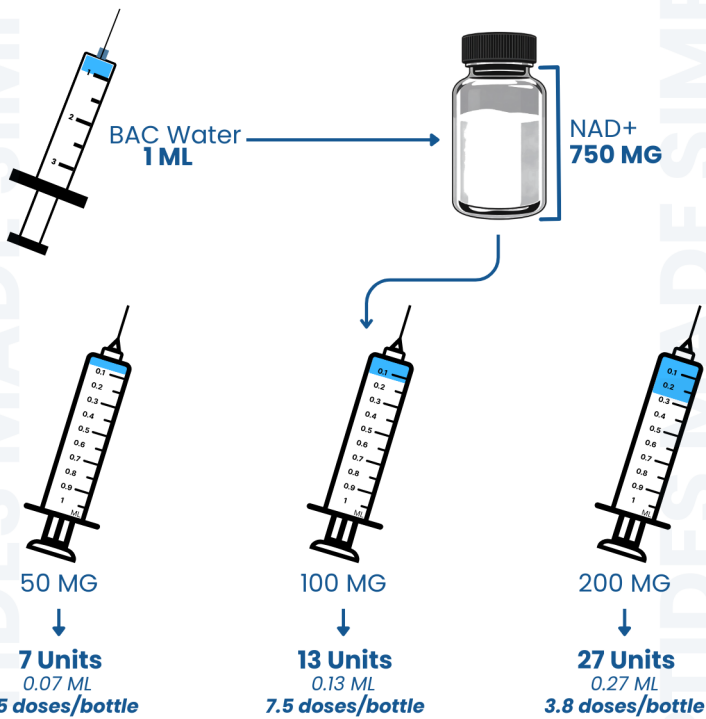
150 MG → 30 units 500 MG → 100 units
250 MG → 50 units
300 MG → 60 units
350 MG → 70 units
450 MG → 80 units

Key

ML → Milliliter
MG → Milligram
BAC Water → Bacteriostatic Water

NAD+
750 MG

RECONSTITUTION



More Options

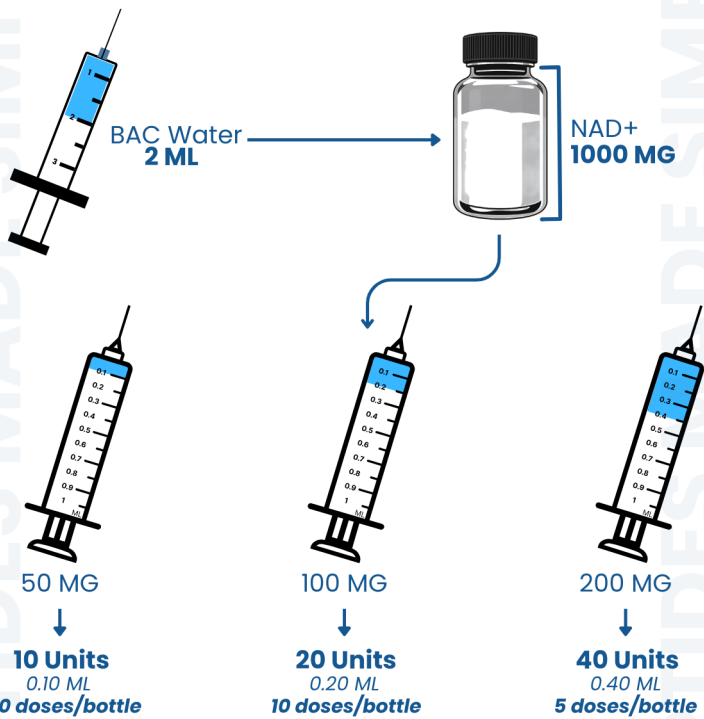
150 MG → 20 units	450 MG → 60 units
250 MG → 33 units	500 MG → 67 units
300 MG → 40 units	
350 MG → 47 units	
400 MG → 53 units	

Key

ML -> Milliliter
MG -> Milligram
BAC Water -> Bacteriostatic Water

NAD+
1000 MG

RECONSTITUTION



More Options

150 MG → 30 units 450 MG → 90 units
250 MG → 50 units 500 MG → 100 units
300 MG → 60 units
350 MG → 70 units
400 MG → 80 units

Key

ML -> Milliliter
MG -> Milligram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Ovagen

Overview

- Ovagen is a bioregulator known for regulating functions in the liver and digestive tract.
- Ovagen can cross cell membranes and directly influence DNA structure and how genes are expressed.
- Ovagen may help manage the reproduction of HIV, making it a point of interest for researchers studying HIV and its lifecycle.

Deeper Research

- Ovagen enhances liver function by promoting cell growth and preventing fibrosis (scarring).
- Ovagen works on the gastrointestinal (GI) tract by boosting the mucosal barrier, which protects the gut lining from antibiotics, toxins, and chemotherapy damage.
- Research indicates that Ovagen effectively inhibits HIV-1 protease, an enzyme essential for the virus's replication. By blocking this enzyme, Ovagen reduces viral load and prevents the spread of infection

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month

Readers Review Copy

✧ Months 4-12: Off

■ Maintenance Phase - Year 2+

✧ 10-20 day cycles

✧ 3x a year spread out evenly

Caution & Contraindications

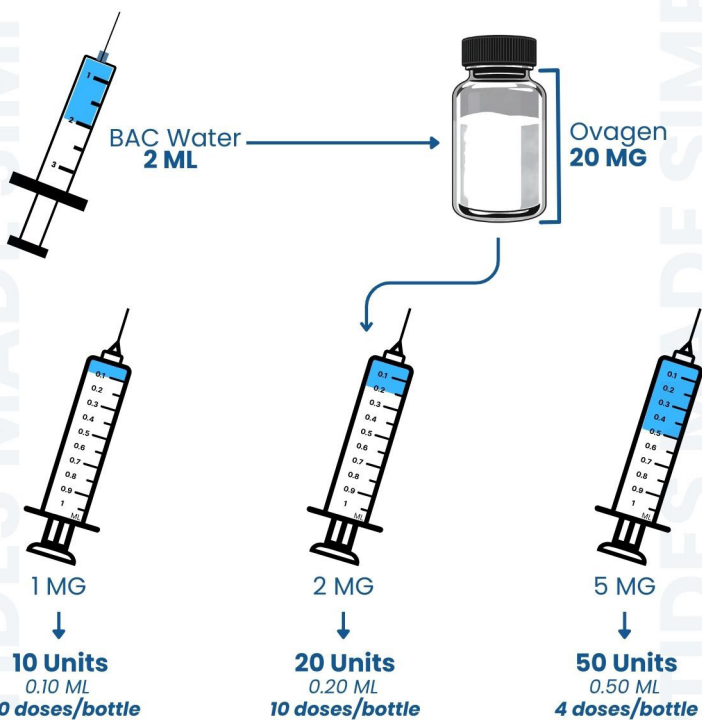
- Caution
 - Caution in individuals with a history of or existing liver conditions
 - Caution in individuals taking medications affecting the liver or used in the treatment of HIV
- Contraindications
 - None at the moment due to limited research

Reconstitution Options

- 20 MG

Ovagen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Oxytocin

Overview

- Oxytocin is a neuropeptide produced by the hypothalamus that is involved in human behavior, particularly bonding and reproduction.
- Oxytocin is released during childbirth and breastfeeding, thereby enhancing mother-child bonding. It is also released during sexual activity and positive social interactions, promoting emotional connection, trust, and social bonding.
- Modified oxytocin versions are entering the field for increased potency and duration.
 - Oxytocin Acetate → Modifications with an acetate group increase the peptide's stability and half-life.
 - Oxytocin Acetate Amide → Modification with an acetate and amide group, increasing the peptide's stability and half-life further (most potent)

Deeper Research

- Oxytocin, often termed the “love hormone,” binds to receptors in the brain and reproductive organs, triggering neurotransmitters that foster trust and attachment
- Oxytocin helps regulate emotions by interacting with brain areas that manage fear and anxiety. It reduces stress hormones like cortisol, promoting calm feelings and enhancing social interactions
- Oxytocin boosts wound healing by modulating inflammation via its influence on cytokines, ensuring efficient recovery without excessive inflammation.
- Oxytocin improves insulin sensitivity by increasing glucose uptake in muscle and fat tissues, maintaining stable blood sugar levels. It also stimulates muscle stem cells, promoting repair and preventing age-related muscle loss

Readers Review Copy

Dosing & Cycling

- Dosing
 - 10-200 IUS per dose
- Cycling
 - Dosing can vary based on the goal, and administration may be daily or multiple times a week.
 - Cycling can be weeks to months, followed by a break to assess the response and maintain efficacy.
- Limited research on dosing and cycling schemes for modifications of Oxytocin (Acetate and Amidate). Currently, similar dosing and cycling schemes of the original compound are seen in the peptide field.
 - Often recommended to start with a more conservative dosing and cycling scheme when researching more potent compounds.

Cautions & Contraindications

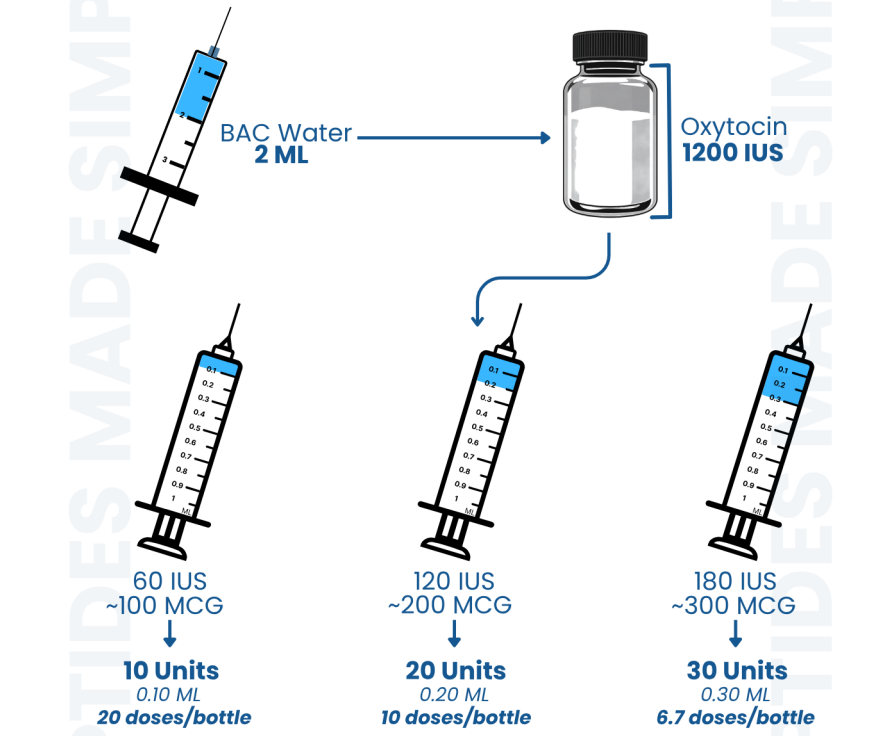
- Cautions
 - May cause nausea, vomiting, headaches, and changes in blood pressure
 - Caution in individuals with heart disease, hypertension, and/or psychiatric disorders
- Contraindications
 - Individuals with previous major surgery on the cervix or uterus

Reconstitution Options

- 2 MG (~1200 IUS)
- 5 MG (~3000 IUS)
- 10 MG (~6000 IUS)

Oxytocin
1200 IUS
~2 MG

RECONSTITUTION



More Options

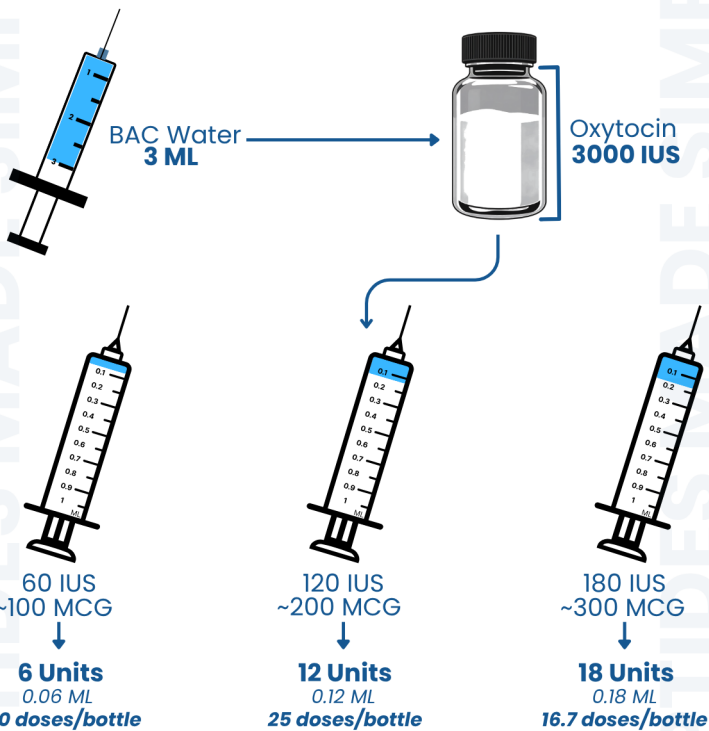
30 IUS → **5 units** 300 IUS → **50 units**
90 IUS → **15 units**
150 IUS → **25 units**
210 IUS → **35 units**
240 IUS → **40 units**
270 IUS → **45 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water
1 MCG Oxytocin ~ 1.67 IU
IU → International Unit

Oxytocin
3000 IUS
~5 MG

RECONSTITUTION



More Options

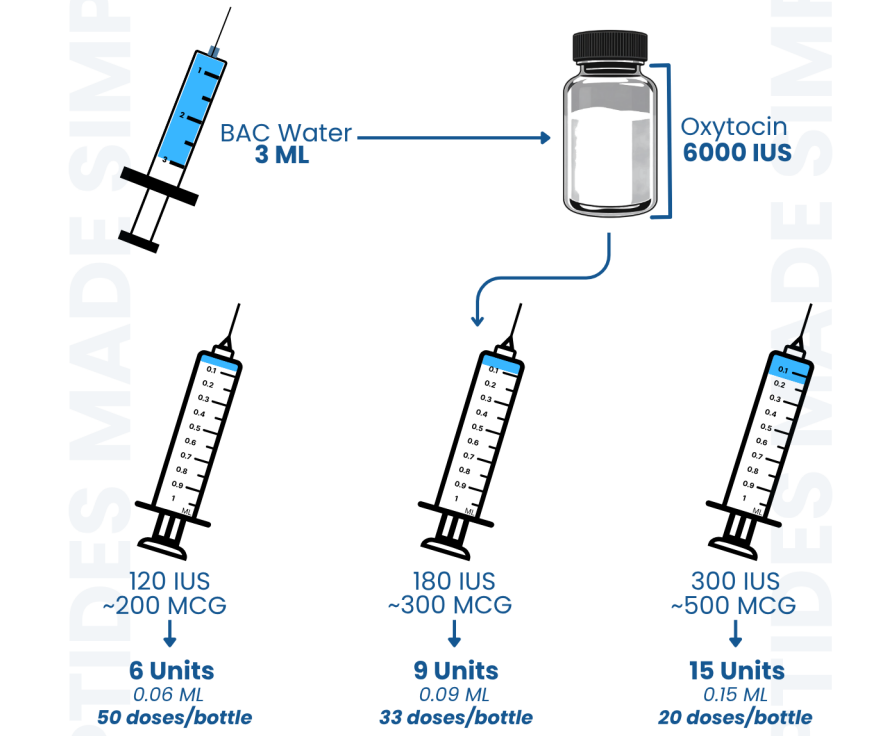
30 IUS → **3 units** 300 IUS → **30 units**
90 IUS → **9 units**
150 IUS → **15 units**
210 IUS → **21 units**
240 IUS → **24 units**
270 IUS → **27 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water
1 MCG Oxytocin ~ 1.67 IU
IU → International Unit

Oxytocin
6000 IUS
~10 MG

RECONSTITUTION



More Options

60 IUS → 3 units	330 IUS → 17 units
90 IUS → 5 units	360 IUS → 18 units
150 IUS → 8 units	390 IUS → 20 units
210 IUS → 11 units	420 IUS → 21 units
240 IUS → 12 units	
270 IUS → 14 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water
1 MCG Oxytocin ~ 1.67 IU
IU -> International Unit

Readers Review Copy

P21

Overview

- P21 is a version of a naturally occurring protein called CNTF (ciliary neurotrophic factor), which helps promote the growth and survival of neurons in the nervous system
- It was created using a technique that identifies how proteins bind to their receptors, allowing scientists to develop a smaller version that can enter the brain easily and avoid rapid breakdown in the body.
- P21 helps protect nerve cells from damage and supports their growth, promoting the formation of neurotransmitters and also influences appetite by increasing feelings of fullness

Deeper Research

- P21 is a peptide derived from the larger protein CNTF (ciliary neurotrophic factor), promoting nerve cell growth. It mimics CNTF's binding effects, allowing it to cross the blood-brain barrier while remaining more stable in the body.
- Acting primarily in the dentate gyrus—a brain region important for memory and learning—P21 enhances neurogenesis (creating new neurons)
- By inhibiting signaling pathways that limit neuron growth, P21 fosters a regenerative brain environment. This is especially relevant for Alzheimer's disease, as it stimulates neuron growth and reduces harmful factors that contribute to neurodegeneration.
- P21 also increases Ciliary Neurotrophic Factor levels, which boosts alpha-melanocyte stimulating hormone (alpha-MSH) production. Alpha-MSH promotes satiety, indicating that P21 may help regulate appetite while enhancing neuroprotection and cognitive function.

Readers Review Copy

Dosing & Cycling

Limited information on dosing and cycling of this peptide

- Dosing
 - 100-500 mcg per dose
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Cautions & Contraindications

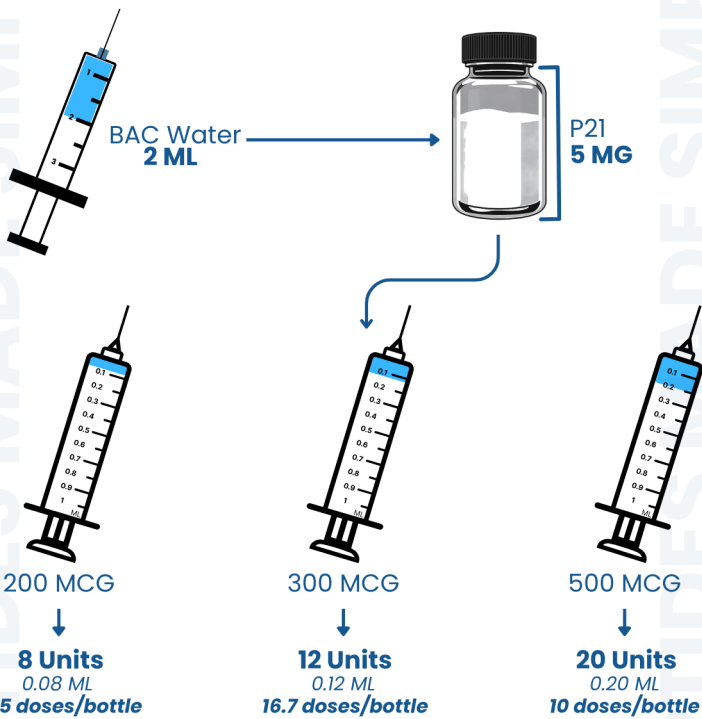
- Cautions
 - Caution in individuals with existing neurological disorders
 - May cause headache and/or fatigue
- Contraindications
 - Unknown at the moment due to limited research

Reconstitution Options

- 5 MG

P21
5 MG

RECONSTITUTION



More Options

100 MCG → **4 units** 750 MCG → **30 units**
150 MCG → **6 units** 1 MG → **40 units**
250 MCG → **10 units**
350 MCG → **14 units**
450 MCG → **18 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Pancragen

Overview

- Pancragen is a peptide and bioregulator of four amino acids that primarily supports the pancreas.
- It helps improve pancreatic function, which can improve blood sugar, enhance hormone production, and regulate melatonin.
- Pancragen may help aid in diabetes and reduce the effects of other metabolic issues due to the pancreas support it offers.

Deeper Research

- Pancragen stimulates growth in pancreatic cells, specifically acinar cells (which aid digestion) and the islet of Langerhans (which produce insulin and glucagon)
- Pancragen helps maintain capillary health by restoring endothelial cell adhesion—the way cells stick together—improving blood vessel strength, and potentially aiding as a tool in many cardiovascular-related diseases.
- Pancragen normalizes insulin secretion, which indirectly helps restore melatonin levels. Melatonin has protective effects on the metabolism; it regulates sleep-wake cycles and influences weight management, glucose metabolism, and energy utilization.
- Pancragen lowers blood sugar while normalizing insulin and C-peptide levels, indicators of insulin production. This suggests that Pancragen may offer an aid in diabetes.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption

Readers Review Copy

- Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month
 - ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Cautions & Contraindications

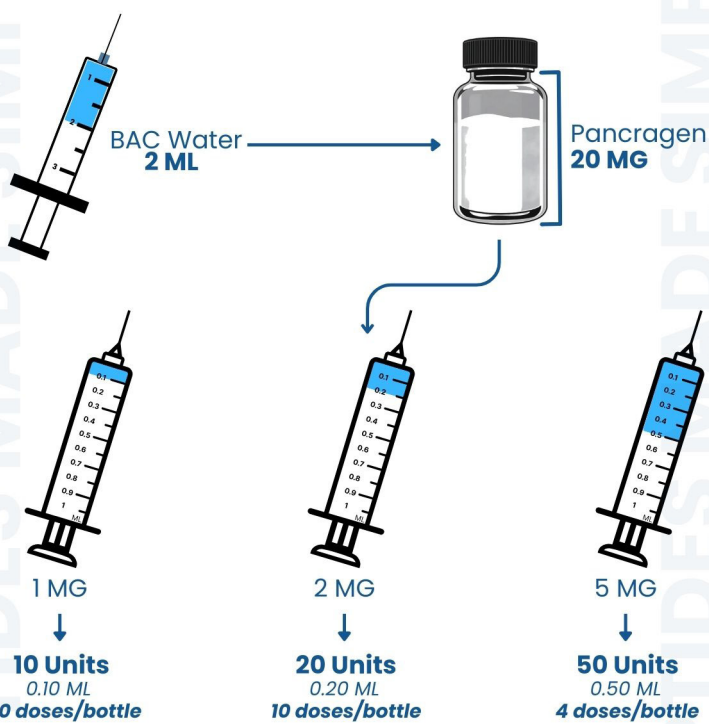
- Cautions
 - Caution in individuals who have a history of or active diabetes, pancreatic disorders, hormone imbalances, and/or metabolic disorders
 - Caution in individuals on diabetes medications or other endocrine-related treatments
- Contraindications
 - Individuals with severe pancreatic conditions

Reconstitution Options

- 20 MG

Pancragen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

PE-22-88

Overview

- PE-22-28 is a peptide derived from Spadin (an antidepressant peptide found in human blood)
- PE-22-28 blocks the TREK-1 channel in the brain. High levels of TREK-1 are associated with cognitive impairment and low mood.
- This peptide is being researched for use as a natural antidepressant, for enhanced learning, for stroke recovery, and neurodegenerative disease treatment.

Deeper Research

- PE-22-28 binds to and then blocks the TREK-1 receptors, which are found in regions of the brain regulating mood, memory, and learning
- By reducing the levels of TREK-1, the body has a heightened ability to manage stress, memory recall, learning capabilities, and overall mood regulation.
- PE-22-28 is faster-acting and has a higher affinity (better binding) than most antidepressants. This allows for potent antidepressant benefits with a higher safety profile than traditional antidepressants.
- PE-22-28 not only helps with mood regulation but also increases the formation of new connections between neurons (synaptogenesis) and may enhance muscle function and response by influencing TREK-1.

Dosing & Cycling

- Dosing
 - 200-600 mcg daily
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Readers Review Copy

Caution & Contraindications

- Caution
 - May cause headache, fatigue, and/or anxiety
 - Caution in individuals taking other antidepressants or antipsychotics
- Contraindications
 - Generally well tolerated based on current research

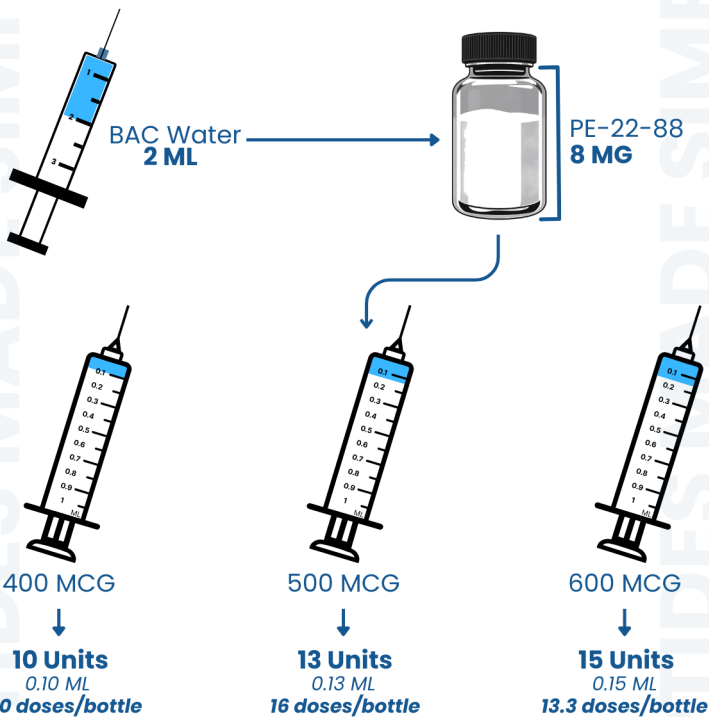
Reconstitution Options

- 8 MG
- 10 MG

PE-22-88

8 MG

RECONSTITUTION



More Options

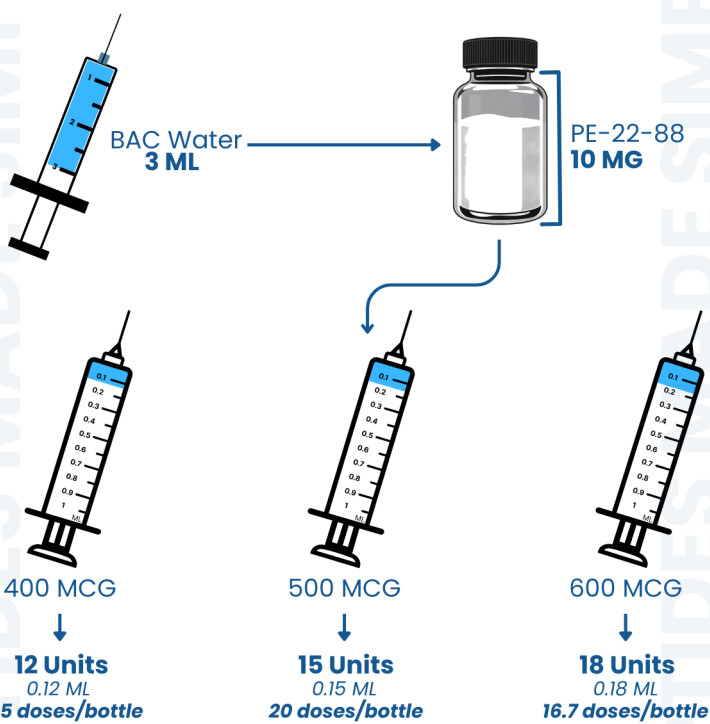
300 MCG → **8 units**
700 MCG → **18 units**
800 MCG → **20 units**
900 MCG → **23 units**
1 MG → **25 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

PE-22-88
10 MG

RECONSTITUTION



More Options

300 MCG → **9 units**
700 MCG → **21 units**
800 MCG → **24 units**
900 MCG → **27 units**
1 MG → **30 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

PEG-MGF

Overview

- PEG-MGF, or Pegylated Mechano-growth factor (PEG-MGF) is a modified version of MGF, which is a split variant of IGF-1 that plays a role in helping muscles grow and repair themselves.
- MGF is naturally activated in response to muscle injury or exercise and can be found in muscles, bones, tendons, brain, and heart tissues
- Adding PEG (polyethylene glycol) to MGF helps make the compound more stable, increasing the half-life to 48-72 hours.

Deeper Research

- PEG-MGF activates muscle stem cells, helping to increase muscle fiber size and speed up recovery after injury or exercise.
- PEG-MGF supports joints by enhancing the survival of chondrocytes, the cells responsible for cartilage. This function can help prevent joint injuries and long-term conditions like osteoarthritis by promoting cartilage regeneration during physical stress.
- PEG-MGF protects cardiomyocytes (heart muscle cells) during ischemic events like heart attacks. By reducing damage to these heart muscle cells, PEG-MGF could serve as a tool to improve recovery and outcomes following cardiac events.
- PEG-MGF demonstrates neuroprotective effects, enhancing the survival of motor neurons (the cells that carry signals to muscles) in conditions like ALS (a disease that attacks these cells)

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - 2 - 3x a week, 4-8 weeks on with a period equal to or greater than the usage duration to allow the body to reset and minimize potential desensitization
 - PEG-MGF is often used on rest days, as muscle stem cell stimulation will decrease.
 - Some theorize that injecting into the targeted muscle results in greater muscle building and recovery effects.

Caution & Contraindications

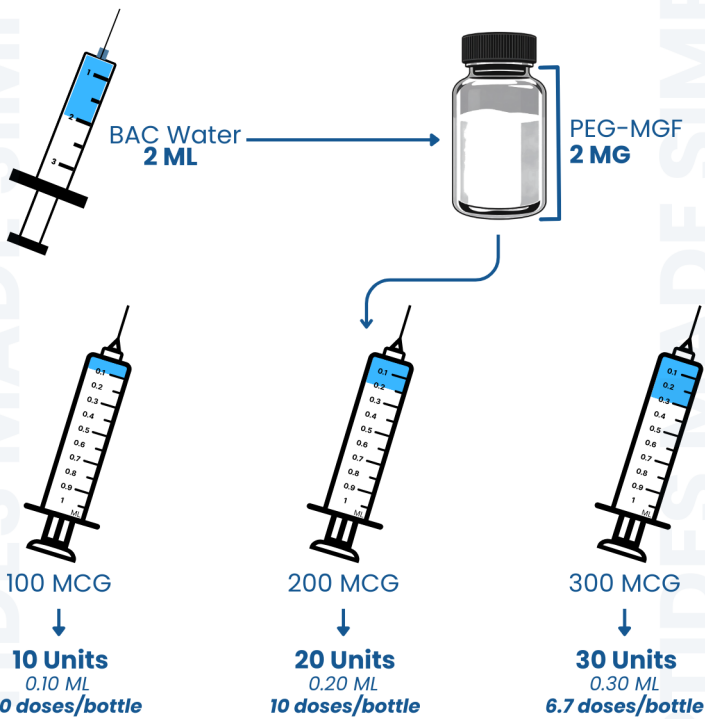
- Caution
 - May cause headache, nausea, tiredness, changes in blood pressure, changes in blood sugar, water retention, and/or an increase in cortisol
 - Caution in individuals with a history of cancer, as it may promote cell proliferation (cell growth)
- Contraindications
 - Individuals with active cancer

Reconstitution Options

- 2 MG
- 5 MG

PEG-MGF
2 MG

RECONSTITUTION



More Options

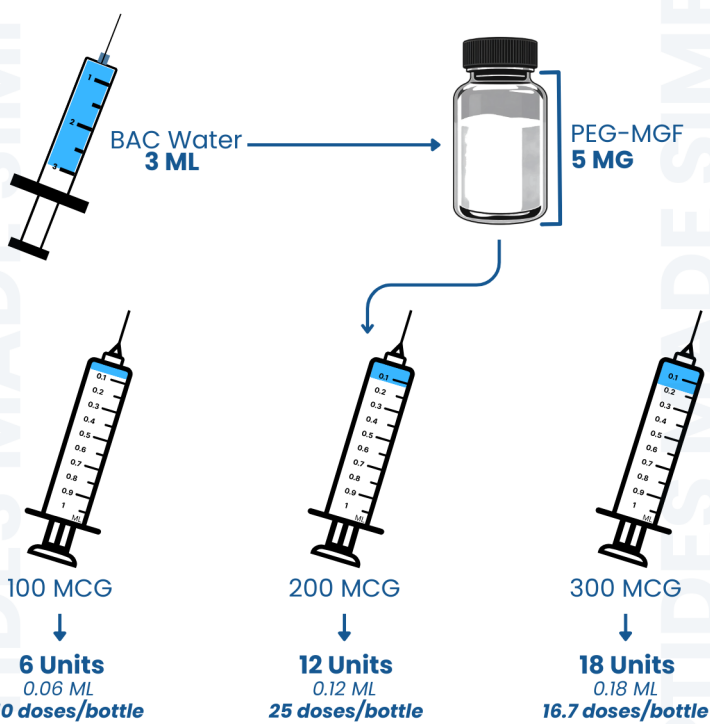
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

PEG-MGF
5 MG

RECONSTITUTION



More Options

50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

Pinealon

Overview

- Pinealon is classified as a bioregulator because it can interact with DNA to influence gene expression, specifically in the pineal gland.
- This peptide has been linked to protecting different types of cells, especially neurons, from damage caused by low oxygen levels (hypoxia)
- By affecting the pineal gland, Pinealon may help improve issues related to drug metabolism, sleep-wake cycles, and cognitive functions.

Deeper Research

- Pinealon boosts the production of a protein called irisin, which protects muscle cells during exercise and helps increase metabolism. Irisin is also linked to activating telomeres, which is associated with slower aging.
- Pinealon helps reduce the number of dead cells in the brain after low oxygen (hypoxia) conditions by activating the body's natural antioxidant defenses.
- Pinealon influences mood by increasing levels of an enzyme called 5-tryptophan hydroxylase. This enzyme aids in producing serotonin (a neurotransmitter that contributes to feelings of well-being).
- Pinealon acts on the pineal gland (part of the brain that regulates sleep and wake cycles) Because of this, Pinealon may positively influence circadian rhythms and aid in sleep.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose

Readers Review Copy

- Cycling
 - Bioregulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-4: Daily for 10-20 days at the start of each month
 - ✧ Months 5-12: Off
 - Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

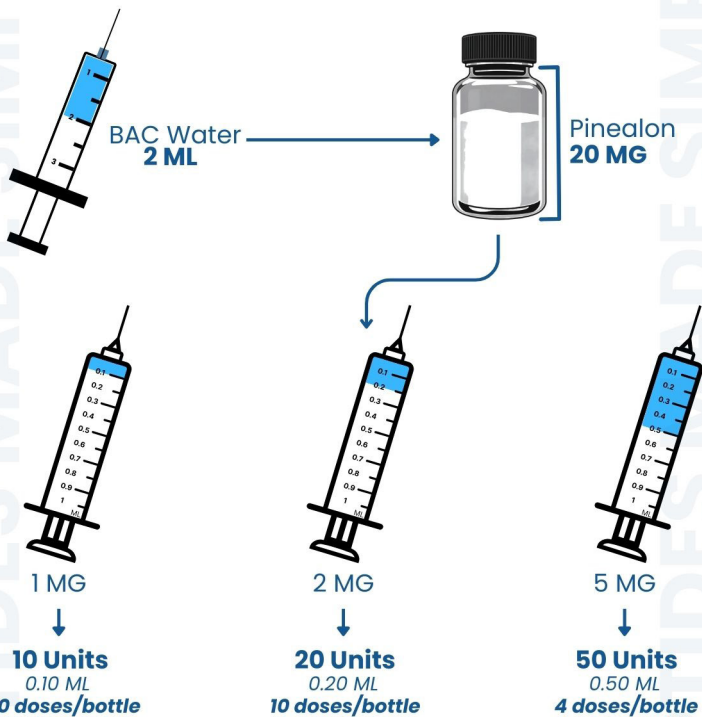
- Caution
 - Generally well tolerated based on current research
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Pinealon
20 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

PNC-27

Overview

- Developed in 2000 by researchers working to combat HIV, PNC-27 was later found to possess the ability to target and destroy cancer cells.
- This peptide works by binding to cancer cells and disrupting their membranes, which leads to the death of these cells.
- Studies in animals have shown that PNC-27 can target and kill cells from several types of cancer (pancreatic, breast, and melanoma)

Deeper Research

- Once PNC-27 is introduced into the body, it travels to cancer cells and binds to HDM-2 proteins on their membranes, which HDM-2 proteins are found in cancer cells.
- This binding creates small holes in the cancer cell membranes (methanolysis). The cell then dies due to the difference in pressure inside and outside it.
- PNC-27 induces cell death in various types of cancer, including solid tumors and leukemia. It does not rely on the normal p53 pathways often disrupted in cancer cells, making it a potential tool for hard-to-target cancers.

Dosing & Cycling

Limited information on dosing and cycling of this peptide

- Dosing
 - 200-500 mcg per dose
- Cycling
 - Daily, for 30-day cycles or shorter, with a 30-day minimum cycle break between

Readers Review Copy

- Dosing intensity and frequency largely depend on the individual's goal and response.

Caution & Contraindications

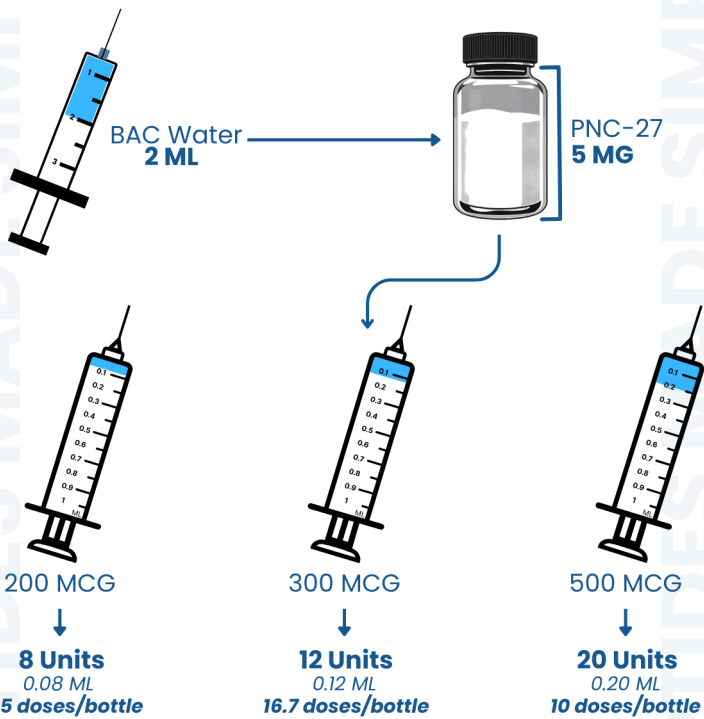
- Caution
 - May cause flu-like symptoms, changes in blood pressure, headache, pain, and inflammation around tumor areas (all likely a response from the immune system being activated)
 - Caution in individuals with a history of or current cancer or immune system disorders
 - Caution in individuals undergoing additional cancer treatments
- Contraindications
 - Unknown at the moment due to limited research

Reconstitution Options

- 5 MG

PNC-27
5 MG

RECONSTITUTION



More Options

100 MCG → **4 units** 900 MCG → **36 units**
400 MCG → **16 units** 1 MG → **40 units**
600 MCG → **24 units** 2.5 MG → **100 units**
700 MCG → **28 units**
800 MCG → **32 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Prostamax

Overview

- Prostamax is a bio-regulator designed to help repair and improve the health of the prostate gland.
- It benefits immune cells like lymphocytes and can change how DNA behaves in various cells.
- Prostamax may help with long-term inflammation of the prostate. There is ongoing research on how this peptide can aid in chronic prostatitis and prostate cancer.

Deeper Research

- Prostamax modifies gene expression by interacting with chromatin, the packaging material of DNA. Decoding chromatin makes DNA more accessible, allowing genes to be expressed more effectively.
- Prostamax can reduce prostate inflammation, as demonstrated in rat models, where it decreased swelling in the prostate.
- Prostamax increases the activity of lymphocytes (a type of white blood cell) by boosting the production of ribosomes, aiding in translating mRNA into essential proteins for immune responses.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily

Readers Review Copy

- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

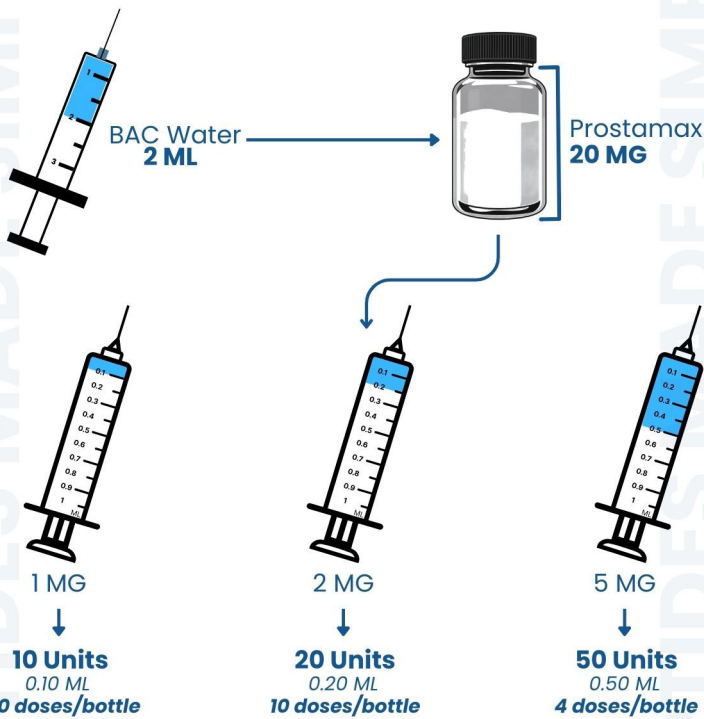
- Caution
 - Caution in individuals with autoimmune diseases
 - May cause headache, mood change, and stomach discomfort
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Prostamax
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

PT-141

Overview

- PT-141, also known as bremelanotide, is a peptide that was developed to help with female hypoactive sexual desire disorder (HSDD), often referred to as a “female viagra.”
- Originally discovered from Melnaotan-2
- Unlike traditional sexual enhancement medications, PT-141 targets the brain rather than the vascular system to increase sexual desire and works in both females and males.

Deeper Research

- PT-141 enhances sexual arousal by activating melanocortin receptors, specifically MC-4R and MC-1R, which play roles in appetite regulation, energy expenditure, and sexual function
- PT-141 addresses sexual desire from a neurological perspective, allowing it to influence both males and females.
 - In males, it can help with erectile dysfunction (ED)
 - In females, it can influence emotional satisfaction around sexual events
- Beyond sexual health, PT-141’s potential applications include aiding in hemorrhagic shock by improving blood flow and protecting tissues, providing anti-fungal properties, and possibly aiding cancer prevention by stimulating DNA repair pathways through the MC-1R receptor.

Dosing & Cycling

- Dosing
 - The typical dosage is around 1 mg, but it can be increased up to 4 mg

Readers Review Copy

- Cycling
 - Best taken 45-60 minutes before intercourse
 - One dose per 72 hours at the most. More can lead to desensitization of receptors.
 - Effects can last up to 24-72 hours

Caution & Contraindications

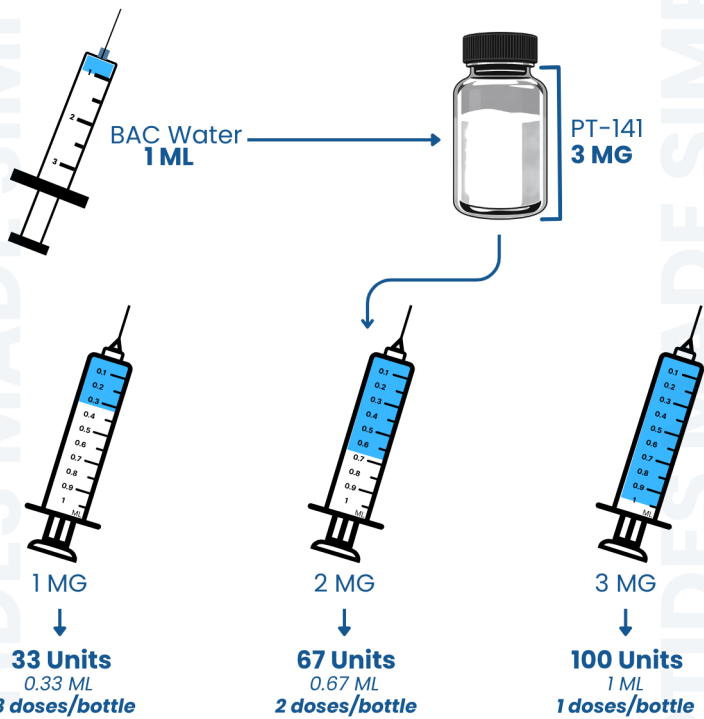
- Caution
 - May cause flushing, headaches, nausea, vomiting, and dizziness
 - Caution in individuals with cardiovascular disease and/or uncontrolled high blood pressure
- Contraindications
 - Do not combine with other PDE-5 inhibitors (Cialis, Viagra, etc)

Reconstitution Options

- 3 MG
- 10 MG

PT-141
3 MG

RECONSTITUTION



More Options

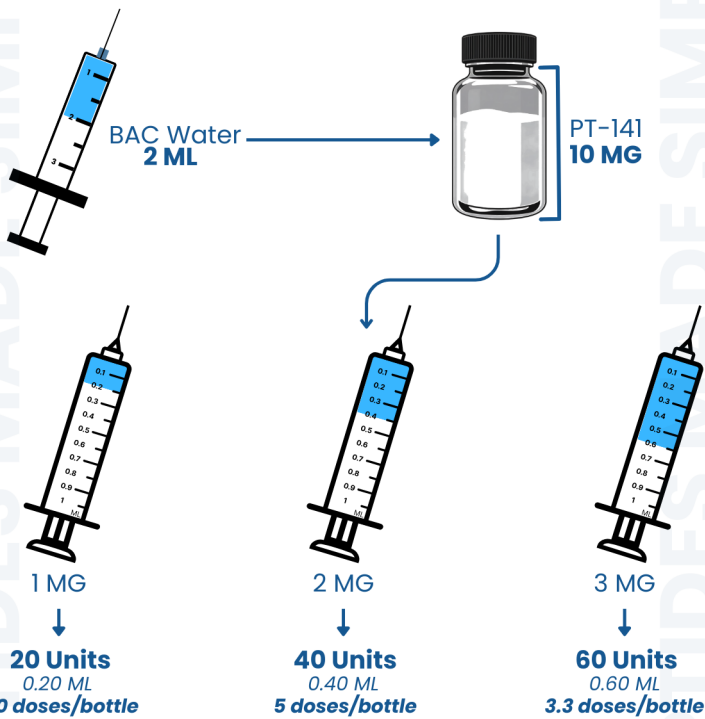
500 MCG → 17 units
1.5 MG → 50 units
2.5 MG → 83 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

PT-141
10 MG

RECONSTITUTION



More Options

500 MCG → 10 units
1.5 MG → 30 units
2.5 MG → 50 units
3.5 MG → 70 units
4 MG → 80 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Retatrutide

Overview

- Retatrutide is a peptide that works on multiple hormone receptors to help with metabolism and weight control.
- It aids in weight loss by increasing the body's energy expenditure (helping burn more calories) while reducing appetite.
- Retatrutide is being researched to aid in obesity-related conditions like diabetes and heart disease.

Deeper Research

- Retatrutide is designed to aid in weight loss by targeting three receptors related to appetite and metabolism:
 - GCGR - glucagon receptor
 - GLP-1R - gastric inhibitory peptide receptor
 - GIPR - glucagon-like peptide-1 receptor
- By activating these receptors, retatrutide slows down gastric emptying, which helps the body feel full longer, reducing the overall amount of food consumed. Additionally, it boosts metabolism by promoting fat breakdown and increasing energy expenditure.
- Retatrutide impacts blood sugar levels by acting on multiple receptors that enhance glucose metabolism and insulin sensitivity. Studies have demonstrated a reduction in glycated hemoglobin (HbA1c) levels (related to diabetes).
- Retatrutide may reduce obesity-related inflammation, protect blood vessels, regulate weight control hormones, and lower blood pressure, reducing heart disease risk.

Dosing & Cycling

- Dosing
 - 2-12 mg per dose

Readers Review Copy

- Increasing the dose 2 mg every 4 weeks until the goal response is achieved
- More is not always better
- Cycling
 - 1x weekly, 3-month cycles, with 1 month off minimum
 - Cycles can be extended depending on the response and the goal

Caution & Contraindications

- Caution
 - Caution in individuals with hypoglycemia (low blood sugar), pancreatic conditions, kidney conditions, and/or gastrointestinal conditions
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with type 1 diabetes and/or severe kidney impairment
 - Pregnant individuals

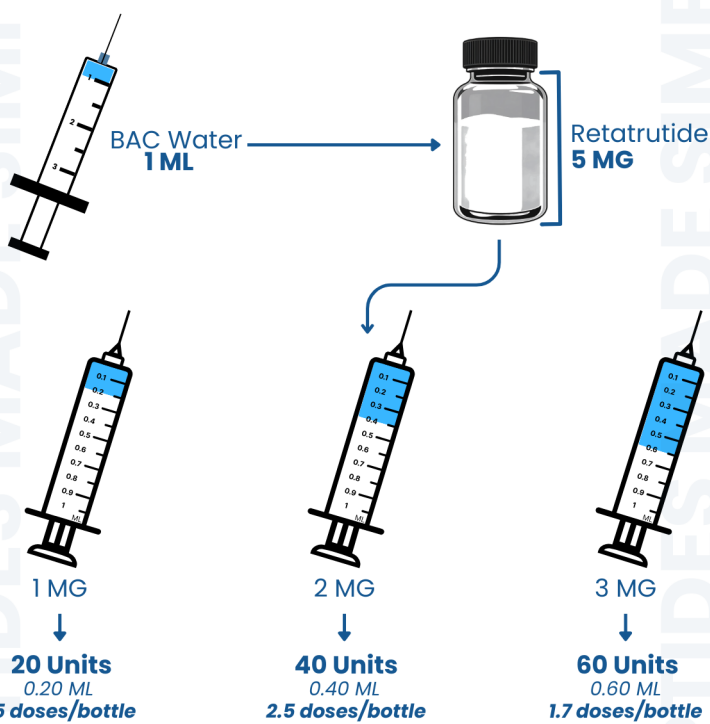
Reconstitution Options

- 5 MG
- 6 MG
- 10 MG
- 12 MG
- 16 MG

Retatrutide

5 MG

RECONSTITUTION



More Options

500 MCG → 10 units 4.5 MG → 90 units
1.5 MG → 30 units 5 MG → 100 units
2.5 MG → 50 units
3.5 MG → 70 units
4 MG → 80 units

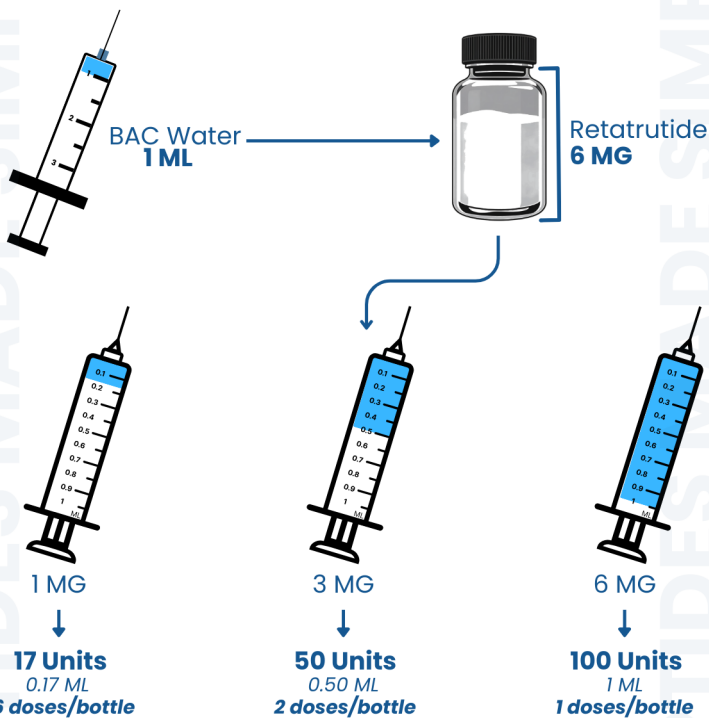
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Retatrutide

6 MG

RECONSTITUTION



More Options

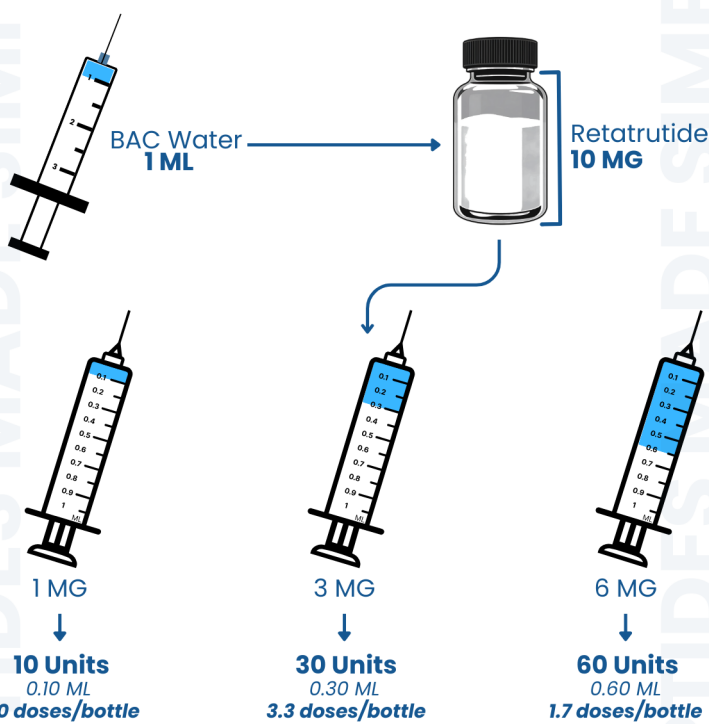
500 MCG → 8 units	4 MG → 67 units
1.5 MG → 25 units	4.5 MG → 75 units
2 MG → 33 units	5 MG → 83 units
2.5 MG → 42 units	5.5 MG → 92 units
3.5 MG → 58 units	

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Retatrutide 10 MG

RECONSTITUTION



More Options

500 MCG → 5 units	4 MG → 40 units
1.5 MG → 15 units	4.5 MG → 45 units
2 MG → 20 units	5 MG → 50 units
2.5 MG → 25 units	5.5 MG → 55 units
3.5 MG → 35 units	

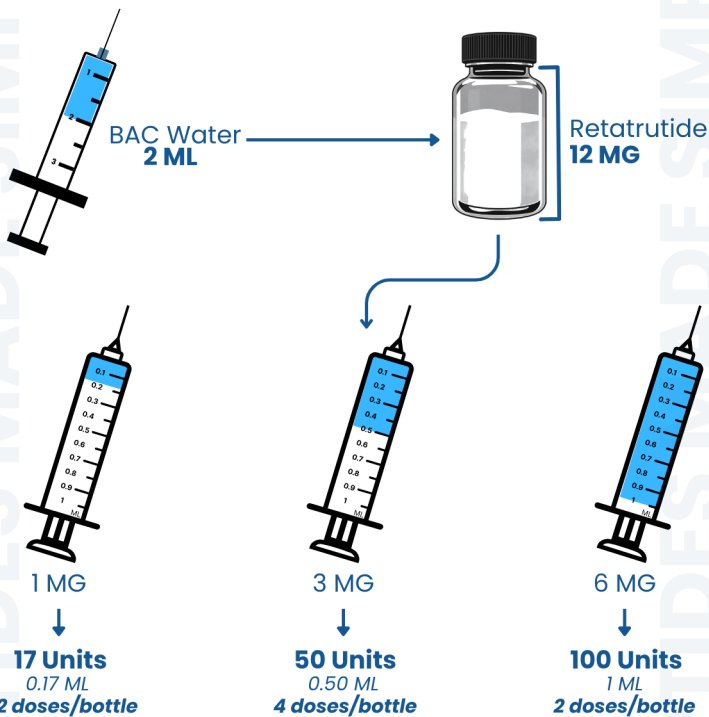
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Retatrutide

12 MG

RECONSTITUTION



More Options

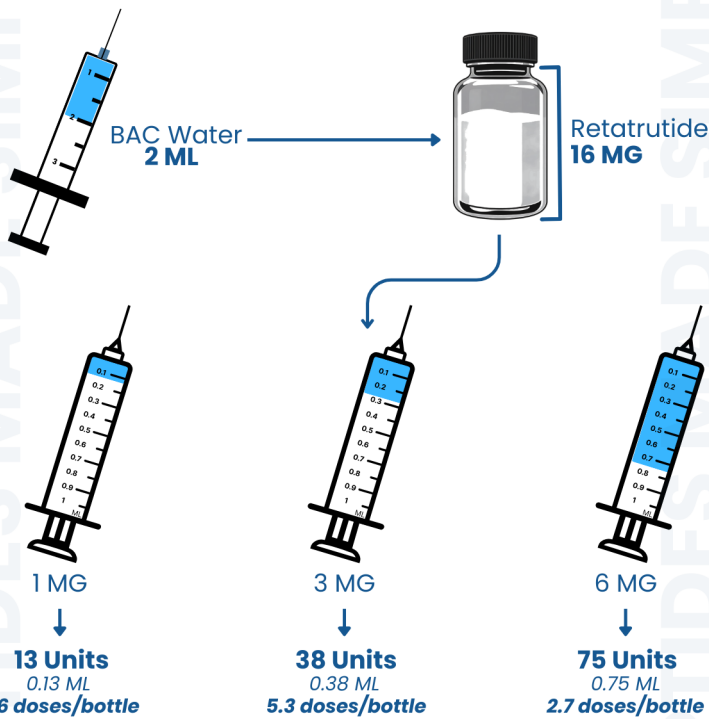
500 MCG → 8 units	4 MG → 67 units
1.5 MG → 25 units	4.5 MG → 75 units
2 MG → 33 units	5 MG → 83 units
2.5 MG → 42 units	5.5 MG → 92 units
3.5 MG → 58 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Retatrutide 16 MG

RECONSTITUTION



More Options

500 MCG → 6 units	4 MG → 50 units
1.5 MG → 19 units	4.5 MG → 56 units
2 MG → 25 units	5 MG → 63 units
2.5 MG → 31 units	5.5 MG → 69 units
3.5 MG → 44 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Selank

Overview

- Developed in Russia, Selank was created from Tuftsin (a peptide that naturally comes from the antibody immunoglobulin G) with additional sequences to enhance the peptide's stability.
- Selank has been shown to influence the immune system and brain functions
- This peptide is currently being studied for possible recovery aids for stroke, anxiety disorders, and neurodegenerative diseases.
- There are modified versions of Selank entering the field for increased potency and duration
 - N-Acetyl Selank → Modifications with an n-acetyl group increase the peptide's stability and half-life.
 - N-Acetyl Selank Amidate → Modification with an n-acetyl and amide group, increasing the peptide's stability and half-life further (most potent)

Deeper Research

- Selank enhances the production of brain-derived neurotrophic factor (BDNF). Increased BDNF levels lead to better memory retention and learning and support recovery from brain injuries.
- Selank can influence neurotransmitter levels in the brain, including serotonin, dopamine, and GABA. These all play a role in mood regulation and cognitive functions.
- Selank influences the immune response by reducing inflammatory markers like IL-6 and the breakdown of enkephalins (which help the brain relieve pain). This can reduce pain and inflammation in the body, specifically the brain.
- Selank stabilizes memory traces, making it easier for the brain to store and recall information.

Readers Review Copy

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - 1- 7x week, 6 weeks on, 6 weeks off
- Limited research on dosing and cycling schemes for modifications of Selank (N-Acetyl and Amidate). Currently, dosing and cycling schemes similar to those of the original compound are seen in the peptide field.
 - Often recommended to start with a more conservative dosing and cycling scheme when researching a more potent compound.

Caution & Contraindications

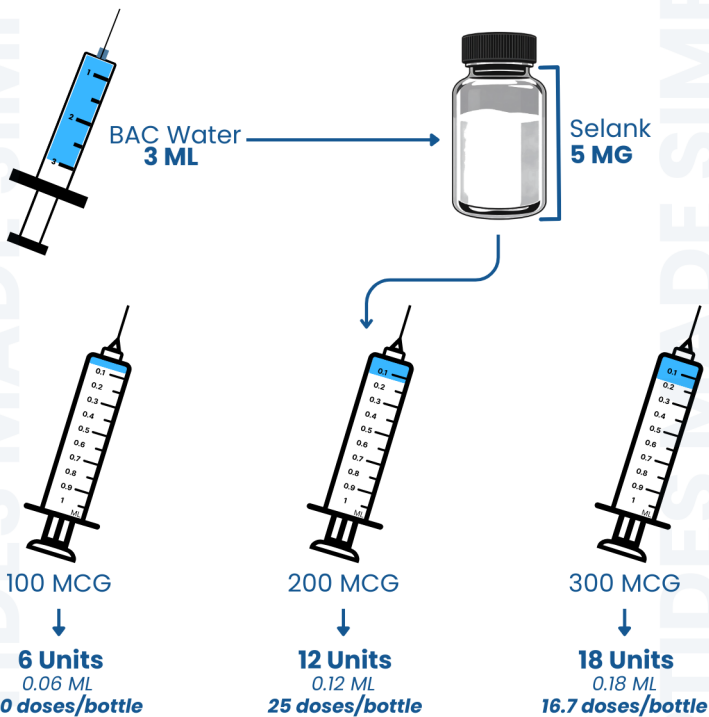
- Caution
 - May cause headache, fatigue, and/or anxiety
 - Caution in individuals taking other antidepressants or antipsychotics
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 5 MG
- 10 MG

Selank
5 MG

RECONSTITUTION



More Options

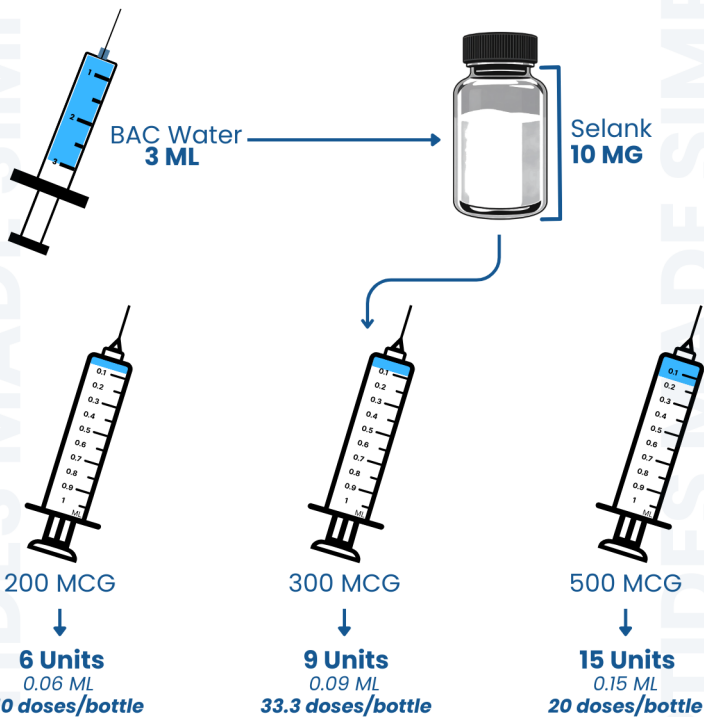
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Selank
10 MG

RECONSTITUTION



More Options

100 MCG → **3 units** 600 MCG → **18 units**
250 MCG → **8 units** 650 MCG → **20 units**
350 MCG → **11 units** 700 MCG → **21 units**
400 MCG → **12 units**
450 MCG → **14 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Semaglutide

Overview

- Semaglutide is an FDA-approved GLP-1 receptor agonist for type 2 diabetes that promotes fat-burning, appetite suppression, and improved insulin regulation.
- Semaglutide may enhance heart, liver, and lung function, and ongoing research suggests it could help slow the progression of Alzheimer's disease.

Deeper Research

- Semaglutide mimics GLP-1, a hormone released in the gut after eating. It targets brain areas that control appetite and slows gastric emptying, which gives the feeling of being fuller for longer.
- Semaglutide prompts the pancreas to produce more insulin, especially when blood sugar rises. This helps transport sugar from the bloodstream into cells, improving blood sugar control and energy use.
- Semaglutide protects heart health by improving cardiac function and may safeguard brain health by reducing damage linked to neurodegenerative diseases.

Dosing & Cycling

- Dosing
 - 250 mcg - 2400 mcg per dose
 - Increasing the dose 250 mcg every 4 weeks until the goal response is achieved
 - More is not always better
- Cycling
 - 1x weekly, 3-month cycles, with 1 month off minimum
 - Cycles can be extended depending on the response and the goal

Readers Review Copy

Caution & Contraindications

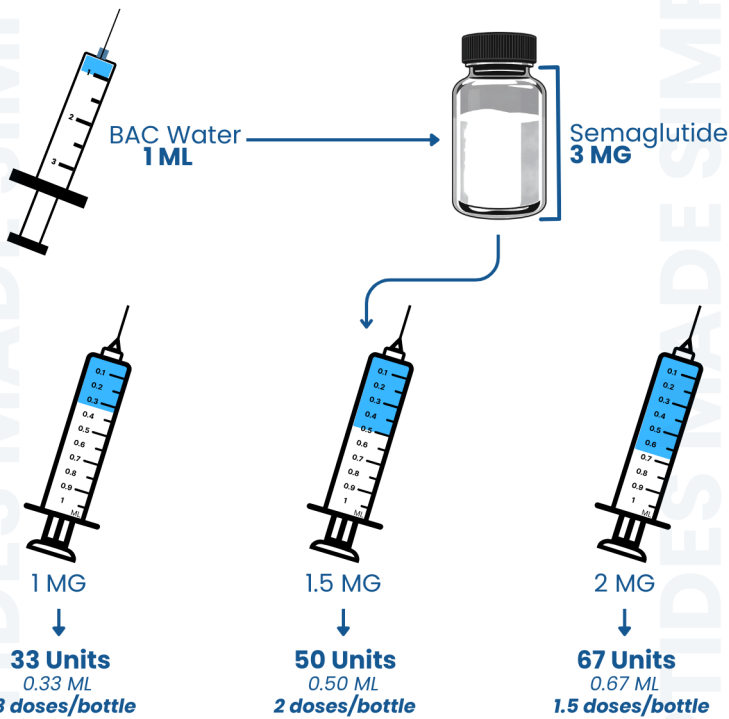
- Caution
 - Caution in individuals with hypoglycemia (low blood sugar), pancreatic conditions, kidney conditions, and/or gastrointestinal conditions
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with type 1 diabetes and/or severe kidney impairment
 - Pregnant individuals

Reconstitution Options

- 3 MG
- 5 MG
- 6 MG
- 10 MG
- 15 MG

Semaglutide
3 MG

RECONSTITUTION



More Options

250 MCG → 8 units 2.25 MG → 75 units
500 MCG → 17 units 2.5 MG → 83 units
750 MCG → 25 units
1.25 MG → 42 units
1.75 MG → 58 units

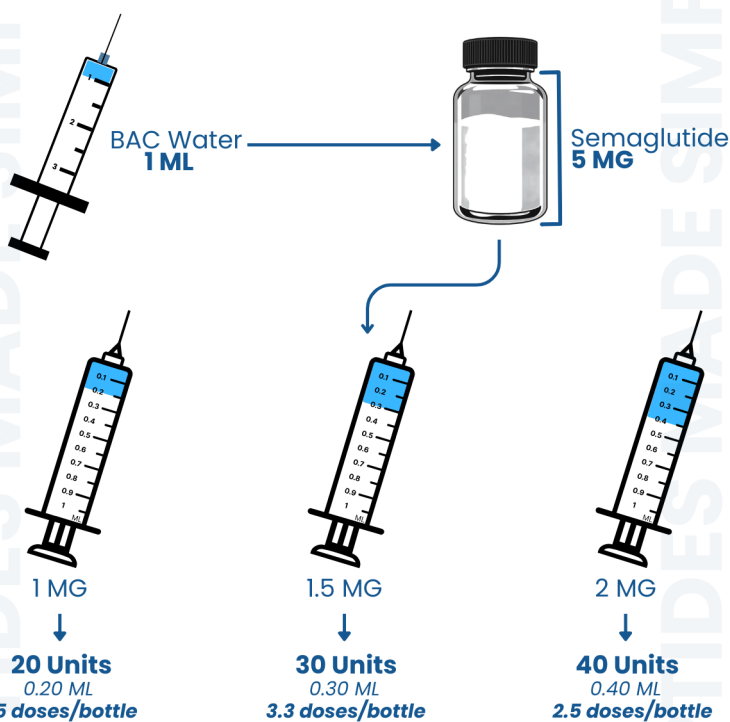
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Semaglutide

5 MG

RECONSTITUTION



More Options

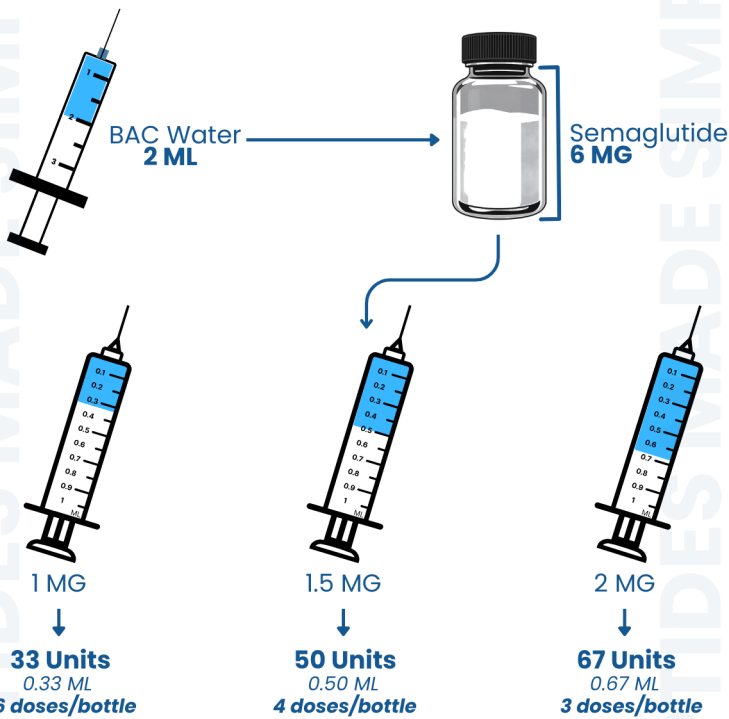
250 MCG → **5 units** 2.25 MG → **45 units**
500 MCG → **10 units** 2.5 MG → **50 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Semaglutide
6 MG

RECONSTITUTION



More Options

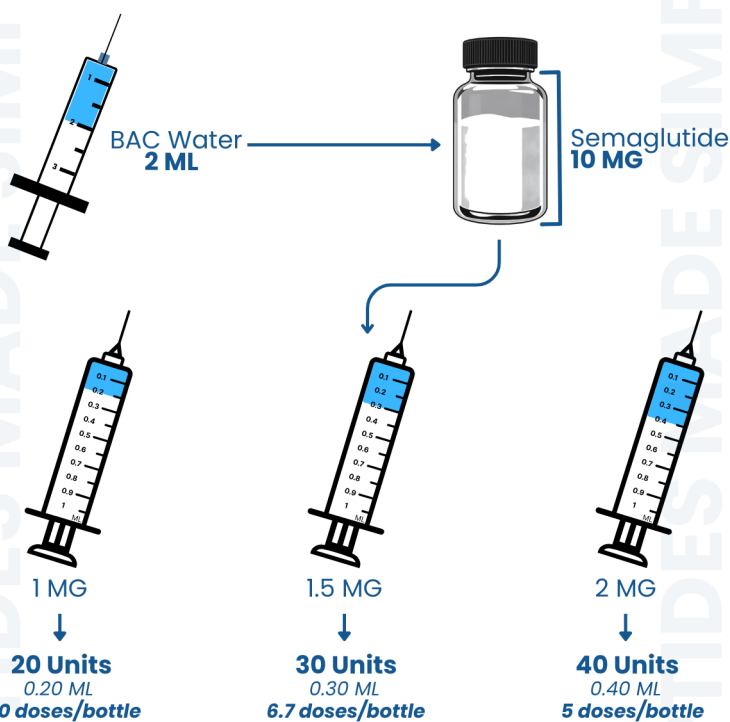
250 MCG → **8 units** 2.25 MG → **75 units**
500 MCG → **17 units** 2.5 MG → **83 units**
750 MCG → **25 units**
1.25 MG → **42 units**
1.75 MG → **58 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Semaglutide
10 MG

RECONSTITUTION



More Options

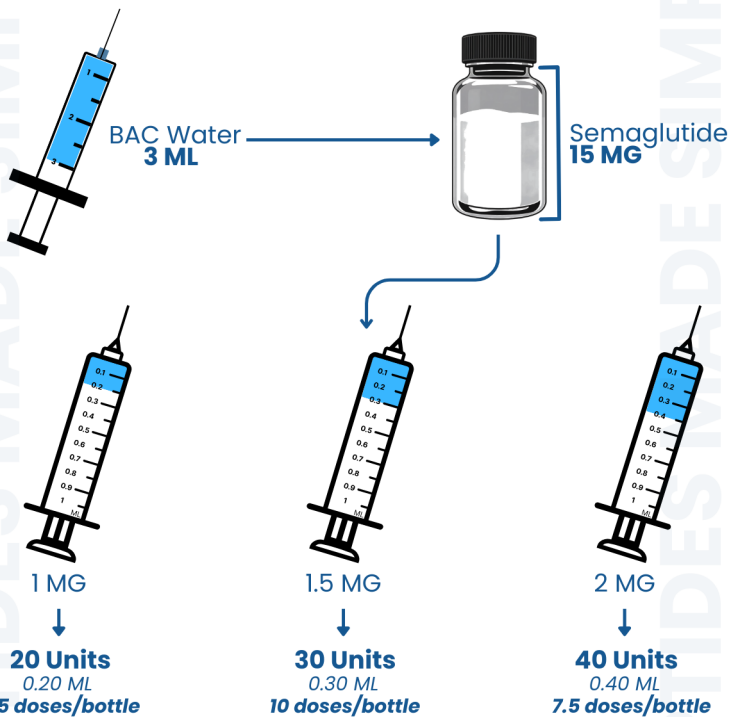
250 MCG → **5 units** 2.25 MG → **45 units**
500 MCG → **10 units** 2.5 MG → **50 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Semaglutide
15 MG

RECONSTITUTION



More Options

250 MCG → **5 units** 2.25 MG → **45 units**
500 MCG → **10 units** 2.5 MG → **50 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.75 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Semax

Overview

- Semax comes from the adrenocorticotrophic hormone (ACTH), which is typically produced as a stress hormone and induces the “good” parts of stress, leading to enhanced mental performance.
- Semax boosts essential brain chemicals, like brain-derived neurotrophic factor (BDNF), serotonin, and dopamine. These play roles in brain function, mood, and overall mental well-being.
- This compound is being researched for aiding in conditions like stroke, cognitive issues, dementia, anxiety, depression, and inflammation of the brain.
- Modified versions of Semax are entering the field to increase potency and duration.
 - N-Acetyl Semax → Modifications with an n-acetyl group increase the peptide’s stability and half-life.
 - N-Acetyl Semax Amidate → Modification with an n-acetyl and amide group, increasing the peptide’s stability and half-life further (most potent)

Deeper Research

- Semax influences gene expression in the hippocampus and frontal cortex, increasing brain-derived neurotrophic factor (BDNF) levels, which supports neuroplasticity and improves learning and memory. BDNF is also vital for neurogenesis (creating new brain cells) and combating depression.
- Semax enhances the default mode network (DMN), which is crucial for social cognition. By increasing DMN activity, Semax improves attention and awareness.
- Additionally, Semax exhibits neuroprotective effects by activating genes related to blood vessel function and neuronal survival, promoting faster recovery of cognitive and motor functions.

Readers Review Copy

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
 - 500-1500 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community
- Cycling
 - 1 - 7x week, 6 weeks on, 6 weeks off
- Limited research exists on dosing and cycling schemes for modifications of Semax (N-Acetyl and Amide). Currently, dosing and cycling schemes similar to those of the original compound are used in the peptide field.
 - Often recommended to start with a more conservative dosing and cycling scheme when researching more potent compounds.

Caution & Contraindications

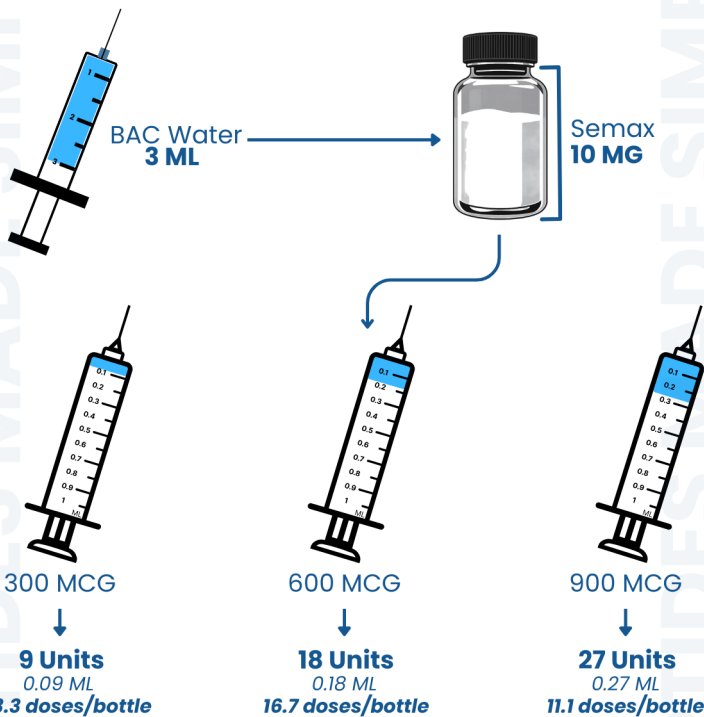
- Caution
 - May cause headache, fatigue, and/or anxiety
 - Caution in individuals taking other antidepressants or antipsychotics
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 10 MG
- 30 MG

Semax
10 MG

RECONSTITUTION



More Options

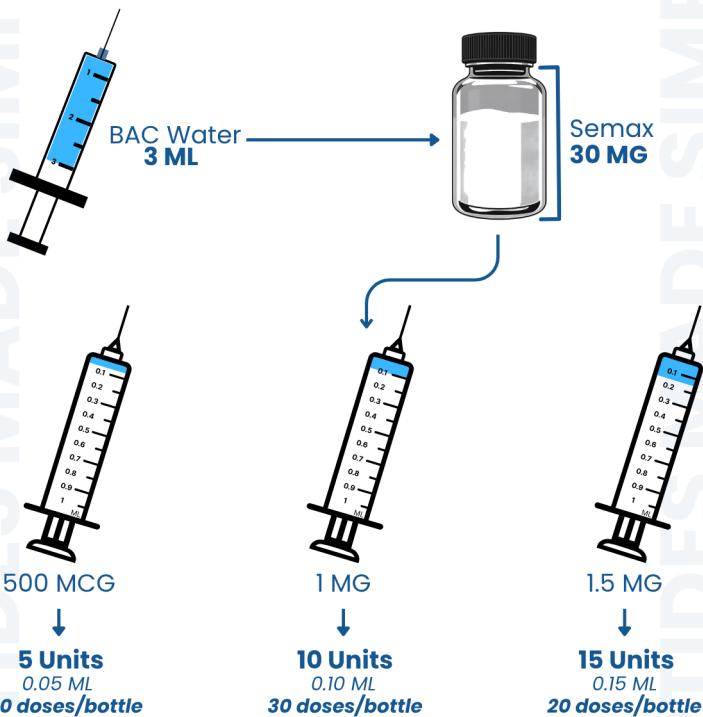
200 MCG → **6 units** 1 MG → **30 units**
400 MCG → **12 units** 1.5 MG → **45 units**
500 MCG → **15 units**
700 MCG → **21 units**
800 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Semax
30 MG

RECONSTITUTION



More Options

250 MCG → 3 units	2.25 MG → 23 units
750 MCG → 8 units	2.5 MG → 25 units
1.25 MG → 13 units	2.75 MG → 28 units
1.75 MG → 18 units	3 MG → 30 units
2 MG → 20 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Sermorelin

Overview

- Sermorelin is a version of growth hormone-releasing hormone (GHRH) designed to mimic the body's natural signals for GHRH release.
- Sermorelin is the mildest and shortest-acting GHRH
- Sermorelin aids in reducing heart attack scarring, increasing bone density, and has the potential to combat dementia and reduce seizures.

Deeper Research

- Sermorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production.
- Sermorelin maintains the natural rhythmic release of GH, which is important for balanced physiological function, and promotes the secretion of insulin-like growth factor-1 (IGF-1), which is critical for growth and development.
- Combining Sermorelin with growth hormone-releasing peptides (GHRPs), which inhibit somatostatin (a hormone that blocks GH release), enhances the effectiveness of GH release. This combination ensures that the body produces GH and releases it properly, optimizing its benefits.
- Sermorelin improves heart health by promoting the production of healing-related extracellular matrix, enhancing blood vessel growth, and reducing inflammation. It also aids sleep by regulating orexin, a peptide that influences sleep-wake cycles. It also decreases seizure activity by activating GABA receptors in the central nervous system, reducing neuronal excitability that leads to seizures.

Readers Review Copy

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
 - 500-1000 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community
- Cycling
 - 1- 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple injections can be given a day to increase GH secretion, and it is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

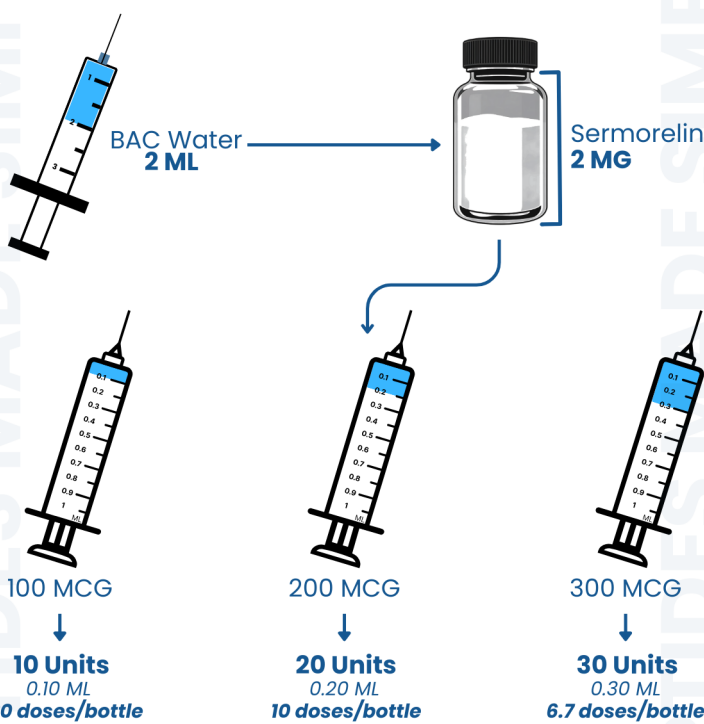
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG
- 15 MG

Sermorelin
2 MG

RECONSTITUTION



More Options

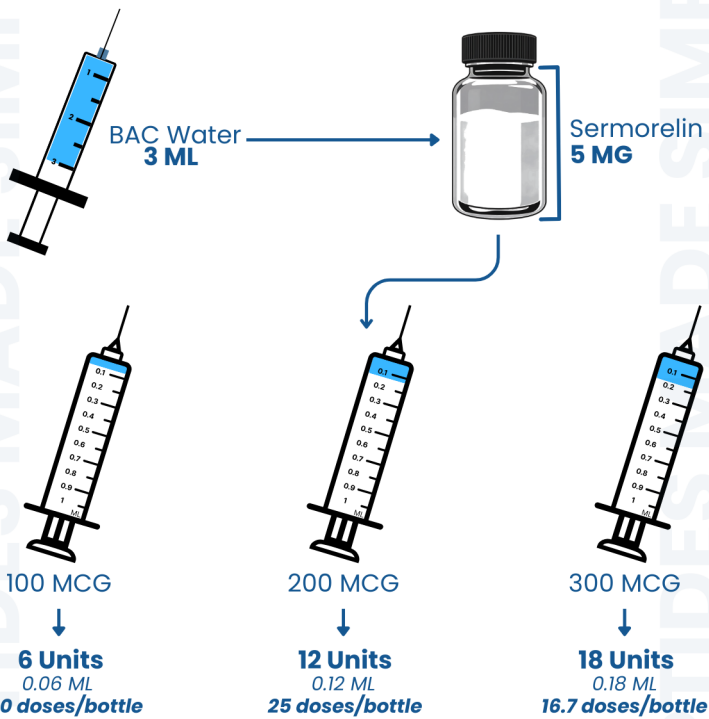
50 MCG → **5 units** 450 MCG → **45 units**
150 MCG → **15 units** 500 MCG → **50 units**
250 MCG → **25 units**
350 MCG → **35 units**
400 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Sermorelin
5 MG

RECONSTITUTION



More Options

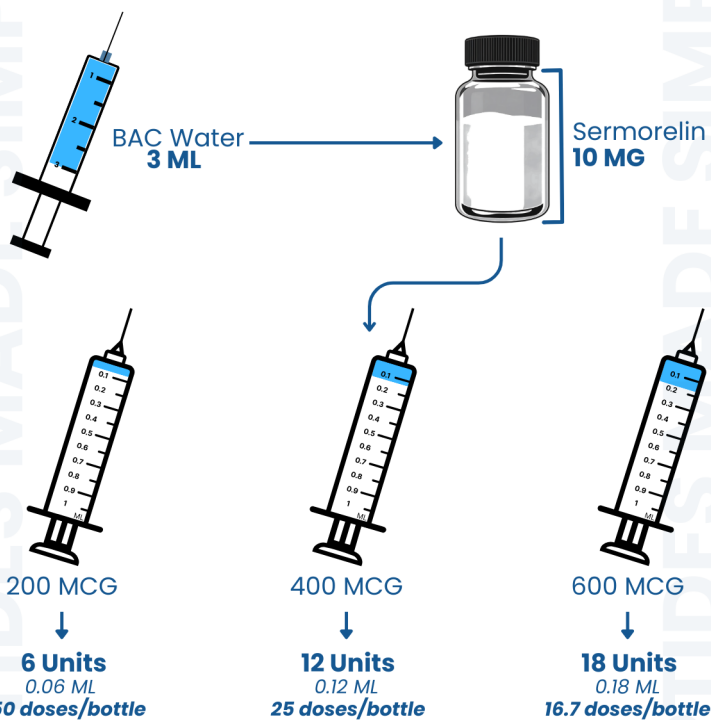
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Sermorelin
10 MG

RECONSTITUTION



More Options

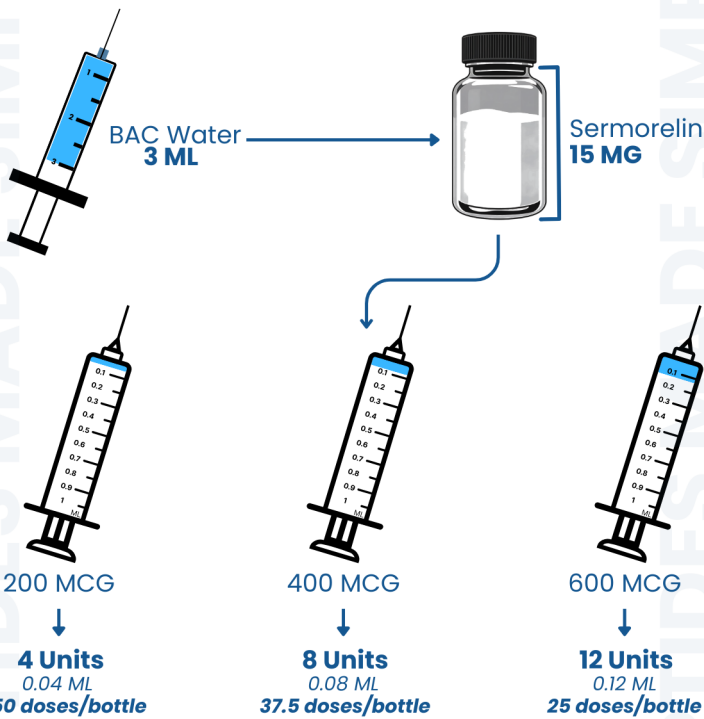
100 MCG → **3 units** 900 MCG → **27 units**
300 MCG → **9 units** 1 MG → **30 units**
500 MCG → **15 units**
700 MCG → **21 units**
800 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Sermorelin
15 MG

RECONSTITUTION



More Options

100 MCG → **2 units** 900 MCG → **18 units**
300 MCG → **6 units** 1 MG → **20 units**
500 MCG → **10 units**
700 MCG → **14 units**
800 MCG → **16 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

SS-31

Overview

- SS-31 (Elamipretide) belongs to Szeto-Schiller (SS) peptides. These target mitochondrial membranes and are classified as a ROS (reactive oxygen species) scavenger, which prevents damage to cells.
- SS-31 penetrates cells and mitochondria, boosting energy production by stabilizing cardiolipin, a key component in energy generation.
- SS-31 has anti-aging effects that could help treat age-related diseases, genetic disorders, kidney injuries, and heart diseases.

Deeper Research

- SS-31 targets mitochondria, specifically the inner mitochondrial membrane, by binding to cardiolipin.
- Cardiolipin is a phospholipid unique to the mitochondria that plays a role in mitochondrial metabolism, protection, and function. Dysfunction can lead to various health issues, including Alzheimer's, Parkinson's, diabetes, and heart failure.
- SS-31 binding to cardiolipin prevents oxidation (damage) and stabilizes the membrane, which enhances protection and restoration of the mitochondria, resulting in more ATP and improved cellular processes.
- SS-31 is the first peptide in clinical trials for mitochondrial myopathy (muscle energy disease), has been tested in humans where it improved exercise performance, and animal studies have shown that SS-31 can protect against kidney damage and restore ATP levels after injury.

Dosing & Cycling

- Dosing
 - 2-5 mg per dose
 - Research has shown positive results for up to 40 mg per dose, which is often seen in the bio-hacking community.

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- Cycling
 - Daily, 10-30 day cycles with a minimum 30-day cycle break between cycles

Caution & Contraindications

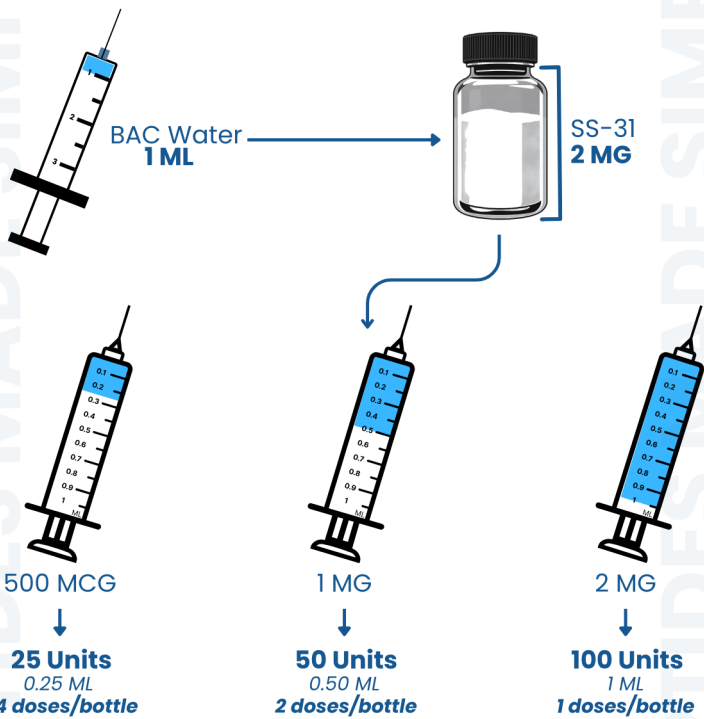
- Caution
 - May cause headache and/or stomach discomfort
 - Caution in individuals with kidney and/or liver conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG
- 15 MG
- 25 MG
- 50 MG

SS-31
2 MG

RECONSTITUTION



More Options

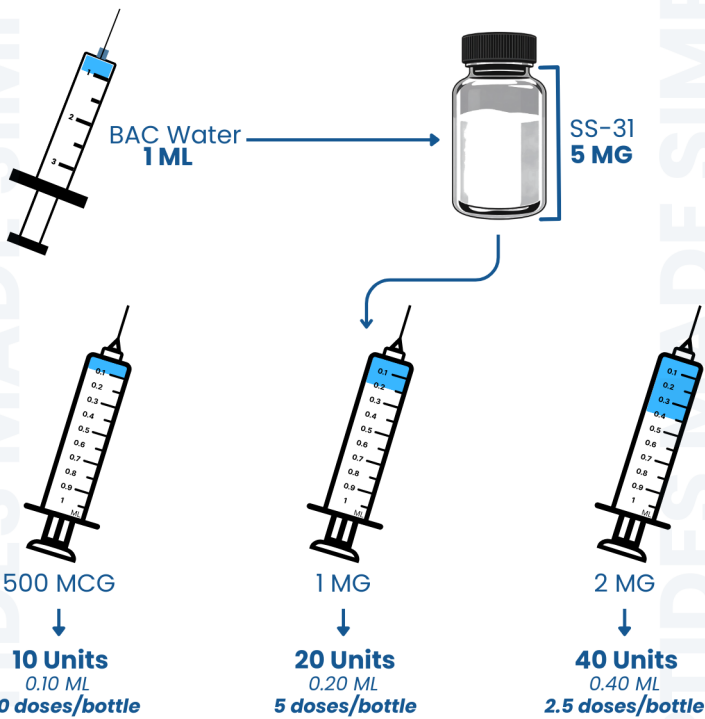
250 MCG → **13 units**
750 MCG → **38 units**
1.25 MG → **63 units**
1.5 MG → **75 units**
1.75 MG → **88 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

SS-31
5 MG

RECONSTITUTION



More Options

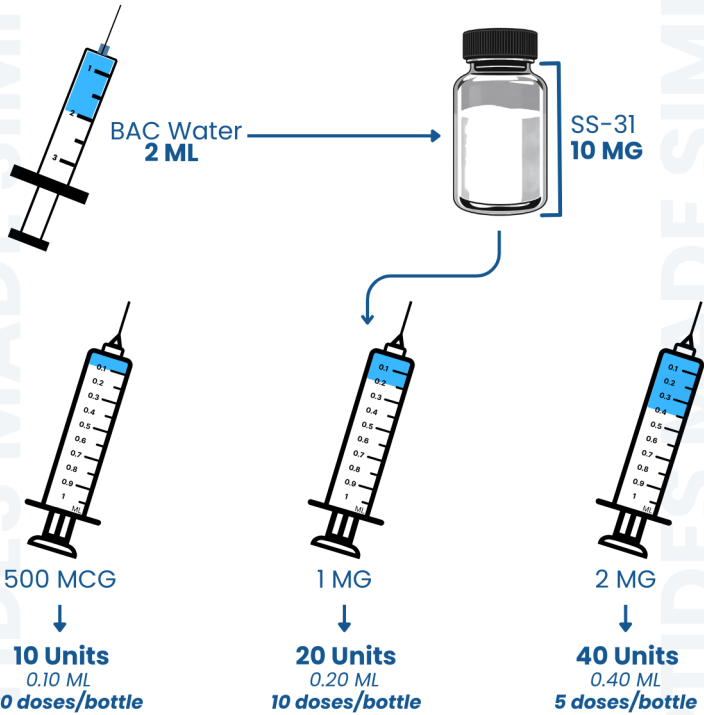
250 MCG → **5 units** 2.5 MG → **50 units**
750 MCG → **15 units**
1.25 MG → **25 units**
1.5 MG → **30 units**
1.75 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

SS-31
10 MG

RECONSTITUTION



More Options

1.5 MG → 30 units 4.5 MG → 90 units
2.5 MG → 50 units 5 MG → 100 units
3 MG → 60 units
3.5 MG → 70 units
4 MG → 80 units

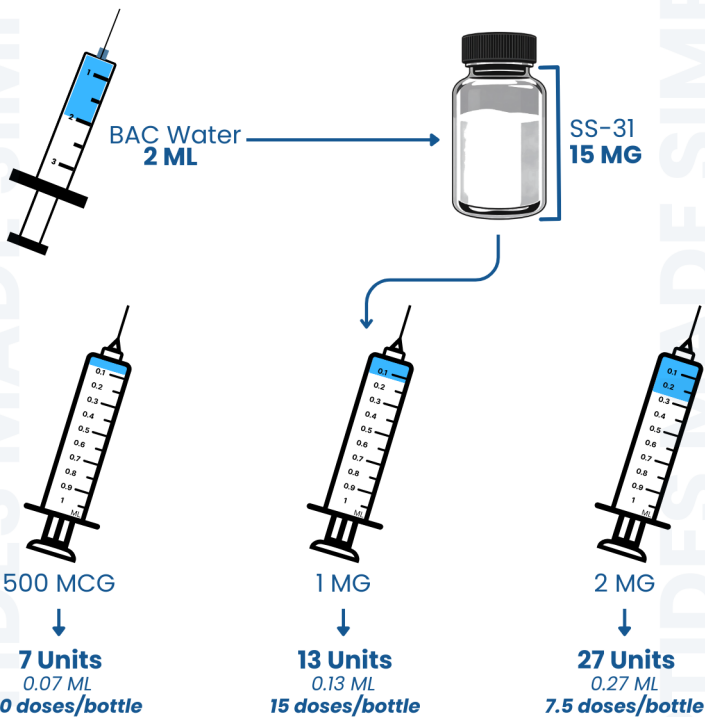
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

SS-31

15 MG

RECONSTITUTION



More Options

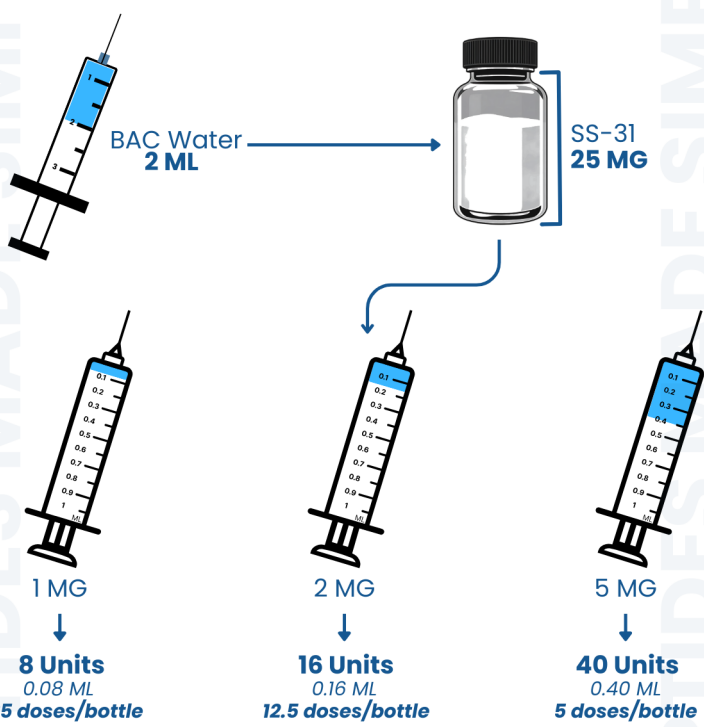
1.5 MG → 20 units 4.5 MG → 60 units
2.5 MG → 33 units 5 MG → 67 units
3 MG → 40 units
3.5 MG → 47 units
4 MG → 53 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

SS-31
25 MG

RECONSTITUTION



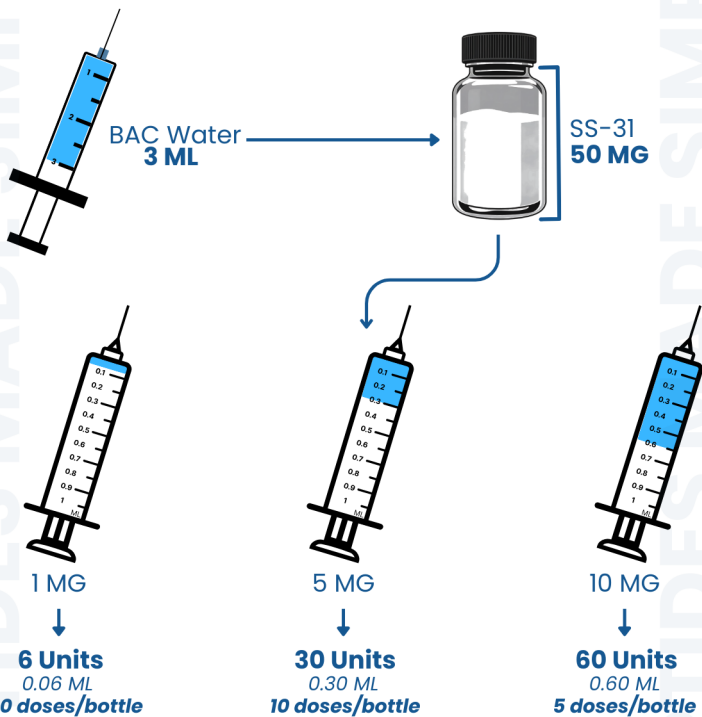
More Options	
3 MG → 24 units	9 MG → 72 units
4 MG → 32 units	10 MG → 80 units
6 MG → 48 units	
7 MG → 56 units	
8 MG → 64 units	

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

SS-31

50 MG

RECONSTITUTION



More Options

2 MG → 12 units	8 MG → 48 units
3 MG → 18 units	9 MG → 54 units
4 MG → 24 units	15 MG → 90 units
6 MG → 36 units	
7 MG → 42 units	

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

TB-500

Overview

- TB-500 is a peptide that mimics a natural protein found in almost all cells.
- This peptide is related to thymosin, a hormone secreted by the thymus gland, an essential aspect of the immune system.
- It's known for its role in healing and tissue repair, particularly in muscles and the heart.
- TB-500 has four specific binding domains. Specific fragments of TB-500 can be used for a more potent effect.

Deeper Research

- TB-500 works by binding to actin, which accelerates healing, particularly in injured areas, increases immune cell numbers, and reduces inflammation by decreasing cytokines.
- TB-500 has four specific binding domains:
 - 17-23: Promotes musculoskeletal repair (joints, muscles, ligaments).
 - 1-15: Reduces apoptosis and cytotoxicity (cell death).
 - 1-4: Offers anti-inflammatory and anti-fibrotic effects.
 - 40-43: Supports heart health.
- TB-500 also promotes muscle cell growth and aids muscle repair by enhancing RNA production in damaged areas, like the heart after a heart attack. Additionally, it fosters new brain cell growth and improves movement and inflammation after spinal injuries by increasing myelin levels that protect nerves.

Dosing & Cycling

- Dosing
 - 300 mcg to 1000 mcg per dose

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- Higher doses of 2 mg - 3 mg have been used in severe injuries with positive effects
- Cycling
 - Typical cycles are, daily, for 30 days and can be extended to 90 days with a 30 day minimum cycle break between
 - Cycle length and intensity depends on response and goal

Caution & Contraindications

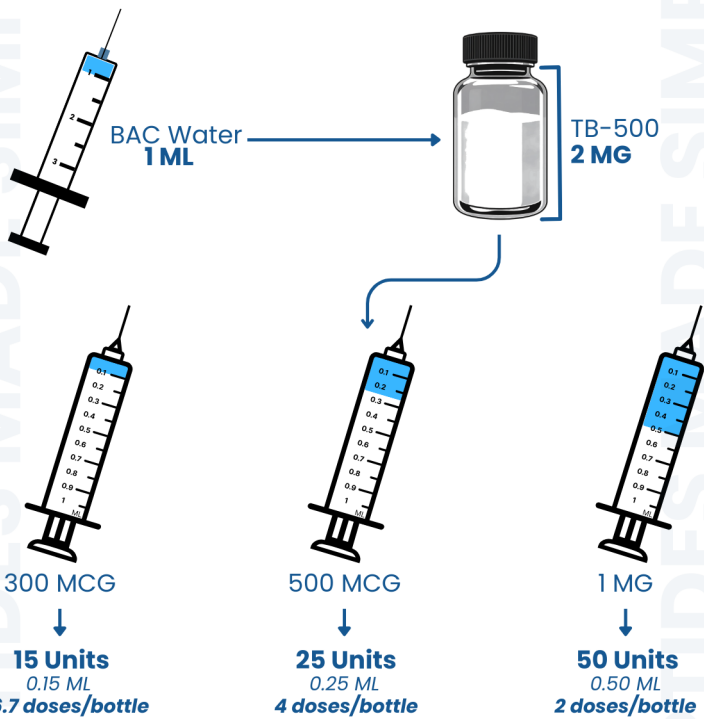
- Caution
 - May cause facial flushing, headache, dizziness, lethargy and/or nausea
- Contraindications
 - Individuals with active or history of autoimmune disorders, active infections and/or cancer

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

TB-500
2 MG

RECONSTITUTION



More Options

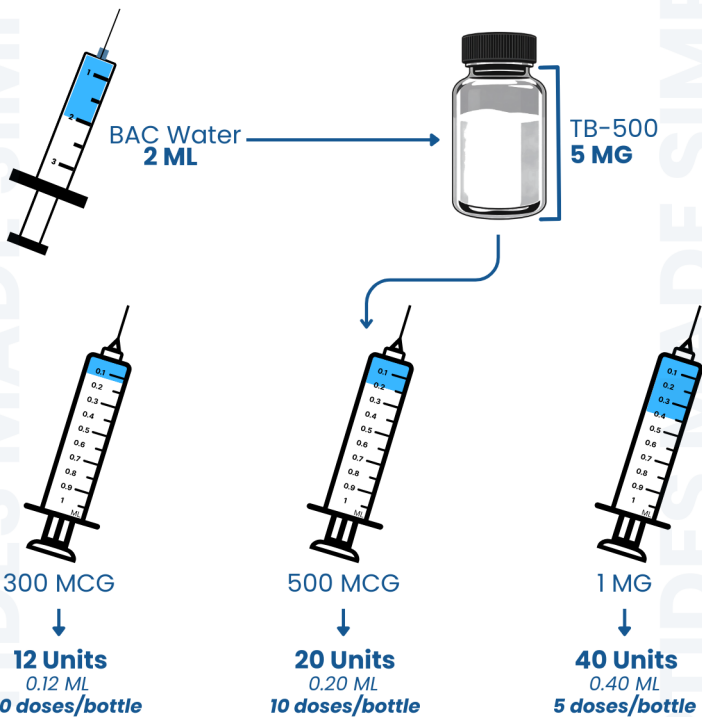
200 MCG → **10 units** 900 MCG → **45 units**
400 MCG → **20 units** 1.25 MG → **63 units**
600 MCG → **30 units** 1.5 MG → **75 units**
700 MCG → **35 units**
800 MCG → **40 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

TB-500
5 MG

RECONSTITUTION



More Options

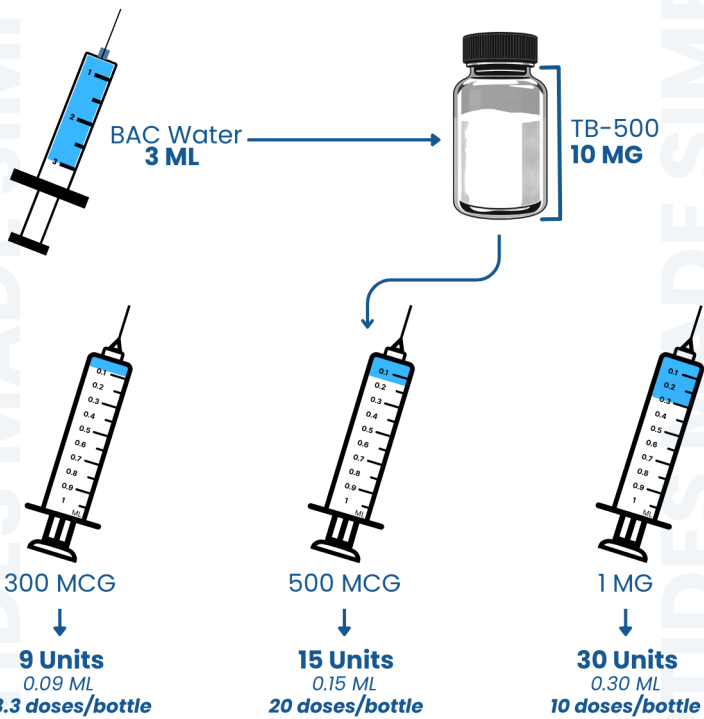
200 MCG → 8 units 900 MCG → 36 units
400 MCG → 16 units 1.25 MG → 50 units
600 MCG → 24 units 1.5 MG → 60 units
700 MCG → 28 units
800 MCG → 32 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

TB-500
10 MG

RECONSTITUTION



More Options

200 MCG → **6 units** 900 MCG → **27 units**
400 MCG → **12 units** 1.25 MG → **38 units**
600 MCG → **18 units** 1.5 MG → **45 units**
700 MCG → **21 units**
800 MCG → **24 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Tesamorelin

Overview

- Tesamorelin acts as a growth hormone-releasing hormone (GHRH) that was FDA-approved in 2010 for treating HIV-associated lipodystrophy (abnormal fat accumulation)
- Tesamorelin is the strongest GHRH.
- Tesamorelin is being studied to promote peripheral nerve regeneration and aid recovery from nerve injuries. It also shows potential in enhancing cognitive health by improving brain function in individuals with mild cognitive impairment (MCI)

Deeper Research

- Tesamorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production.
- Tesamorelin maintains natural GH release patterns, supporting balanced hormone levels and the secretion of insulin-like growth factor-1 (IGF-1)
- Combined with growth hormone-releasing peptides (GHRPs), which inhibit somatostatin (a hormone that blocks GH release), it optimizes GH production and release.
- It helps reduce excess abdominal fat related to HIV-associated lipodystrophy, positively impacts heart health by lowering cholesterol and triglyceride levels, and reduces cardiovascular disease risk.
- In the brain, Tesamorelin aids nerve healing and improves cognitive function in individuals with mild cognitive impairment by enhancing neurotransmitter levels in the brain.

Dosing & Cycling

- Dosing
 - 500-2000 mcg per dose

Readers Review Copy

- Cycling
 - 1 - 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple injections can be given a day to increase GH secretion, and it is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

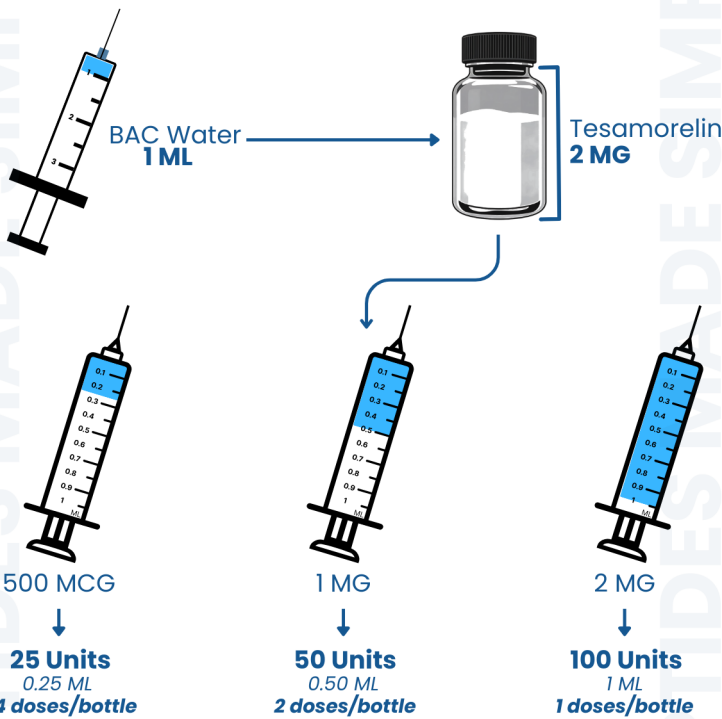
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

- 2 MG
- 5 MG
- 10 MG

Tesamorelin
2 MG

RECONSTITUTION



More Options

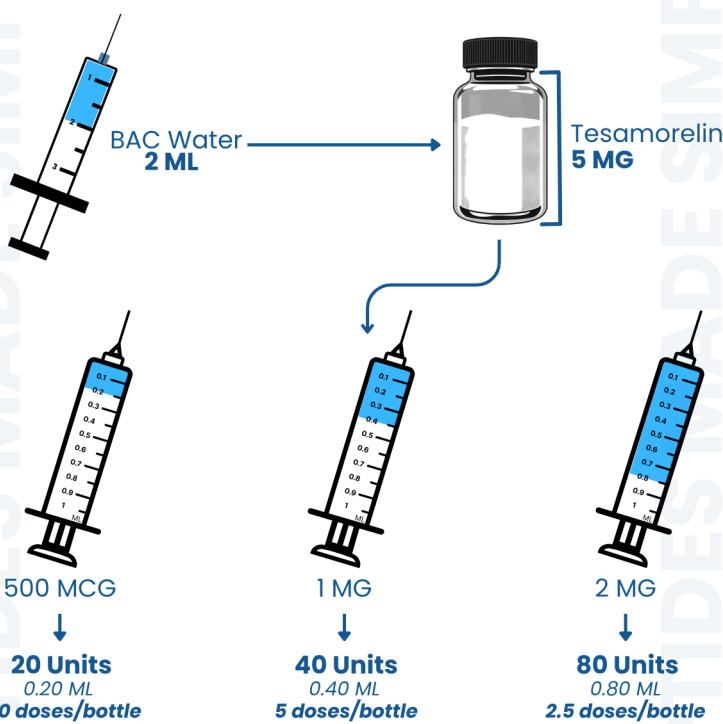
250 MCG → **13 units**
750 MCG → **38 units**
1.25 MG → **63 units**
1.5 MG → **75 units**
1.75 MG → **88 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Tesamorelin
5 MG

RECONSTITUTION



More Options

250 MCG → **10 units** 2.25 MG → **90 units**
750 MCG → **30 units** 2.5 MG → **100 units**
1.25 MG → **50 units**
1.5 MG → **60 units**
1.75 MG → **70 units**

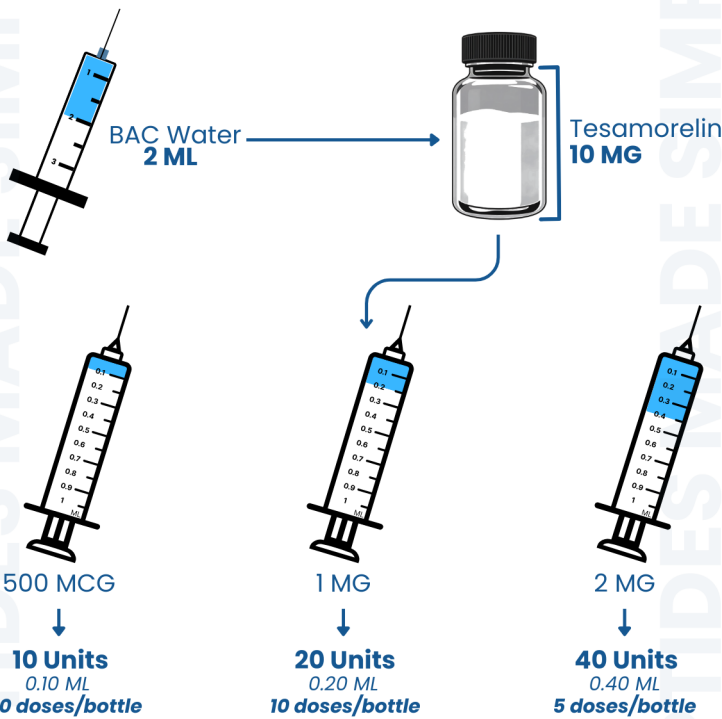
Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Tesamorelin

10 MG

RECONSTITUTION



More Options

250 MCG → 5 units 2.25 MG → 45 units
750 MCG → 15 units 2.5 MG → 50 units
1.25 MG → 25 units
1.5 MG → 30 units
1.75 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Testagen

Overview

- Testagen is a bio-regulator designed to boost testosterone levels and thyroid levels by stimulating the pituitary gland's release of hormones that influence thyroid function, specifically T3 and T4.
- Testagen can modify protein expression in the pituitary gland by directly interacting with DNA.

Deeper Research

- Testagen targets the pituitary gland, which controls other glands, such as the thyroid and those producing testosterone. It boosts thyroid-stimulating hormone (TSH) release, enhancing thyroid function and regulating metabolism.
- Higher TSH levels increase thyroid hormones (T3 and T4)
- Testagen enhances the immune system by prompting stem cells to become immune cells essential for fighting infections.
- Testagen may improve blood clotting by influencing thyroid hormones, which help regulate proteins involved in clot formation

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month

Readers Review Copy

⌘ Months 4-12: Off

■ Maintenance Phase - Year 2+

⌘ 10-20 day cycles

⌘ 3x a year spread out evenly

Caution & Contraindications

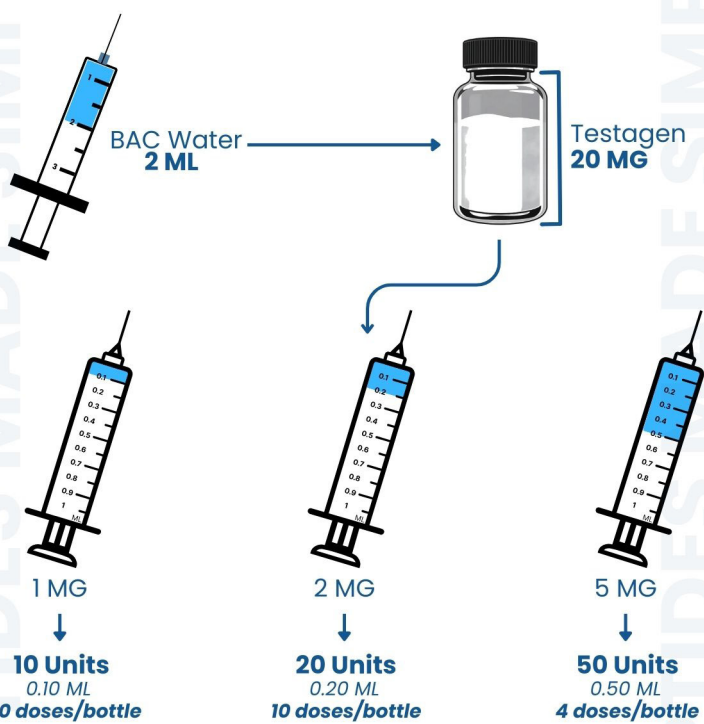
- Caution
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with a history of or active thyroid cancer and/or hyperthyroidism

Reconstitution Options

- 20 MG

Testagen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Thymagen

Overview

- Thymagen, also known as Thymogen, is a bioregulator derived from the thymus gland, isolated initially from calves.
- It helps to support the thymus gland, which plays a role in the immune system by producing T-cells that defend the body against infections and diseases.
- Thymagen may help immune responses against hepatitis B and C and various bacterial infections, potentially benefiting conditions like heart disease and diabetes.

Deeper Research

- Thymagen enhances the immune system by promoting T-lymphocyte maturation, white blood cells vital for fighting infections.
- Thymagen slows the breakdown of cyclic nucleotides like cAMP and cGMP, essential signaling molecules. By raising their levels, Thymagen improves immune cell communication, leading to a stronger response against infections.
- Thymagen stimulates interferon production—proteins that regulate immune responses against viruses and cancer—further boosting defense.
- Thymagen regulates lymphocyte activity and decreases inflammation by lowering pro-inflammatory signals.
- Thymagen and Thymalin are not the same compound. Thymalin primarily enhances immune function by promoting T-cell maturation, whereas Thymagen focuses on boosting immune communication and increasing cyclic nucleotide levels to improve the overall immune response

Readers Review Copy

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month
 - ✧ Months 4-12: Off
 - Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

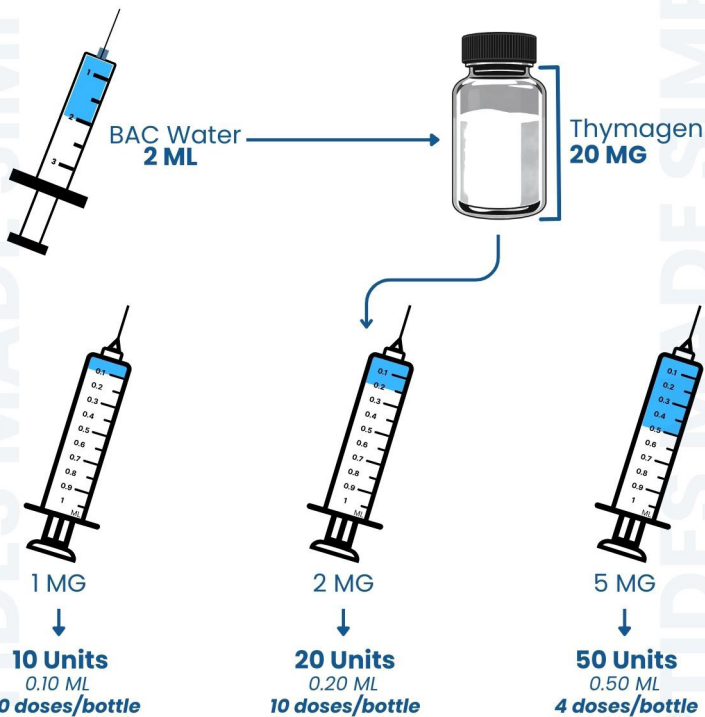
- Caution
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Thymagen
20 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Thymalin

Overview

- Thymalin is a bio-regulator from the thymus gland that supports immune function by enhancing T-cell (white blood cells necessary for the immune system) activity.
- Thymalin is used in research to aid in cancer treatments, manage kidney diseases, and support overall longevity.

Deeper Research

- Thymalin enhances the production of T-lymphocytes (T-cells) and natural killer (NK) cells. T-cells target infected or cancerous cells, while NK cells respond quickly to threats. By boosting these functions, Thymalin helps restore balance in weakened immune systems, especially in diabetes and HIV.
- Thymalin improves the efficacy of a variety of cancer treatments by increasing antibody-producing cells
- Thymagen and Thymalin are not the same compound. Thymalin primarily enhances immune function by promoting T-cell maturation, whereas Thymagen focuses on boosting immune communication and increasing cyclic nucleotide levels to improve the overall immune response

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily

Readers Review Copy

- ✧ Months 2-3: Daily for 10-20 days at the start of each month
- ✧ Months 4-12: Off
- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

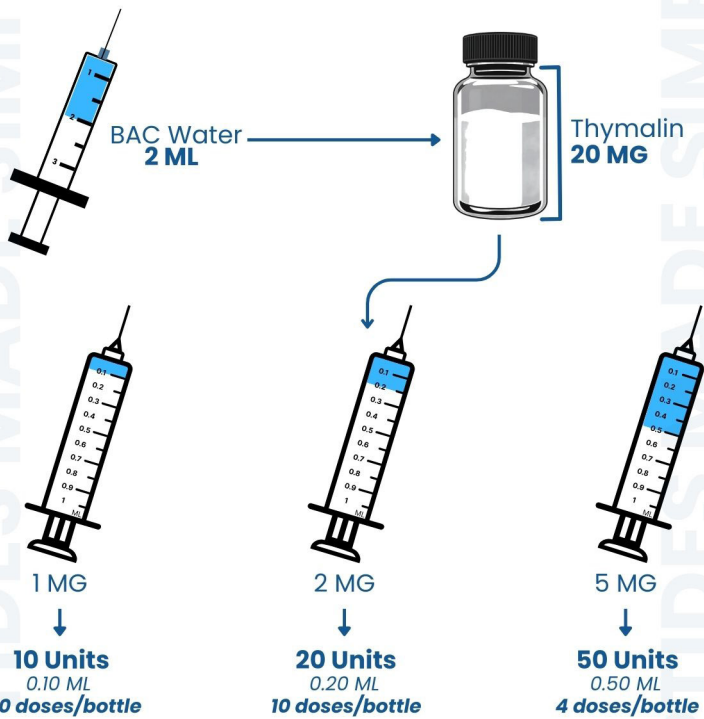
- Caution
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Thymalin
20 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Thymosin-Alpha 1

Overview

- Discovered in 1972, Thymosin alpha-1 is a naturally occurring peptide that has been studied for its ability to stimulate the immune system and improve responses to infections and diseases.
- This peptide has been in clinical trials for cystic fibrosis, respiratory disorders, tuberculosis, chronic hepatitis, and certain cancers.
- Thymosin alpha-1 is approved for use in 35 countries to help combat hepatitis B and C infection.

Deeper Research

- Thymosin alpha-1 activates immune pathways, increasing T-cells, dendritic cells, and natural killer cells, which are essential for fighting bacterial, fungal, and viral infections.
- Thymosin alpha-1 strengthens both innate (TH1) and acquired (TH2) immunity, allowing quick responses to threats and better memory for future infections.
- Thymosin alpha-1 enhances immune reactions to inactivated vaccines, providing stronger and longer-lasting immunity against diseases from killed or weakened pathogens.
- Thymosin alpha-1 helps reduce cancer cell growth while promoting tissue repair and lowering inflammation, aiding overall recovery.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - 1- 3x week, for 2 weeks up to 3 months or longer with a minimum 30-day cycle break between cycles
 - The cycle depends on the response and overall health status

Readers Review Copy

Cautions & Contraindications

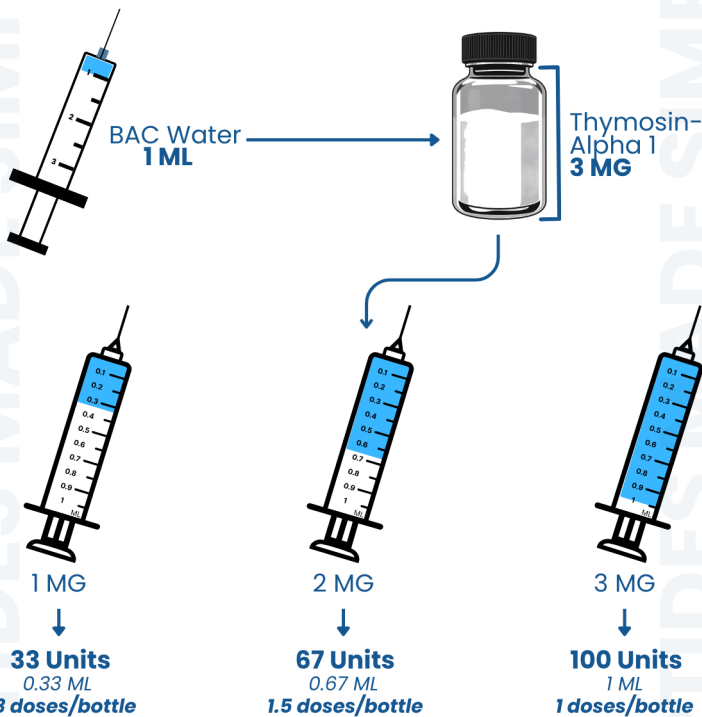
- Cautions
 - May cause and/or worsen autoimmune and inflammatory responses
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with an active, uncontrolled inflammatory and/or autoimmune response

Reconstitution Options

- 3 MG
- 5 MG
- 10 MG

Thymosin-
Alpha 1
3 MG

RECONSTITUTION



More Options

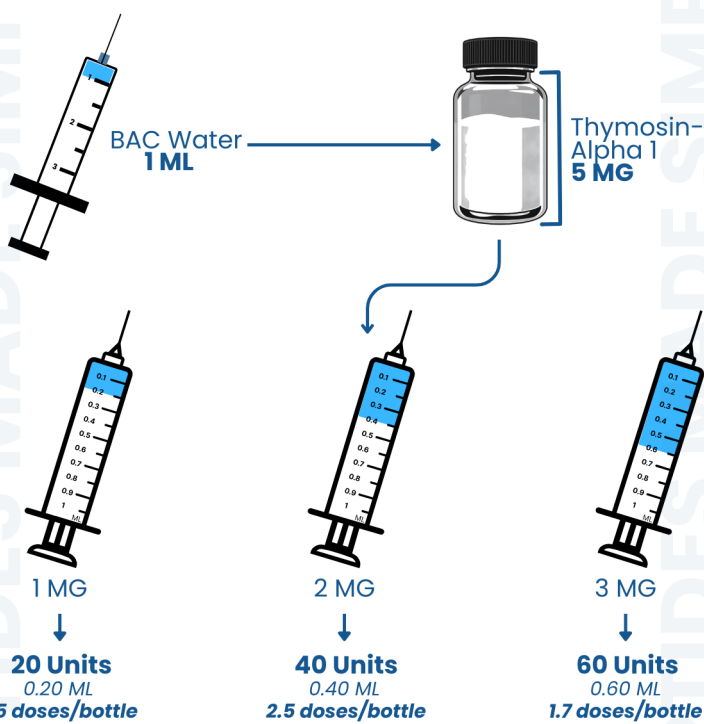
500 MCG → 17 units
1.5 MG → 50 units
2.5 MG → 83 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Thymosin- Alpha 1 5 MG

RECONSTITUTION



More Options

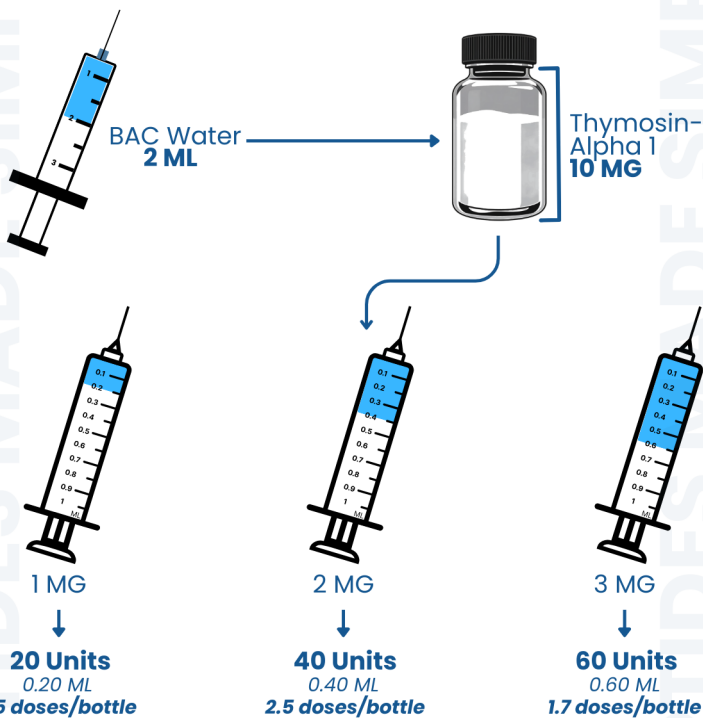
500 MCG → **10 units** 4.5 MG → **90 units**
1.5 MG → **30 units** 5 MG → **100 units**
2.5 MG → **50 units**
3.5 MG → **70 units**
4 MG → **80 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Thymosin-
Alpha 1
10 MG

RECONSTITUTION



More Options

500 MCG → 10 units 4.5 MG → 90 units
1.5 MG → 30 units 5 MG → 100 units
2.5 MG → 50 units
3.5 MG → 70 units
4 MG → 80 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Tirzepeptide

Overview

- Tirzepatide combines the effects of gastric inhibitory polypeptide (GIP) and glucagon-like peptide-1 (GLP-1), lowering blood sugar and enhancing insulin sensitivity while promoting weight loss.
- Tirzepatide provides cardiovascular protection, supporting heart health while helping manage type 2 diabetes and related metabolic issues.

Deeper Research

- Tirzepatide targets GIP and GLP-1 receptors, maximizing insulin secretion and improving insulin sensitivity, effectively lowering blood sugar levels.
 - GIP receptor activation boosts the pancreas's insulin release and improves fat metabolism, helping to lower blood sugar and prevent fat storage.
 - GLP-1 receptor activation blunts appetite and slows gastric emptying, helping individuals feel fuller longer, which leads to reduced food intake and weight loss.
- Tirzepatide raises adiponectin levels, lowering blood fats and inflammation, thereby reducing heart disease risk and type 2 diabetes complications

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
 - More is not always better
- Cycling
 - 1x weekly, 3-month cycles, with 1 month off minimum
 - Cycles can be extended depending on the response and the goal

Readers Review Copy

Caution & Contraindications

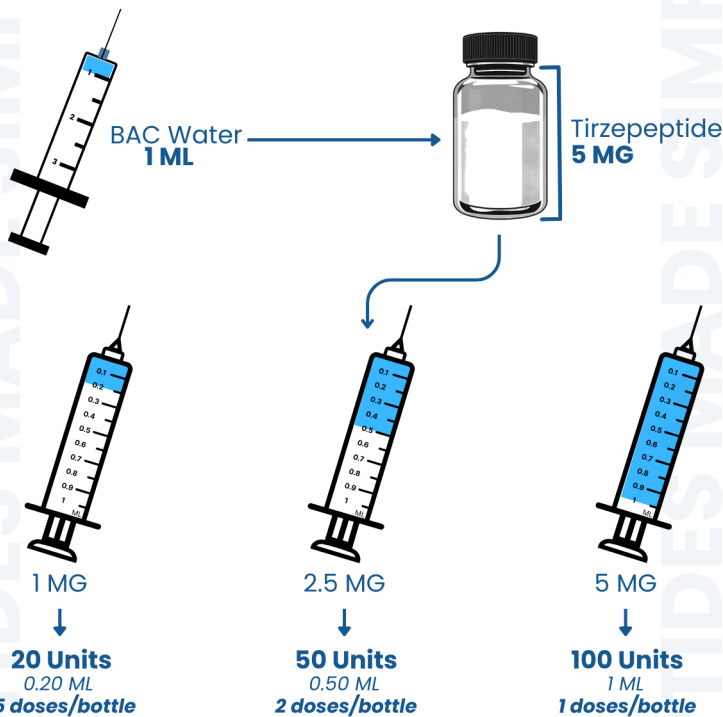
- Caution
 - Caution in individuals with hypoglycemia (low blood sugar), pancreatic conditions, kidney conditions, and/or gastrointestinal conditions
 - May cause nausea, diarrhea, and stomach discomfort
- Contraindications
 - Individuals with type 1 diabetes and/or severe kidney impairment
 - Pregnant individuals

Reconstitution Options

- 5 MG
- 10 MG
- 15 MG

Tirzepeptide
5 MG

RECONSTITUTION



More Options

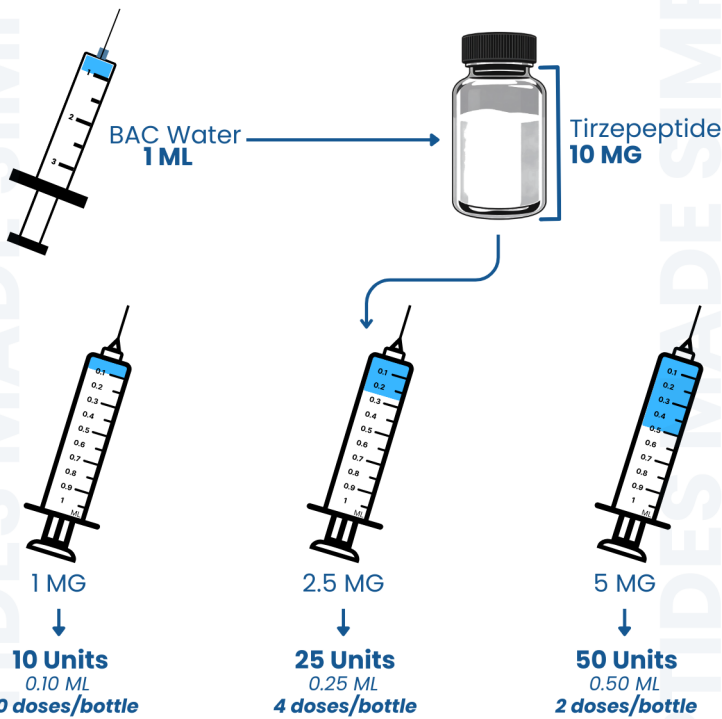
500 MCG → 10 units 4 MG → 80 units
1.5 MG → 30 units 4.5 MG → 90 units
2 MG → 40 units
3 MG → 60 units
3.5 MG → 70 units

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Tirzepeptide
10 MG

RECONSTITUTION



More Options

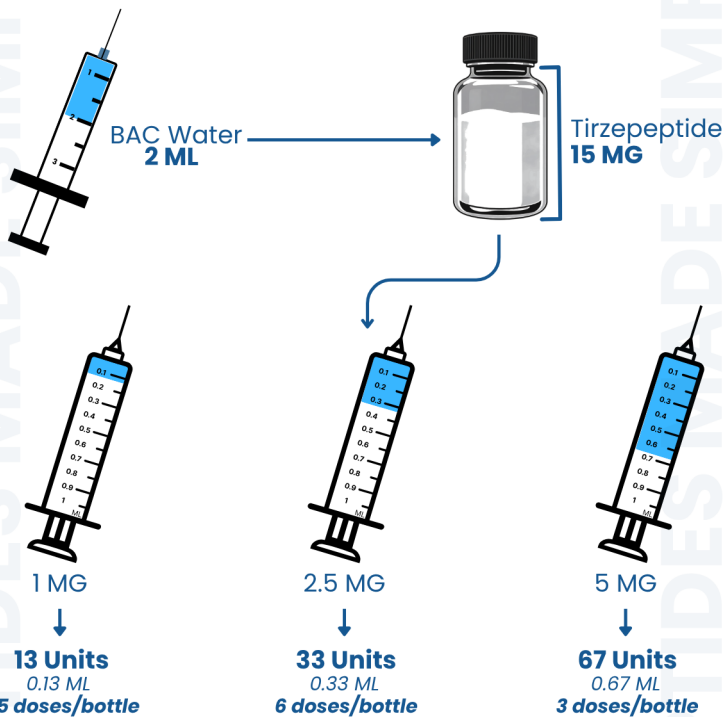
500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2 MG → 20 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Tirzepeptide
15 MG

RECONSTITUTION



More Options

500 MCG → **7 units** 4 MG → **53 units**
1.5 MG → **20 units** 4.5 MG → **60 units**
2 MG → **27 units**
3 MG → **40 units**
3.5 MG → **47 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Vesilute

Overview

- Vesilute is a bio-regulator found throughout the body that contains healing properties for the bladder, prostate, blood vessels, and potentially other organs.
- It is being used in research for urinary issues like chronic cystitis and benign prostatic hyperplasia (BPH)

Deeper Research

- Vesilute supports bladder function by preventing muscle tension through interfering with glycogen breakdown, enabling relaxation.
- It relaxes vascular smooth muscle, lowering blood pressure, reducing heart workload, and enhancing organ nutrient delivery.
- Vesilute improves blood flow to the prostate, reducing inflammation and toxins, and is being studied for prostate enlargement and dysfunction.
- Enhanced blood flow and muscle relaxation also benefit sperm production, improving sperm count and quality.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month

Readers Review Copy

☒ Months 4-12: Off

■ Maintenance Phase - Year 2+

☒ 10-20 day cycles

☒ 3x a year spread out evenly

Caution & Contraindications

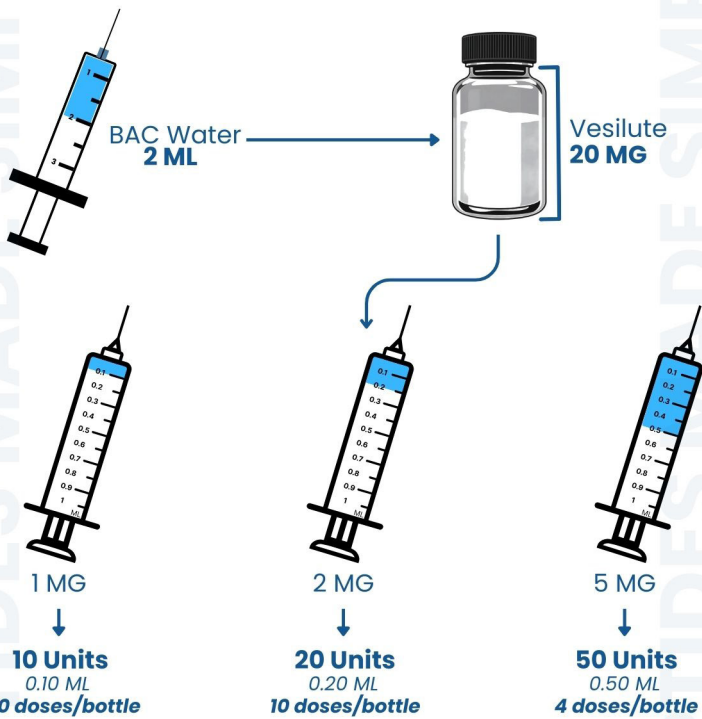
- Caution
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Vesilute
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Vesugen

Overview

- Vesugen is a bio-regulator that supports the vascular system by enhancing blood vessel health.
- Vesugen can help protect neurons, improving brain health and cognitive functions.

Deeper Research

- Vesugen helps the brain form connections between nerve cells for memory and learning, regulates neuron growth genes, and enhances brain blood flow.
- Vesugen activates sirtuin 1, which regulates metabolism, promotes insulin sensitivity (better blood sugar control), reduces lipid production, and enhances autophagy (cell recycling)
- Vesugen simulates calorie restriction effects without reducing food intake through its cumulative actions on sirtuin 1, oxidative stress, autophagy, and gene regulation.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month
 - ✧ Months 4-12: Off

Readers Review Copy

- Maintenance Phase - Year 2+
 - ✧ 10-20 day cycles
 - ✧ 3x a year spread out evenly

Caution & Contraindications

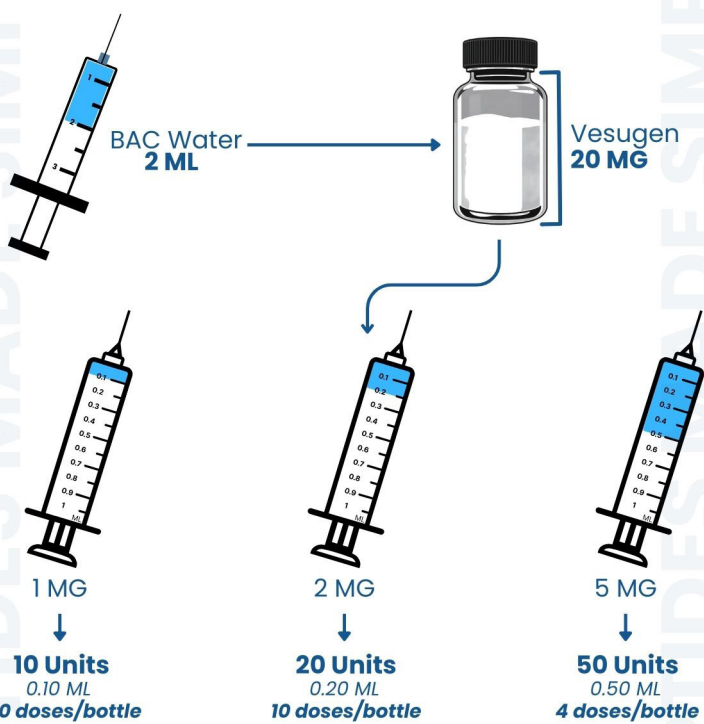
- Caution
 - May cause headache, nausea, and/or stomach discomfort
 - Caution in individuals taking medication for cardiovascular and/or metabolic conditions
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Vesugen
20 MG

RECONSTITUTION



More Options

500 MCG → **5 units** 4 MG → **40 units**
1.5 MG → **15 units** 4.5 MG → **45 units**
2.5 MG → **25 units**
3 MG → **30 units**
3.5 MG → **35 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Vilon

Overview

- Vilon is known as the shortest bio-regulator with biological activity, specifically impacting the immune and vascular system.
- Vilon may reduce tumor growth, making it a potential candidate to aid in cancer treatments.

Deeper Research

- Vilon activates immune cells by unpacking DNA to access silenced genes, which enhances the body's defense against infections.
- Vilon affects blood vessels by regulating gene expression. This helps prevent blood clots and supports kidney function, enhancing overall circulatory system health.
- Vilon can reduce tumor growth, suggesting it may lower the risk of cancer developing and may be helpful in chemotherapy.
- Vilon has been linked to improved physical activity, endurance, and overall health. It seems to work best when given early in life, preserving cell function and promoting healthier aging.

Dosing & Cycling

- Dosing
 - 1-5 mg per dose
- Cycling
 - Bio-regulators are typically cycled as periodic doses rather than continuous daily consumption
 - Loading Phase - Year 1
 - ✧ Month 1: Daily
 - ✧ Months 2-3: Daily for 10-20 days at the start of each month

Readers Review Copy

☒ Months 4-12: Off

■ Maintenance Phase - Year 2+

☒ 10-20 day cycles

☒ 3x a year spread out evenly

Caution & Contraindications

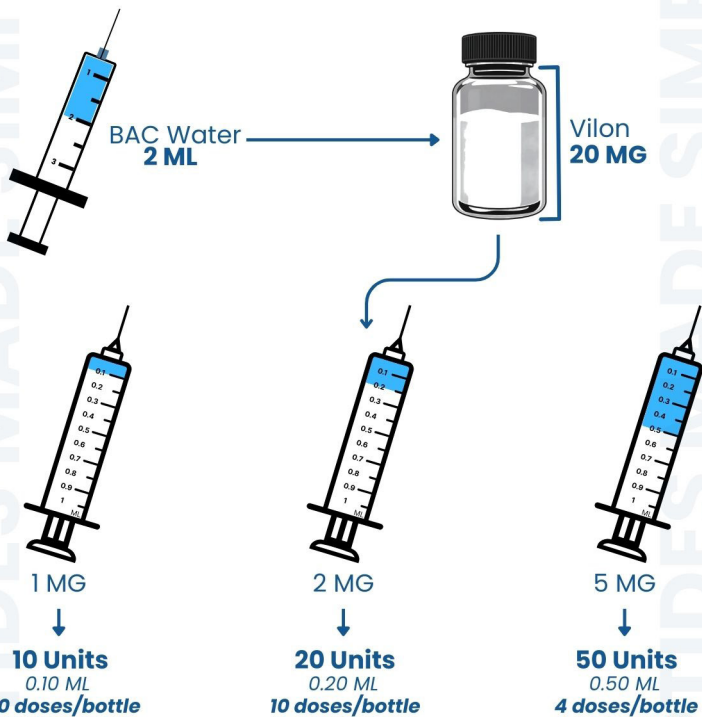
- Caution
 - May cause headache, nausea, and/or stomach discomfort
 - Caution in individuals taking medication for immune conditions, blood coagulation, and/or cancer treatments
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 20 MG

Vilon
20 MG

RECONSTITUTION



More Options

500 MCG → 5 units 4 MG → 40 units
1.5 MG → 15 units 4.5 MG → 45 units
2.5 MG → 25 units
3 MG → 30 units
3.5 MG → 35 units

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

VIP

Overview

- Vasoactive Intestinal Peptide (VIP) is a neuropeptide found naturally in the intestines, pancreas, brain, and other body areas.
- It plays a role in regulating blood circulation, energy production, and blood pressure.
- VIP helps decrease inflammation and fibrosis in different organs and protects neurons from damage.

Deeper Research

- VIP enhances bodily functions by lowering blood pressure, relaxing gastrointestinal smooth muscle, and regulating the immune system through receptor activation.
- VIP improves lung health by reducing inflammation and relaxing muscles. It aids in asthma and COPD management while promoting heart function.
- VIP maintains the blood-brain barrier, protecting neurons from damage and reducing harmful protein buildup linked to neurodegenerative diseases like Alzheimer's.
- As a vasodilator, VIP increases blood flow and relaxes smooth muscles, benefiting erectile function, lung performance, and lymphatic circulation.

Dosing & Cycling

- Dosing
 - 100-500 mcg per dose
- Cycling
 - Commonly used on an as-needed basis

Readers Review Copy

- It is best to use peptides when wanting to enhance blood flow or muscle relaxation, since it is fast-acting with a short half-life (2 minutes)
- Dosing frequency and intensity depend on the response and condition
- The goal is not to become dependent on the compound

Caution & Contraindications

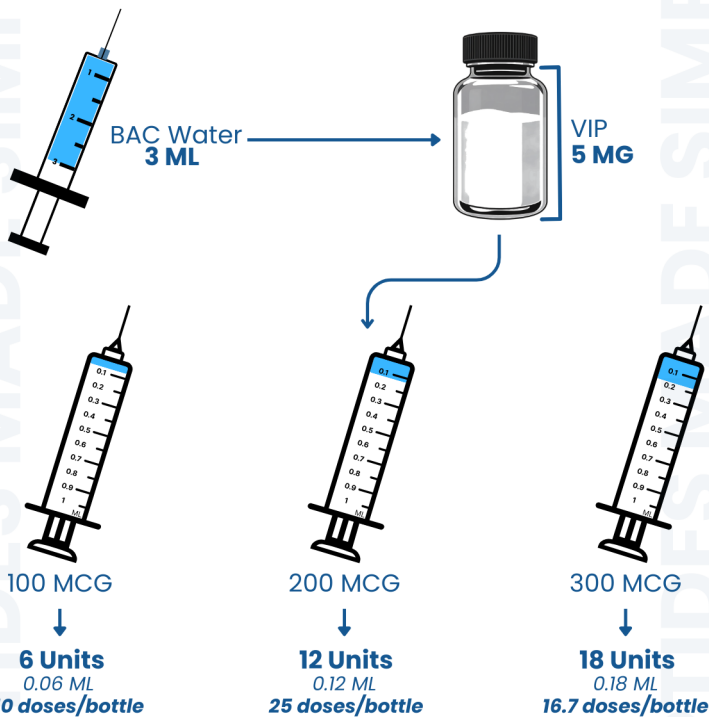
- Caution
 - May cause headache, nausea, stomach discomfort, dizziness, and/or changes in blood pressure
 - Caution in individuals taking medication for immune and/or blood pressure conditions
 - Caution in individuals with existing or a history of autoimmune conditions or immune-related conditions
- Contraindications
 - Individuals with uncontrolled blood pressure

Reconstitution Options

- 5 MG
- 6 MG
- 10 MG

VIP
5 MG

RECONSTITUTION



More Options

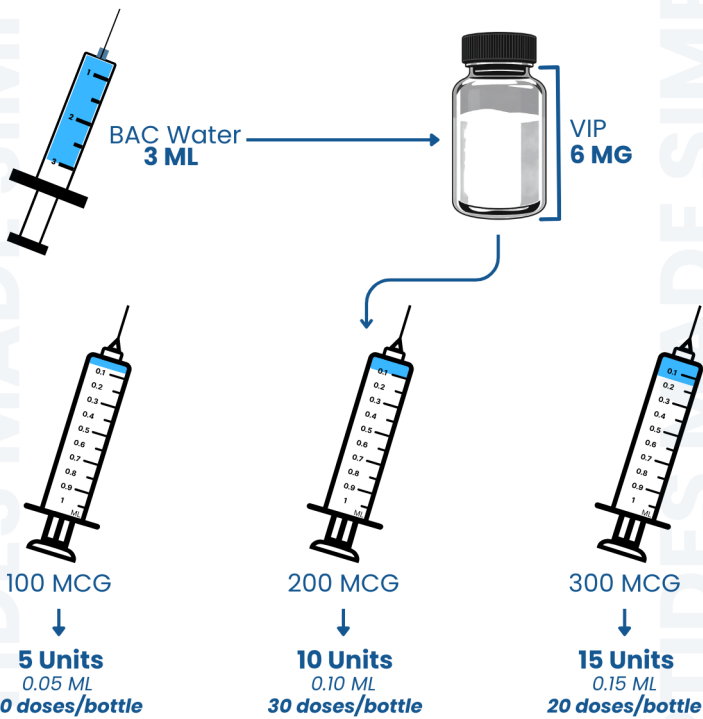
50 MCG → **3 units** 450 MCG → **27 units**
150 MCG → **9 units** 500 MCG → **30 units**
250 MCG → **15 units**
350 MCG → **21 units**
400 MCG → **24 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

VIP
6 MG

RECONSTITUTION



More Options

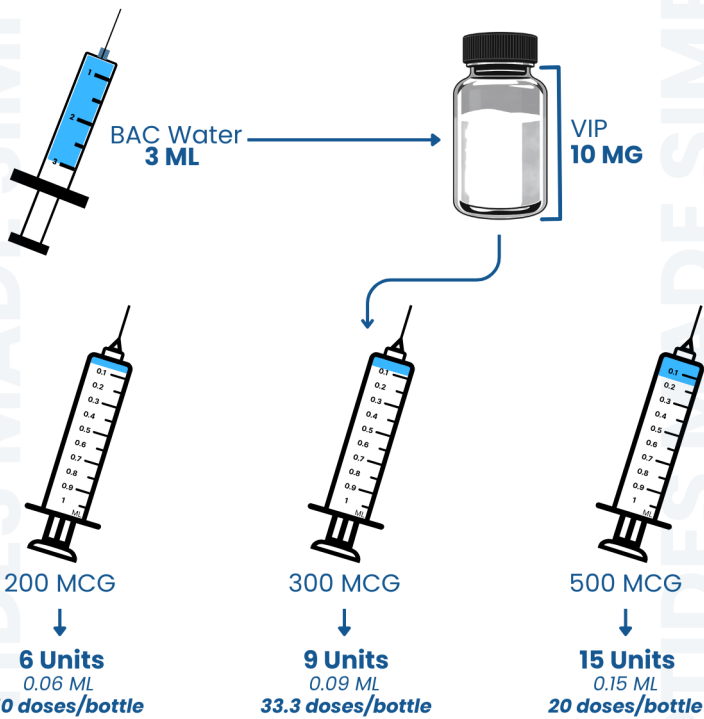
50 MCG → **3 units** 450 MCG → **23 units**
150 MCG → **8 units** 500 MCG → **25 units**
250 MCG → **13 units**
350 MCG → **18 units**
400 MCG → **20 units**

Key

ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

VIP
10 MG

RECONSTITUTION



More Options

100 MCG → **3 units** 600 MCG → **18 units**
250 MCG → **8 units** 650 MCG → **20 units**
350 MCG → **11 units** 700 MCG → **21 units**
400 MCG → **12 units**
450 MCG → **14 units**

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Two Peptide Combinations

BPC-157, TB-500

Overview

- BPC-157, or body-protection compound, is found in human gastric juice that is neuroprotective (brain), cardioprotective (heart), gastroprotective (stomach), and musculoskeletal protective (joints, ligaments, and muscles)
- TB-500 is a peptide that mimics a natural protein found in almost all cells and is related to thymosin, a hormone secreted by the thymus gland, an essential aspect of the immune system.

Deeper Research

- BPC-157 activates the body's natural regeneration processes, healing tissues like the brain, stomach, heart, joints, and muscles. It enhances blood vessel formation (angiogenesis), accelerating healing and improving organ function while modulating neurotransmitters for better cognitive function.
- TB-500 binds to actin, which is essential for cell repair. It accelerates healing by increasing immune cell numbers and reducing

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inflammation. TB-500 promotes muscle cell growth, aids heart tissue recovery after injury, and stimulates new brain cell growth.

Dosing & Cycling

- Dosing
 - BPC-157
 - 300-800 mcg per dose
 - TB-500
 - 300-1000 mcg per dose
 - Higher doses of 2 mg - 3 mg have been used in severe injuries with positive effects
 - Injury: Split the dose into two doses a day and inject around the area
- Cycling
 - Typical cycles are daily, for 30 days and can be extended to 90 or 120 days, with a 30-day minimum cycle break between
 - Cycle length and intensity depend on response and goal

Caution & Contraindications

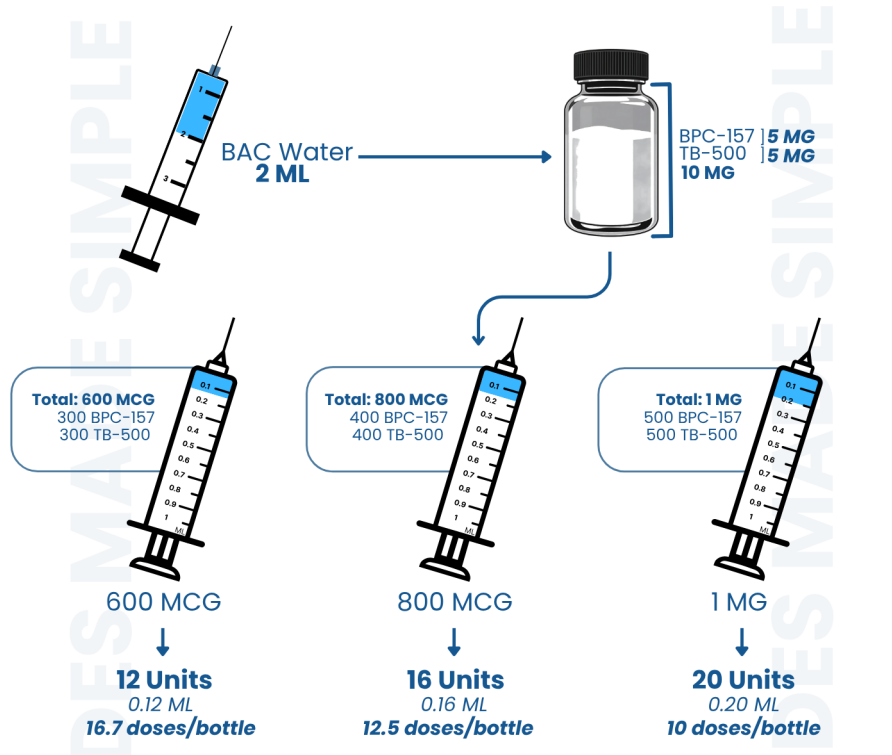
- Caution
 - May cause flushing, nausea, water retention, dizziness, lethargy, diarrhea, and changes in blood pressure
- Contraindications
 - Individuals with active or a history of autoimmune disorders, active infections, and/or cancer

Reconstitution Options

- 10 (5/5) MG
- 20 (10/10) MG

BPC-157
TB-500
10 MG
Blend (5/5)

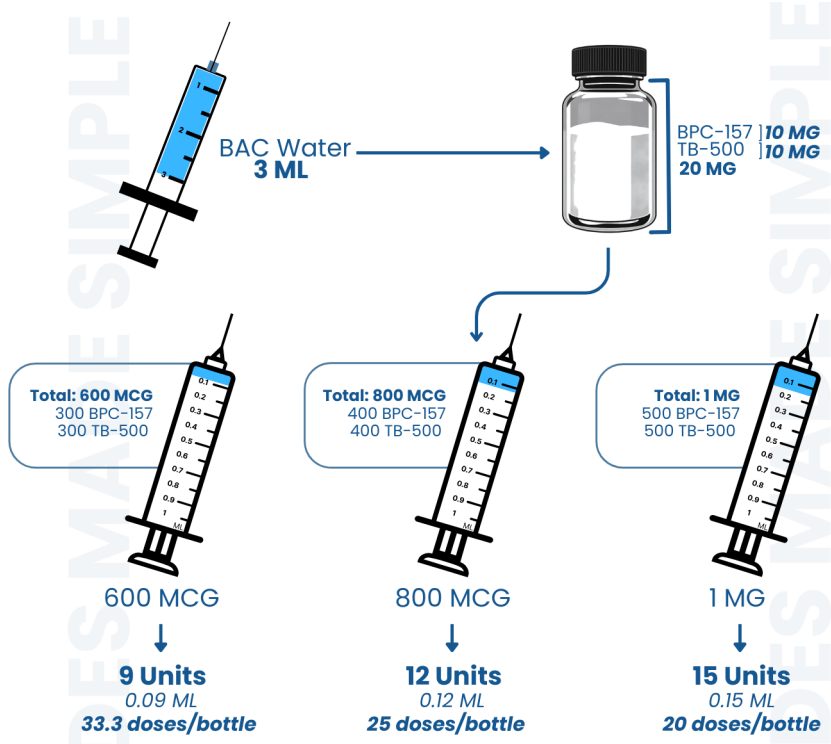
RECONSTITUTION



More Options		Key	
400 MCG (200/200)	→ 8 units	1.1 MG (550/550)	→ 22 units
500 MCG (250/250)	→ 10 units	1.2 MG (600/600)	→ 24 units
700 MCG (350/350)	→ 14 units	1.5 MG (750/750)	→ 30 units
900 MCG (450/450)	→ 18 units	2 MG (1000/1000)	→ 40 units
		ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water	

BPC-157
TB-500
20 MG
Blend (10/10)

RECONSTITUTION



More Options		Key	
400 MCG (200/200)	→ 6 units	1.1 MG (550/550)	→ 17 units
500 MCG (250/250)	→ 8 units	1.2 MG (600/600)	→ 18 units
700 MCG (350/350)	→ 10 units	1.5 MG (750/750)	→ 23 units
900 MCG (450/450)	→ 14 units	2 MG (1000/1000)	→ 30 units
		ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water	

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CJC-1295, GHRP-2

Overview

- CJC-1295 acts as a Growth Hormone-Releasing Hormone (GHRH) that increases growth hormone production. It contains an affinity complex (DAC) that extends its half-life to 6-8 days.
- GHRP-2 is the second strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production for 6-8 days.
- GHRP-2 complements CJC-1295, through stimulating growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - GHRP-2
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.

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- CJC-1295: Daily doses can lead to HG levels above normal physiological levels
- Carbohydrates and fatty acids can blunt growth hormone release.
Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

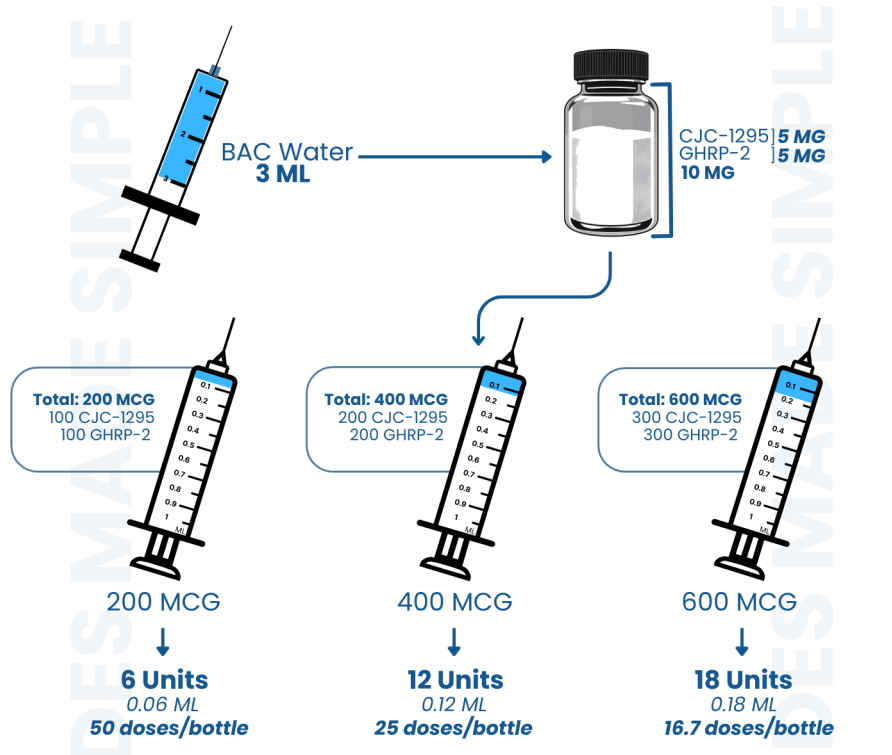
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 5/5 MG

CJC-1295
GHRP-2
10 MG
Blend (5/5)

RECONSTITUTION



More Options		Key	
100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units	ML -> Milliliter	
		MG -> Milligram	
		MCG -> Microgram	
		BAC Water -> Bacteriostatic Water	

Readers Review Copy

CJC-1295, GHRP-6

Overview

- CJC-1295 is a Growth Hormone-Releasing Hormone (GHRH) that increases growth hormone production. It contains an affinity complex (DAC), which extends its half-life to 6-8 days.
- GHRP-6 is the third strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production for 6-8 days.
- GHRP-6 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - GHRP-6
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.

Readers Review Copy

- CJC-1295: Daily doses can lead to HG levels above normal physiological levels
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

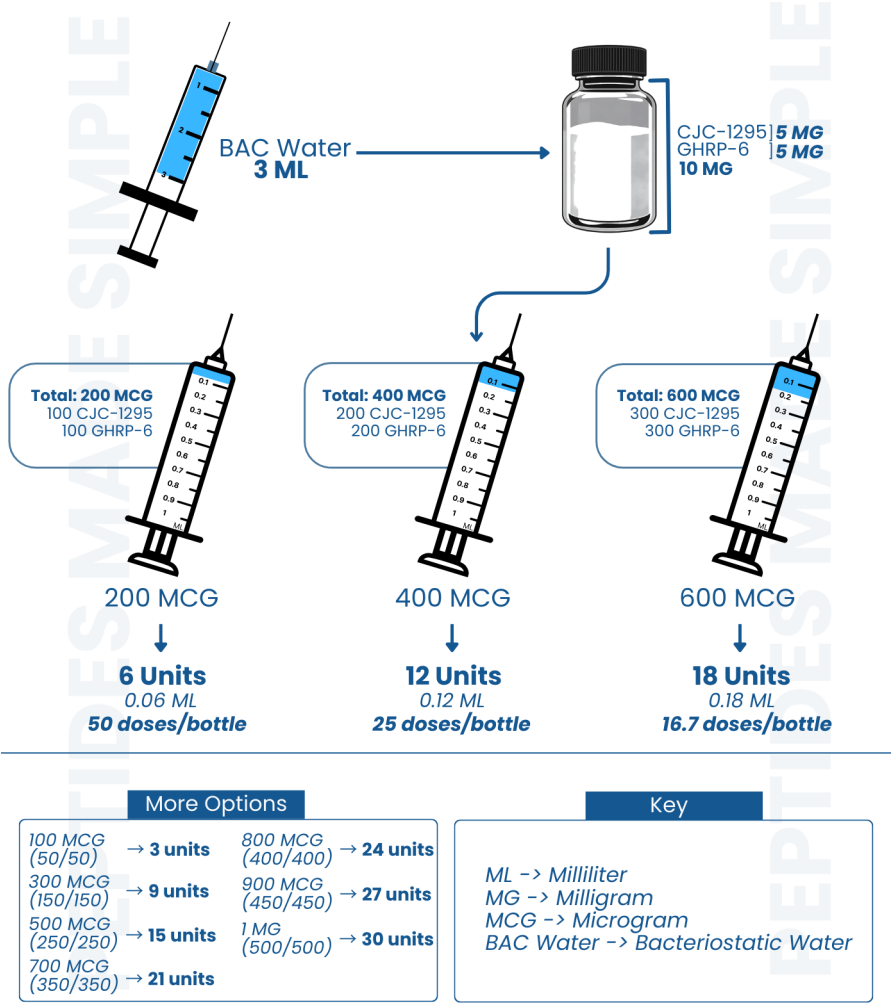
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 10 (5/5) MG

CJC-1295
GHRP-6
10 MG
Blend (5/5)

RECONSTITUTION



Readers Review Copy

CJC-1295, Hexarelin

Overview

- CJC-1295 acts as a Growth Hormone Releasing Hormone (GHRH) that increases growth hormone production. It contains an affinity complex (DAC), which extends its half-life to 6-8 days
- Hexarelin is the strongest Growth Hormone Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production for 6-8 days.
- Hexarelin functions similarly to GHRP-2 and GHRP-6 but with a stronger binding (the strongest) affinity to receptors in the pituitary gland, stimulating growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - Hexarelin
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 4-6 weeks on, 4-6 weeks off

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- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - CJC-1295: Daily doses can lead to HG levels above normal physiological levels
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

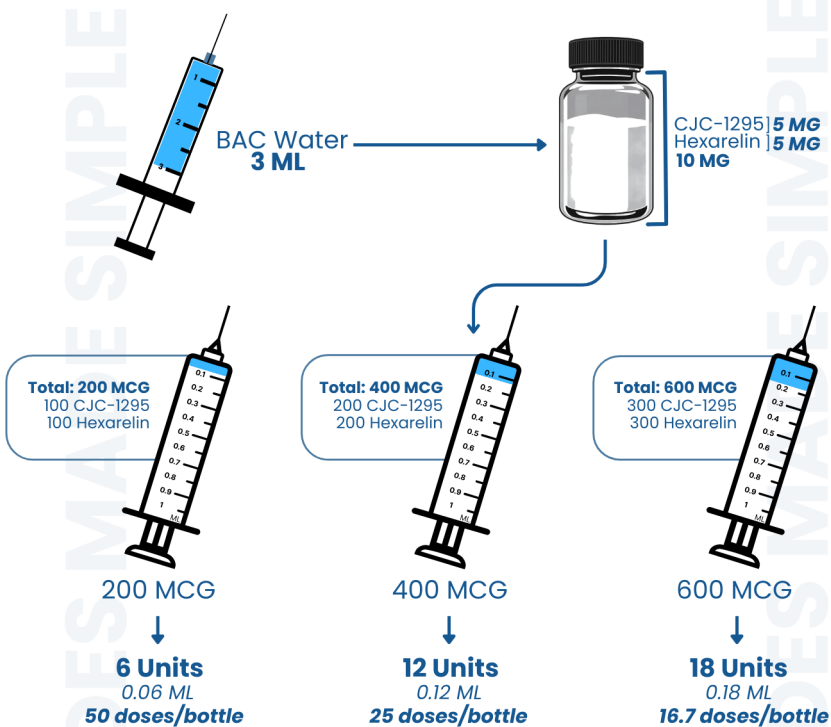
Reconstitution Options

- 10 (5/5) MG

CJC-1295
Hexarelin
10 MG

Blend (5/5)

RECONSTITUTION



More Options

100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

CJC-1295, Ipamorelin

Overview

- CJC-1295 acts as a Growth Hormone-Releasing Hormone (GHRH) that increases growth hormone production. It contains an affinity complex (DAC), which extends its half-life to 6-8 days.
- Ipamorelin is the mildest of GHRPs (Growth Hormone-Releasing Peptides). It stimulates the release of growth hormone without increasing appetite, cortisol, or prolactin.

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production for 6-8 days.
- Ipamorelin stimulates growth hormone (GH) release by mimicking ghrelin (the hunger hormone), binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. Uniquely, it does this without increasing appetite, cortisol and prolactin, which other GHRP's do.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - Ipamorelin
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, for 4-8 weeks on and 4-8 weeks off

Readers Review Copy

- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - CJC-1295: Daily doses can lead to HG levels above normal physiological levels
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

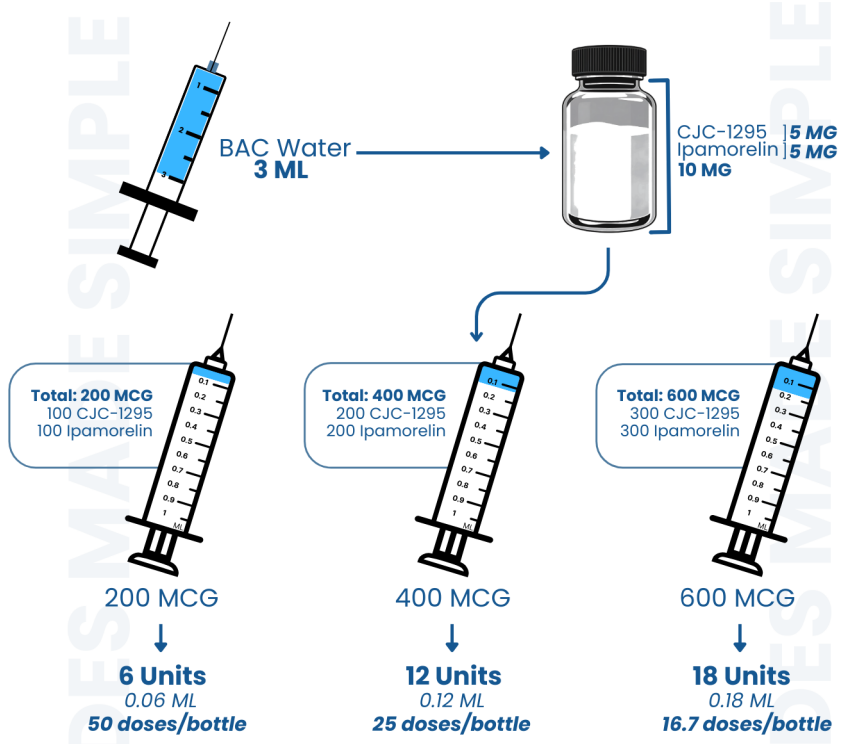
- Caution
 - May cause water retention, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of ho

Reconstitution Options

- 10 (5/5) MG

CJC-1295
Ipamorelin
10 MG
Blend (5/5)

RECONSTITUTION



More Options

100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29, GHRP-6

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex).
- GHRP-6 is the third strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner
- GHRP-6 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - MOD-GRF 1-29
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
 - GHRP-6
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, for 4-8 weeks on and 4-8 weeks off

Readers Review Copy

- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

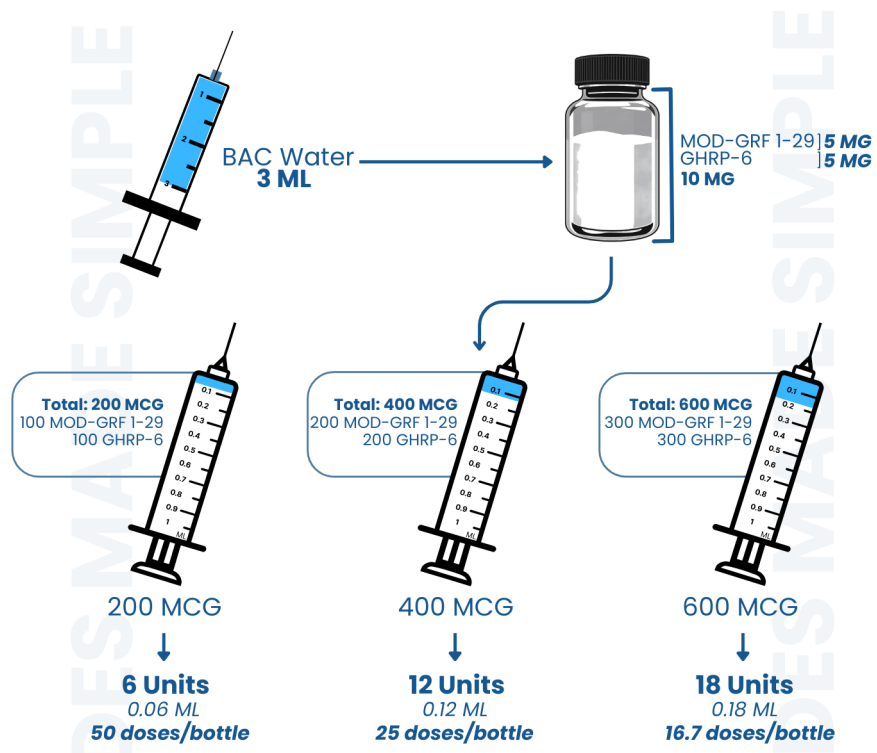
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 10 (5/5) MG

MOD-GRF 1-29
GHRP-6
10 MG
Blend (5/5)

RECONSTITUTION



More Options

100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29, GHRP-2

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex)
- GHRP-2 is the second strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner
- GHRP-2 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - MOD-GRF 1-29
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
 - GHRP-2
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, for 4-8 weeks on and 4-8 weeks off

Readers Review Copy

- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

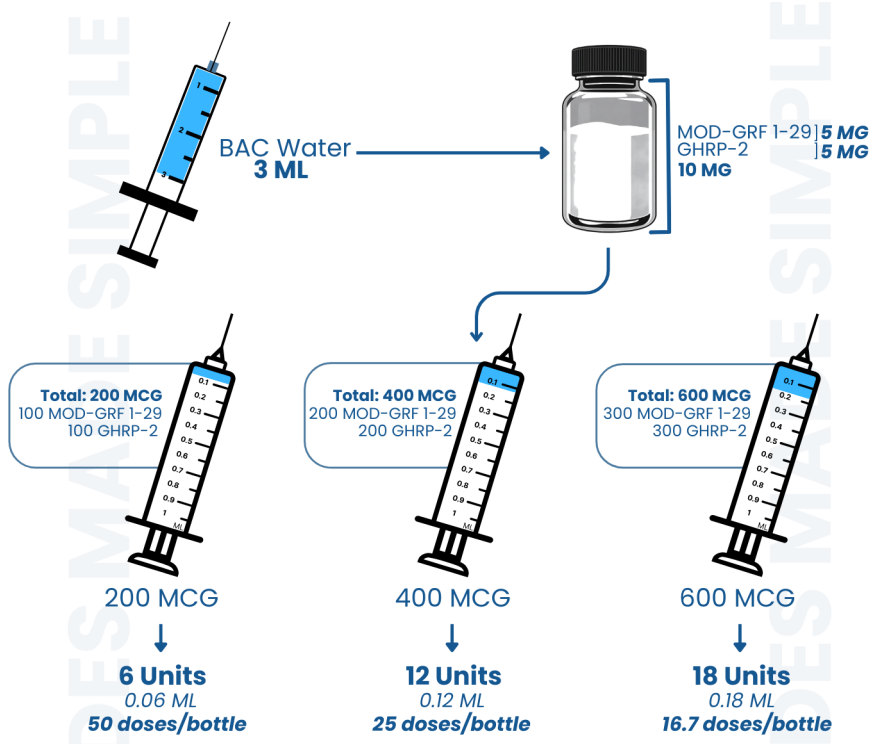
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 10 (5/5) MG

MOD-GRF 1-29
GHRP-2
10 MG
Blend (5/5)

RECONSTITUTION



More Options		Key	
100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units	ML -> Milliliter	
		MG -> Milligram	
		MCG -> Microgram	
		BAC Water -> Bacteriostatic Water	

Readers Review Copy

MOD-GRF 1-29, Hexarelin

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex)
- Hexarelin is the most potent Growth Hormone Releasing Peptide (GHRP) that stimulates the release of growth hormone and ghrelin, the hunger hormone.

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner
- Hexarelin functions similarly to GHRP-2 and GHRP-6 but has a stronger binding affinity to receptors. Hexarelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - MOD-GRF 1-29
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
 - Hexarelin
 - 100-500 mcg per dose
- Cycling

Readers Review Copy

- 1- 7x weekly, for 4-6 weeks on and 4-6 weeks off
- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

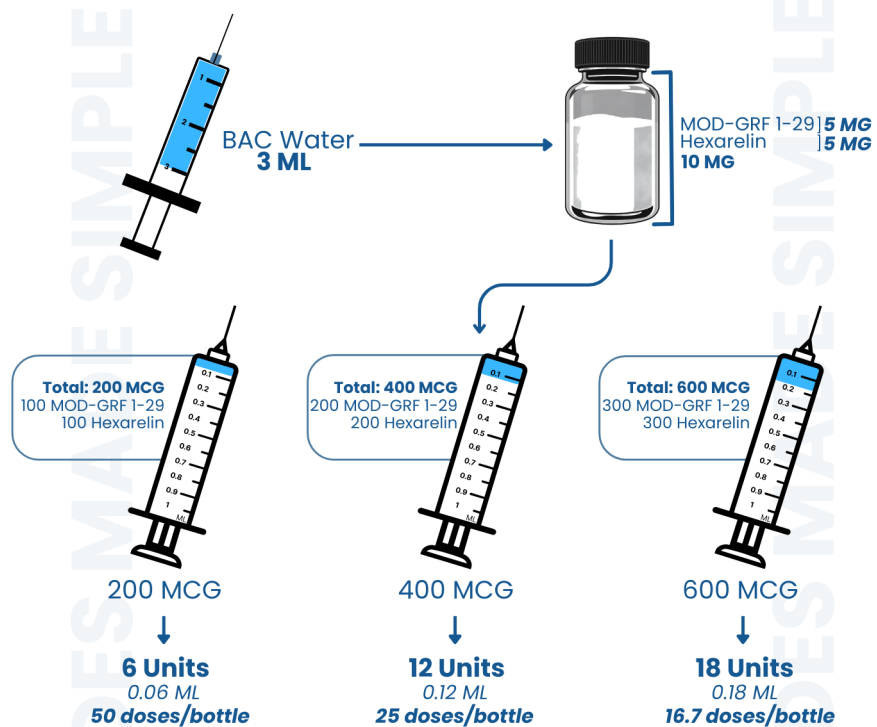
Reconstitution Options

- 10 (5/5) MG

**MOD-GRF 1-29
Hexarelin
10 MG**

Blend (5/5)

RECONSTITUTION



More Options

100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29, Ipamorelin

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex)
- Ipamorelin is the mildest of GHRPs (Growth Hormone-Releasing Peptides). It stimulates the release of growth hormone without increasing appetite, cortisol, or prolactin.

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- Ipamorelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. Uniquely, it does this without increasing appetite, cortisol, and prolactin, which other GHRPs do.

Dosing & Cycling

- Dosing
 - MOD-GRF 1-29
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
 - Ipamorelin
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, for 8-12 weeks on and 8-12 weeks off

Readers Review Copy

- Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

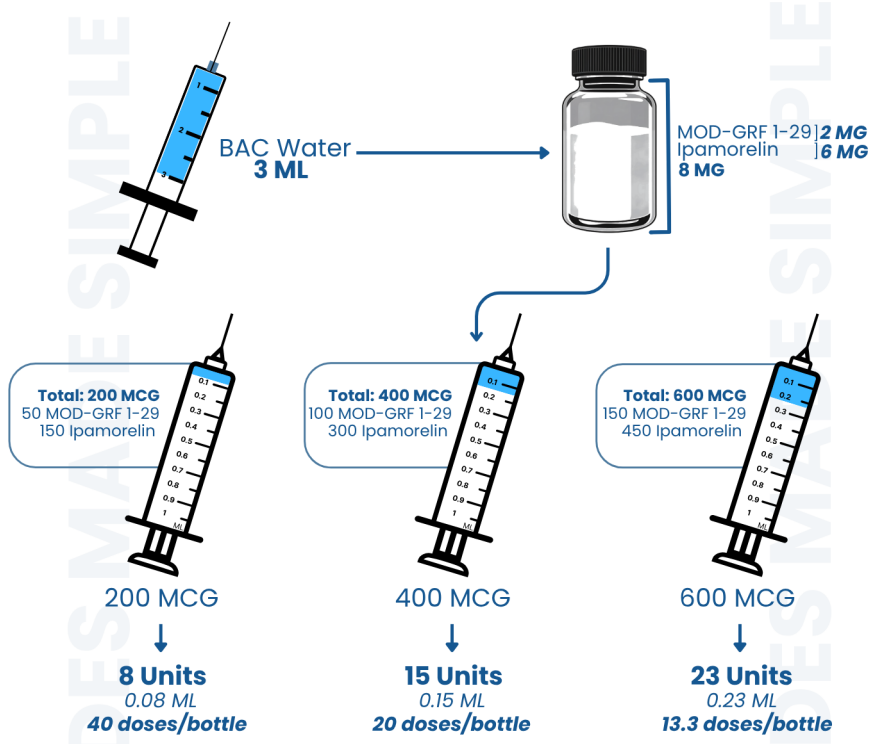
- Caution
 - May cause water retention, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 8 (2/6) MG
- 10 (5/5) MG
- 12 (6/6) MG
- 18 (6/12) MG

MOD-GRF 1-29
Ipamorelin
8 MG
Blend (2/6)

RECONSTITUTION

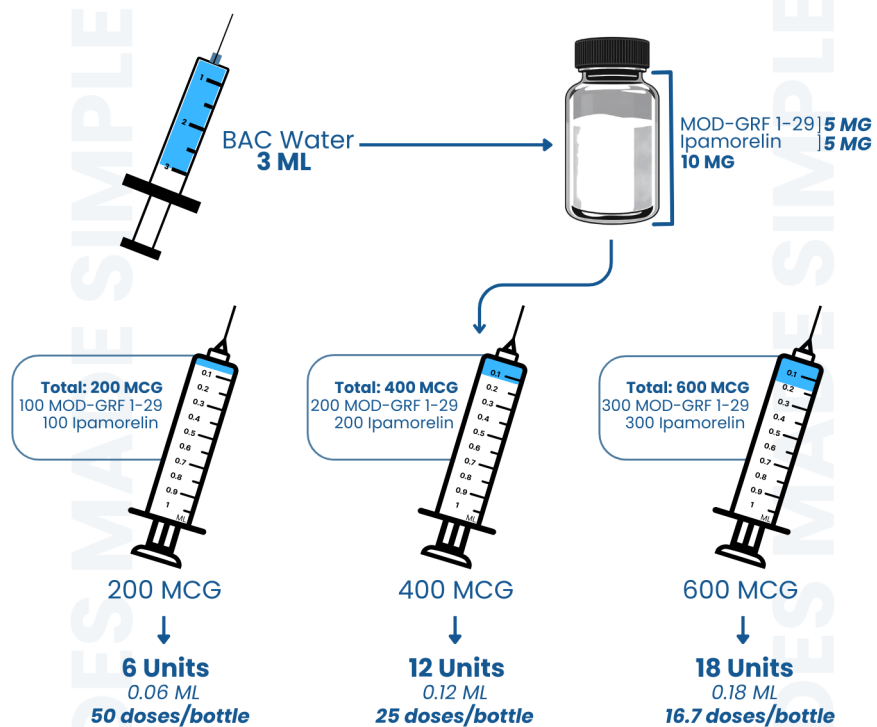


More Options		Key
100 MCG (25/75)	→ 4 units	ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water
300 MCG (75/225)	→ 11 units	
500 MCG (125/375)	→ 19 units	
700 MCG (175/525)	→ 26 units	
800 MCG (200/600)	→ 30 units	

**MOD-GRF 1-29
Ipamorelin
10 MG**

Blend (5/5)

RECONSTITUTION



More Options

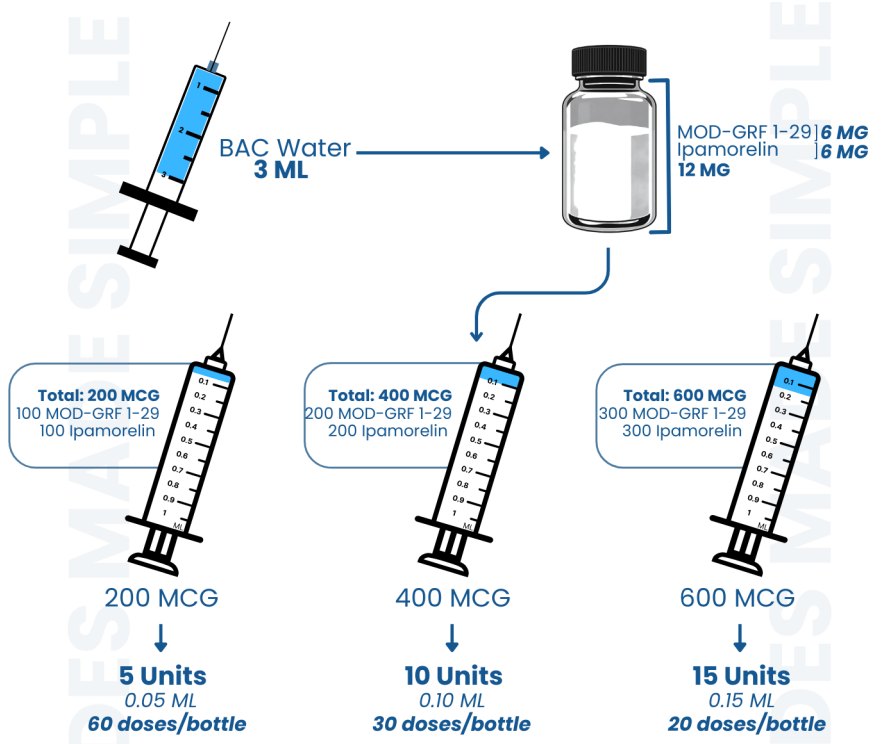
100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

MOD-GRF 1-29
Ipamorelin
12 MG
Blend (6/6)

RECONSTITUTION



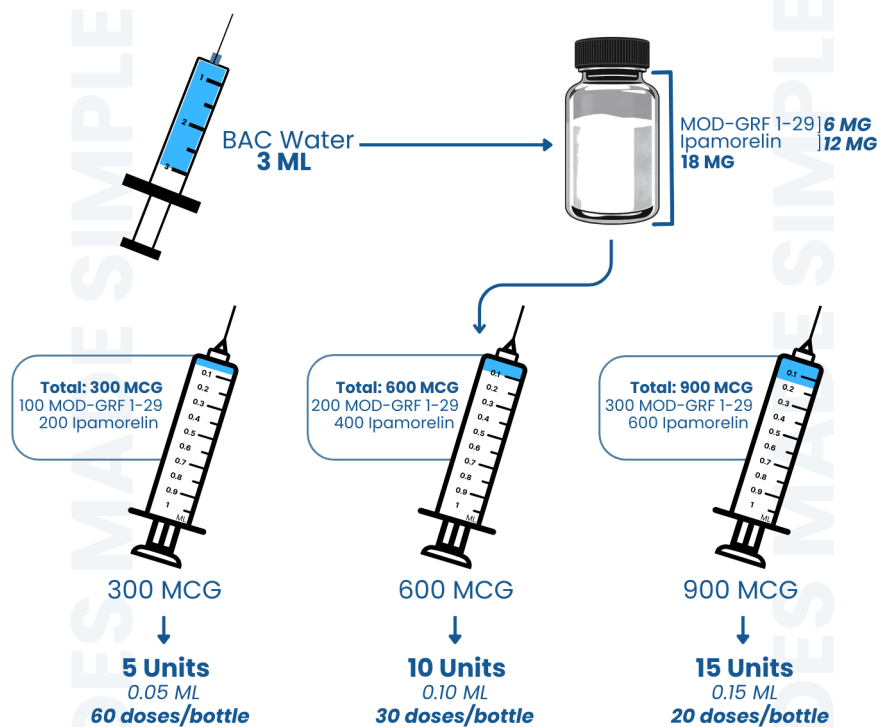
More Options	
100 MCG (50/50)	→ 3 units
300 MCG (150/150)	→ 8 units
500 MCG (250/250)	→ 13 units
700 MCG (350/350)	→ 18 units
800 MCG (400/400)	→ 20 units
900 MCG (450/400)	→ 23 units
1 MG (500/500)	→ 25 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

**MOD-GRF 1-29
Ipamorelin
18 MG**

Blend (6/12)

RECONSTITUTION



More Options

150 MCG (50/100)	→ 3 units	1,2 MG (400/800)	→ 20 units
450 MCG (150/300)	→ 8 units		
750 MCG (250/500)	→ 13 units		
1,05 MG (350/700)	→ 18 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOTS-C, Humanin

Overview

- MOTS-C is produced from mitochondrial DNA and can enter the cell nucleus and circulate in the bloodstream, influencing metabolism, weight management, exercise capacity, and longevity.
- Humanin is found in mitochondria and various body parts, like the heart and brain. Initially classified as a mitochondrial peptide, it is now recognized for its neuroprotective effects, especially in Alzheimer's, and is linked to improved health span.

Deeper Research

- MOTS-C activates the AMPK pathway, regulating energy metabolism, improving insulin sensitivity, and enhancing muscle function by boosting glucose uptake. It also promotes brown fat activity for calorie burning, supports bone health by strengthening osteoblasts, and improves circulation for better heart health.
- Humanin protects against cell death by inhibiting the Bax protein, which can trigger harmful cell processes. This peptide maintains mitochondrial health, prevents neuronal degeneration in Alzheimer's, reduces oxidative stress in blood vessels, and promotes chondrocyte survival for healthy cartilage and bone.

Dosing & Cycling

- Dosing
 - MOTS-C
 - 1-5 mg per dose
 - Humanin
 - 1-5 mg per dose
- Cycling
 - Frequency varies from every day to once a week

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- Cycles' intensity and frequency largely depend on the goal and individual response
- Often used in a loading phase and then reduced down to a maintenance phase with a break in between
 - Example:
 - ✧ 1-5 mg three times a week (M/W/F) for 4-6 weeks
 - ✧ Reduce down to 1-5 mg once a week for 4 weeks
 - ✧ Break for 4-6 weeks

Caution & Contraindications

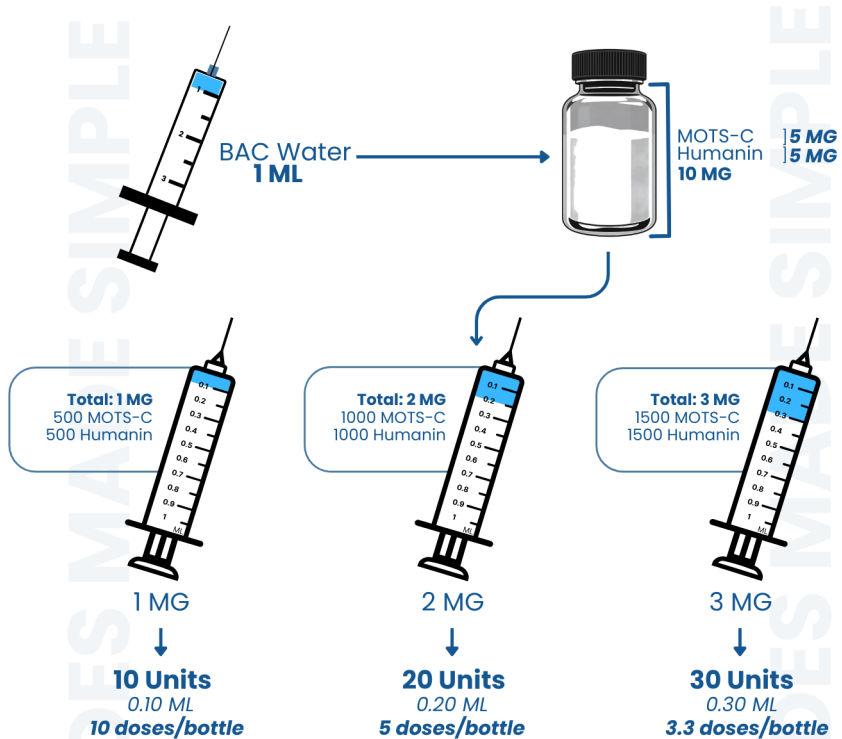
- Caution
 - May cause an increase in heart rate and/or insomnia
- Contraindications
 - Generally well tolerated based on current research

Reconstitution Options

- 10 (5/5) MG

MOTS-C
Humanin
10 MG
Blend (5/5)

RECONSTITUTION



More Options	
500 MCG (250/250) → 5 units	4 MG (2000/2000) → 40 units
1.5 MG (750/750) → 15 units	4.5 MG (2250/2250) → 45 units
2.5 MG (1250/1250) → 25 units	5 MG (2500/2500) → 50 units
3.5 MG (1750/1750) → 35 units	

Key
ML → Milliliter
MG → Milligram
MCG → Microgram
BAC Water → Bacteriostatic Water

Readers Review Copy

Sermorelin, GHRP-2

Overview

- Sermorelin is the mildest and shortest-acting Growth Hormone-Releasing Hormone (GHRH), designed to mimic the body's natural signals for growth hormone.
- GHRP-2 is the second strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- Sermorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner
- GHRP-2 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - Sermorelin
 - 100-500 mcg per dose
 - 500-1000 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community
 - GHRP-2
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - 1- 7x weekly, for 4-8 weeks on and 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

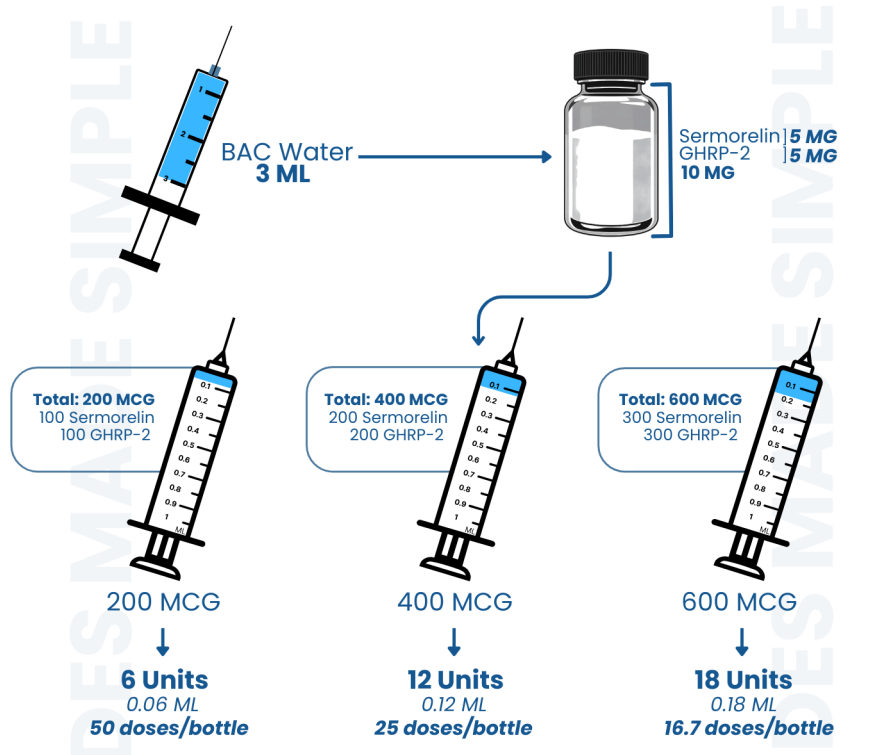
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 10 (5/5) MG

Sermorelin
GHRP-2
10 MG
Blend (5/5)

RECONSTITUTION



More Options		Key	
100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units	ML -> Milliliter	
		MG -> Milligram	
		MCG -> Microgram	
		BAC Water -> Bacteriostatic Water	

Readers Review Copy

Sermorelin, GHRP-6

Overview

- Sermorelin is the mildest and shortest-acting Growth Hormone-Releasing Hormone (GHRH), designed to mimic the body's natural signals for growth hormone.
- GHRP-6 is the third strongest Growth Hormone-Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone).

Deeper Research

- Sermorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner
- GHRP-6 stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - Sermorelin
 - 100-500 mcg per dose
 - 500-1000 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community
 - GHRP-6
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - 1- 7x weekly, for 4-8 weeks on and 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

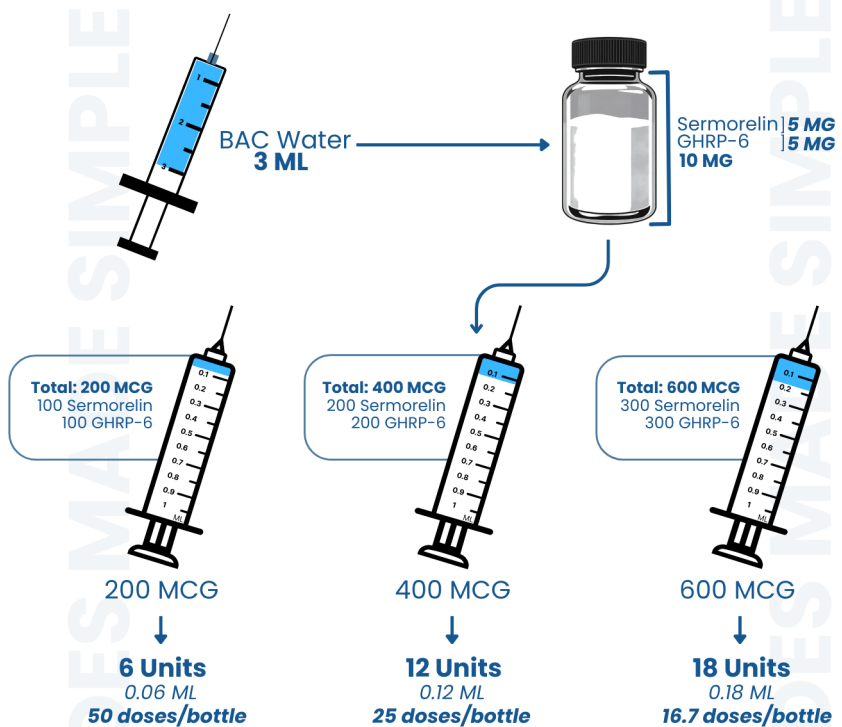
Reconstitution Options

- 10 (5/5) MG

Sermorelin
GHRP-6
10 MG

Blend (5/5)

RECONSTITUTION



More Options

100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Sermorelin, Ipamorelin

Overview

- Sermorelin is the mildest and shortest-acting Growth Hormone-Releasing Hormone (GHRH), designed to mimic the body's natural signals for growth hormone.
- Ipamorelin is the mildest of GHRPs (Growth Hormone-Releasing Peptides). It stimulates the release of growth hormone without increasing appetite, cortisol, or prolactin.

Deeper Research

- Sermorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- Ipamorelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. Uniquely, it does this without increasing appetite, cortisol, and prolactin, which other GHRPs.

Dosing & Cycling

- Dosing
 - Sermorelin
 - 100-500 mcg per dose
 - 500-1000 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community
 - Ipamorelin
 - 100-500 mcg per dose

Readers Review Copy

- Cycling
 - 1- 7x weekly, for 8-12 weeks on and 8-12 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

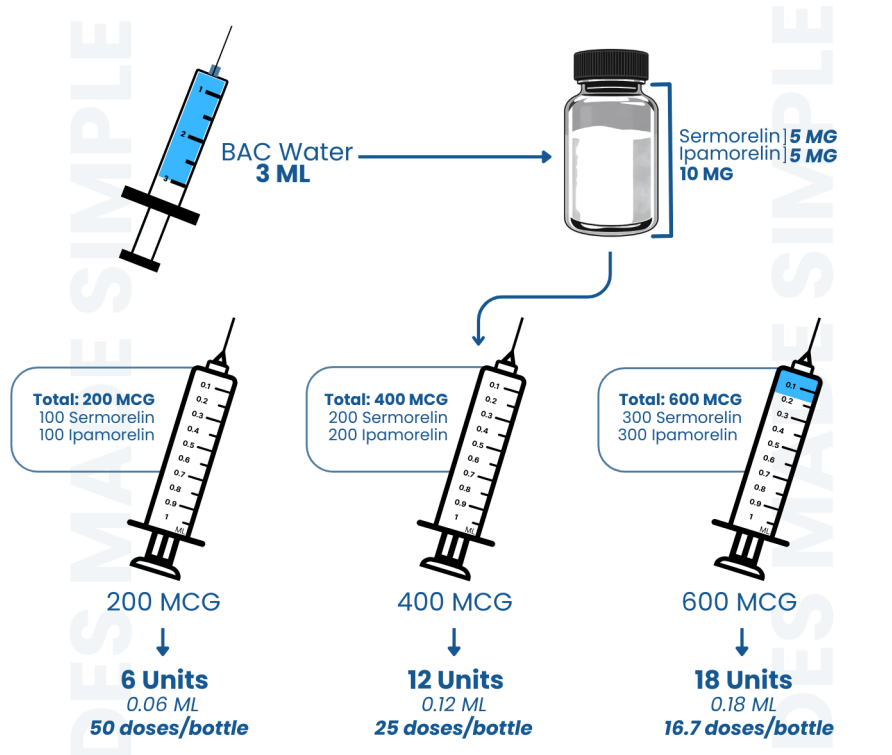
- Caution
 - May cause water retention, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 10 (5/5) MG

Sermorelin
Ipamorelin
10 MG
Blend (5/5)

RECONSTITUTION



More Options		Key	
100 MCG (50/50)	→ 3 units	800 MCG (400/400)	→ 24 units
300 MCG (150/150)	→ 9 units	900 MCG (450/450)	→ 27 units
500 MCG (250/250)	→ 15 units	1 MG (500/500)	→ 30 units
700 MCG (350/350)	→ 21 units	ML -> Milliliter	
		MG -> Milligram	
		MCG -> Microgram	
		BAC Water -> Bacteriostatic Water	

Readers Review Copy

Tesamorelin, Ipamorelin

Overview

- Tesamorelin is the strongest growth hormone-releasing hormone (GHRH) that increases growth hormone production.
- Ipamorelin is the mildest growth hormone-releasing peptide (GHRP) that stimulates growth hormone release without affecting appetite, cortisol, or prolactin levels.

Deeper Research

- Tesamorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland (the strongest of the GHRHs), promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- Ipamorelin stimulates growth hormone (GH) release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, a hormone that suppresses GH production. Uniquely, it does this without increasing appetite, cortisol, and prolactin, which other GHRPs do.

Dosing & Cycling

- Dosing
 - Tesamorelin
 - 500-2000 mcg per dose
 - Ipamorelin
 - 100-500 mcg per dose
- Cycling
 - 1- 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.

Readers Review Copy

- Carbohydrates and fatty acids can blunt growth hormone release.
Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers

Reconstitution Options

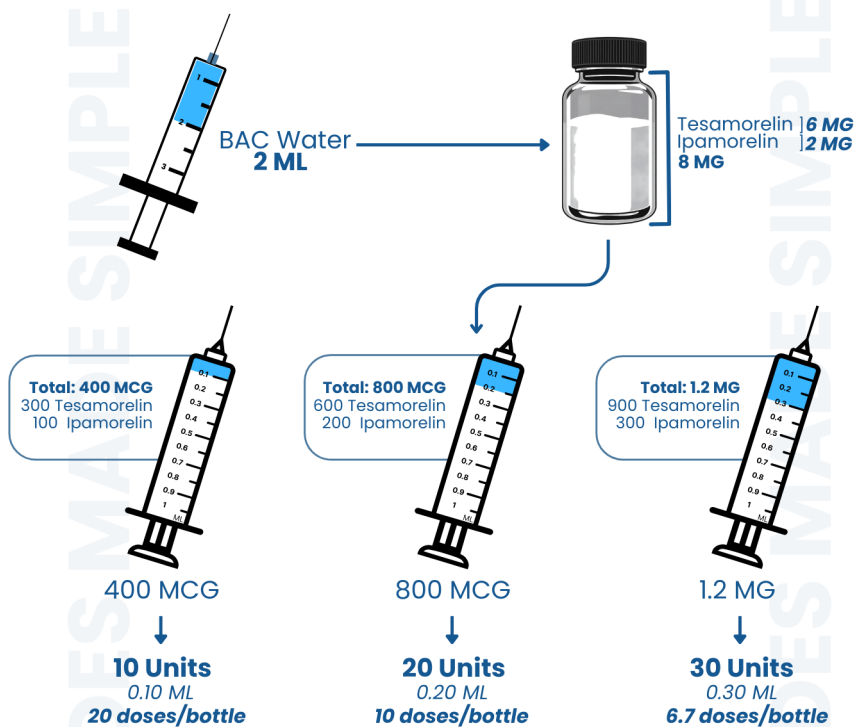
- 8 MG (6/2)

Tesamorelin Ipamorelin

8 MG

Blend (6/2)

RECONSTITUTION



More Options

200 MCG (150/150)	→ 5 units	1.6 MG (1200/400)	→ 40 units
600 MCG (450/150)	→ 15 units	1.8 MG (1350/450)	→ 45 units
1 MG (750/250)	→ 25 units	2 MG (1500/500)	→ 50 units
1.4 MG (1050/350)	→ 35 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Three Peptide Combinations

CJC-1295, Ipamorelin, GHRP-2

Overview

- CJC-1295 acts as a growth hormone-releasing hormone (GHRH), boosting production of growth hormone (GH). Its drug affinity complex (DAC) prolongs its half-life to 6-8 days for sustained GH stimulation.
- Ipamorelin is the mildest growth hormone-releasing peptide (GHRP) that stimulates GH release without increasing appetite, cortisol, or prolactin.
- GHRP-2 is the 2nd strongest Growth Hormone Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone)

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) release for 6-8 days.

Readers Review Copy

- Ipamorelin stimulates GH release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin without increasing appetite, cortisol, or prolactin.
- GHRP-2 has the 2nd-highest binding affinity for growth hormone secretagogue receptors (GHS-R), which increases growth hormone (GH) levels while also stimulating appetite. It can elevate cortisol and prolactin levels.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - Ipamorelin
 - 100-500 mcg per dose
 - GHRP-2
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - CJC-1295: Daily doses can lead to HG levels above normal physiological levels
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Readers Review Copy

Caution & Contraindications

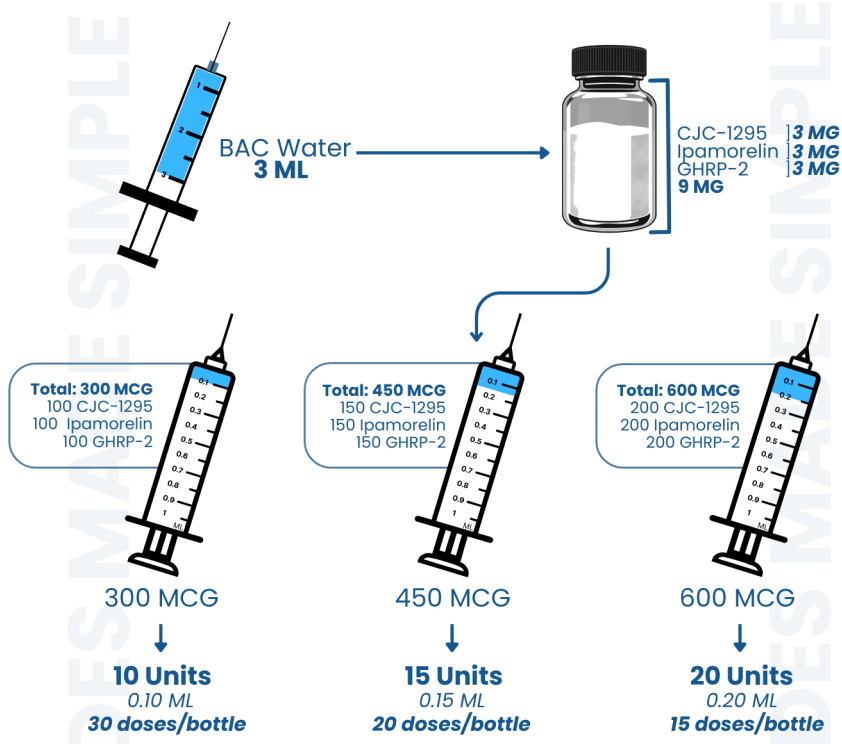
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause high releases of prolactin, cortisol, and over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 9 MG (3/3/3)

CJC-1295
Ipamorelin
GHRP-2
9 MG
Blend (3/3/3)

RECONSTITUTION



More Options	
50 MCG (50/50/50)	→ 5 units
225 MCG (75/75/75)	→ 8 units
375 MCG (125/125/125)	→ 13 units
525 MCG (175/175/175)	→ 18 units
750 MCG (250/250/250)	→ 25 units
900 MCG (300/300/300)	→ 30 units
1.2 MG (400/400/400)	→ 40 units
1.5 MG (500/500/500)	→ 50 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

CJC-1295, Ipamorelin, Frag 176-191

Overview

- CJC-1295 acts as a growth hormone-releasing hormone (GHRH), boosting production of growth hormone (GH). Its drug affinity complex (DAC) prolongs its half-life to 6-8 days for sustained GH stimulation.
- Ipamorelin is the mildest growth hormone-releasing peptide (GHRP) that stimulates GH release without increasing appetite, cortisol, or prolactin.
- Fragment 176-191 is a small piece of human growth hormone that helps burn fat without the effects of the full growth hormone.

Deeper Research

- CJC-1295 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) release for 6-8 days.
- Ipamorelin stimulates GH release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin without increasing appetite, cortisol, or prolactin.
- Fragment 176-191 activates receptors for fat breakdown, preserves lean mass, and may help rebuild cartilage.

Dosing & Cycling

- Dosing
 - CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
 - Ipamorelin
 - 100-500 mcg per dose

Readers Review Copy

- Frag 176-191
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - CJC-1295: Daily doses can lead to HG levels above normal physiological levels
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Caution & Contraindications

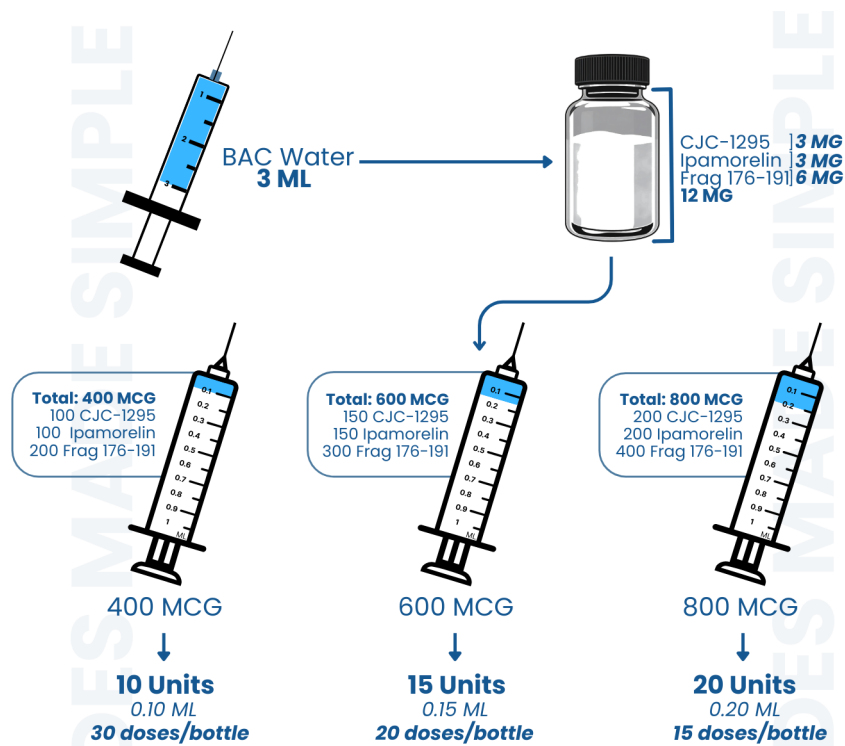
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 12 (3/3/6) MG

CJC-1295
Ipamorelin
Frag 176-191
12 MG
Blend (3/3/6)

RECONSTITUTION



More Options

200 MCG (50/50/100)	→ 5 units	900 MCG (225/225/450)	→ 23 units
300 MCG (75/75/150)	→ 8 units	1 MG (250/250/500)	→ 25 units
500 MCG (125/125/250)	→ 13 units		
700 MCG (175/175/350)	→ 18 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29, Ipamorelin, Frag 176-191

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex)
- Ipamorelin, the mildest GHRP, stimulates GH release without increasing appetite, cortisol, or prolactin.
- Fragment 176-191 is a small piece of human growth hormone that helps burn fat without the side effects of the full growth hormone.

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- Ipamorelin stimulates GH release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin without increasing appetite, cortisol, or prolactin.
- Fragment 176-191 activates receptors for fat breakdown, preserves lean mass, and may help rebuild cartilage.

Dosing & Cycling

- Dosing
 - MOD-GRF-129
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response
 - Ipamorelin
 - 100-500 mcg per dose

Readers Review Copy

- Frag 176-191
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, 8-12 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

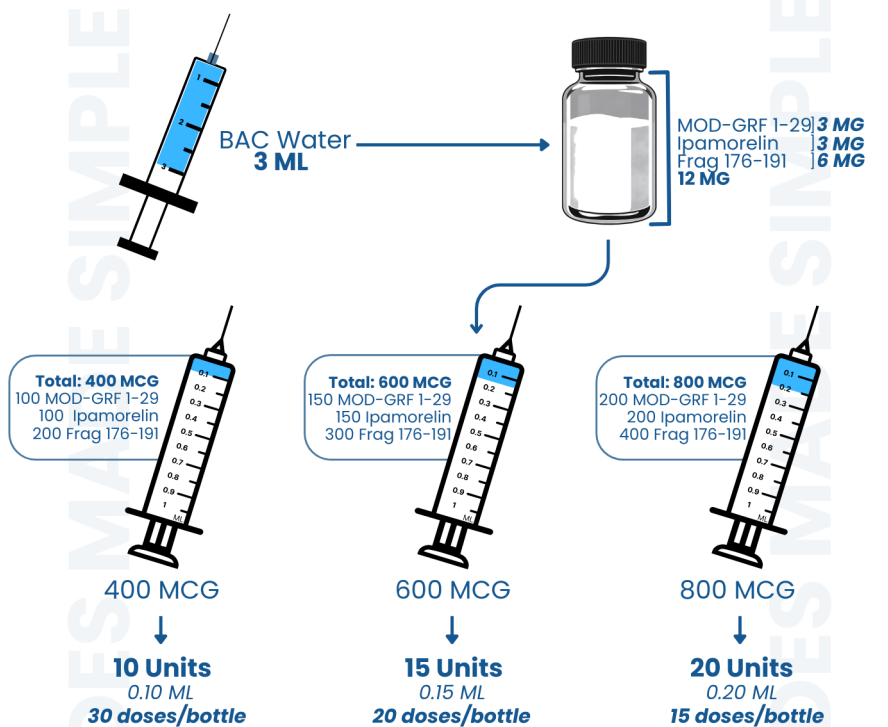
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 12 (3/3/6) MG

**MOD-GRF 1-29
Ipamorelin
Frag 176-191
12 MG**
Blend (3/3/6)

RECONSTITUTION



More Options

200 MCG (50/50/100)	→ 5 units	900 MCG (225/225/450)	→ 23 units
300 MCG (75/75/150)	→ 8 units	1 MG (250/250/500)	→ 25 units
500 MCG (125/125/250)	→ 13 units		
700 MCG (175/175/350)	→ 18 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

MOD-GRF 1-29, Ipamorelin, GHRP-2

Overview

- Mod-GRF 1-29 acts as a Growth Hormone-Releasing Hormone (GHRH) and does not contain DAC (drug affinity complex)
- Ipamorelin, the mildest GHRP, stimulates GH release without increasing appetite, cortisol, or prolactin.
- GHRP-2 is the 2nd strongest Growth Hormone Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin (hunger hormone)

Deeper Research

- Mod-GRF 1-29 binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- Ipamorelin stimulates GH release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin without increasing appetite, cortisol, or prolactin.
- GHRP-2 has the 2nd-highest binding affinity for growth hormone secretagogue receptors (GHS-R), which increases growth hormone (GH) levels while also stimulating appetite. It can elevate cortisol and prolactin levels

Dosing & Cycling

- Dosing
 - MOD-GRF-129
 - 100 mcg per dose
 - Higher doses have not been seen to produce a stronger response

Readers Review Copy

- Ipamorelin
 - 100-500 mcg per dose
- GHRP-2
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

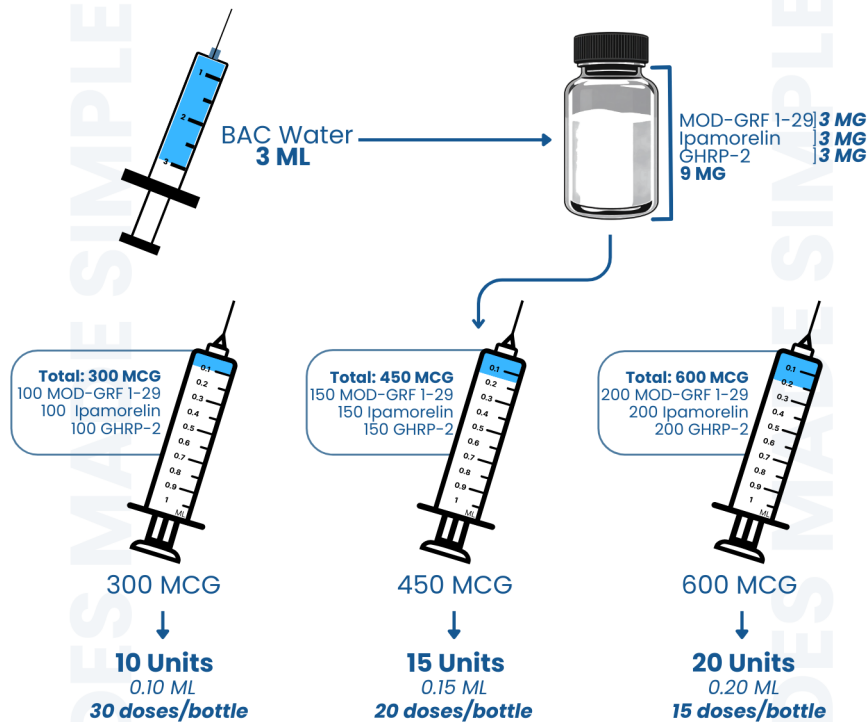
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 9 (3/3/3) MG

MOD-GRF 1-29
Ipamorelin
GHRP-2
9 MG
Blend (3/3/3)

RECONSTITUTION



More Options	
150 MCG (50/50/50)	→ 5 units
225 MCG (75/75/75)	→ 8 units
375 MCG (125/125/125)	→ 13 units
525 MCG (175/175/175)	→ 18 units
675 MCG (225/225/225)	→ 23 units
750 MCG (250/250/250)	→ 25 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Readers Review Copy

Sermorelin, GHRP-6, GHRP-2

Overview

- Sermorelin is the mildest and shortest-acting Growth Hormone-Releasing Hormone (GHRH), designed to mimic the body's natural signals for growth hormone.
- GHRP-6 is the third strongest growth hormone-releasing peptide (GHRP), stimulates growth hormone and ghrelin (hunger hormone)
- GHRP-2 is the 2nd strongest Growth Hormone Releasing Peptide (GHRP) that stimulates growth hormone and ghrelin

Deeper Research

- Sermorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) production. Its short half-life corresponds better to how the body naturally releases GH in a pulsatile manner.
- GHRP-2 has the 2nd-highest binding affinity for growth hormone secretagogue receptors (GHS-R), which increases growth hormone (GH) levels while also stimulating appetite. It can elevate cortisol and prolactin levels.
- GHRP-6, similar to GHRP-2 but with fewer effects on cortisol and prolactin levels, activates GHS-R receptors and ghrelin to release GH.

Dosing & Cycling

- Dosing
 - Sermorelin
 - 100-500 mcg per dose
 - 500-1000 mcg per dose has been observed in research with positive results and is often seen in the bio-hacking community

Readers Review Copy

- GHRP-6
 - 100-500 mcg per dose
- GHRP-2
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, for 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

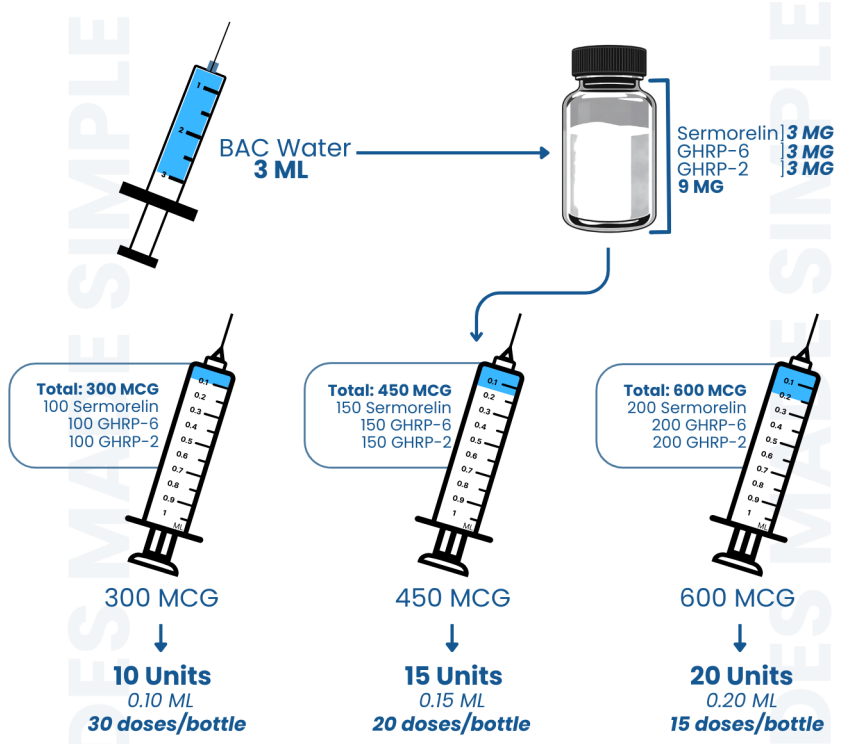
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 9 (3/3/3) MG

Sermorelin
GHRP-6
GHRP-2
9 MG
Blend (3/3/3)

RECONSTITUTION



More Options		Key
150 MCG (50/50/50)	→ 5 units	ML -> Milliliter MG -> Milligram MCG -> Microgram BAC Water -> Bacteriostatic Water
225 MCG (75/75/75)	→ 8 units	
375 MCG (125/125/125)	→ 13 units	
525 MCG (175/175/175)	→ 18 units	
675 MCG (225/225/225)	→ 23 units	
750 MCG (250/250/250)	→ 25 units	

Readers Review Copy

Tesamorelin, CJC-1295, Ipamorelin

Overview

- Tesamorelin is the most potent growth hormone-releasing hormone (GHRH) and boosts growth hormone (GH) production.
- CJC-1295 acts as a growth hormone-releasing hormone (GHRH), boosting growth hormone (GH) production and release. Its drug affinity complex (DAC) prolongs its half-life to 6-8 days for sustained GH stimulation.
- Ipamorelin is the mildest growth hormone-releasing peptide (GHRP) that stimulates GH release without increasing appetite, cortisol, or prolactin.

Deeper Research

- Tesamorelin binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland (the strongest of the GHRHs), promoting growth hormone (GH) production.
- CJC-1295, similar to Tesamorelin but less potent and with a longer half-life, binds to growth hormone-releasing hormone receptors (GHRH) in the pituitary gland, promoting growth hormone (GH) release for 6-8 days.
- Ipamorelin stimulates GH release by mimicking ghrelin, binding to growth hormone secretagogue receptors (GHS-R) in the brain, and inhibiting somatostatin, all without increasing appetite, cortisol, or prolactin, which other GHRPs do.

Dosing & Cycling

- Dosing
 - Tesamorelin
 - 500-2000 mcg per dose

Readers Review Copy

- CJC-1295
 - Daily dose of 200-400 mcg or 1-2 large doses per week, with a total dosing range per week of 1-5 mg
- Ipamorelin
 - 100-500 mcg per dose
- Cycling
 - 1 - 7x weekly, 4-8 weeks on, 4-8 weeks off
 - Multiple doses can be given daily to increase GH secretion, which is often used in bodybuilding.
 - CJC-1295: Daily doses can lead to HG levels above normal physiological levels
 - Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Caution & Contraindications

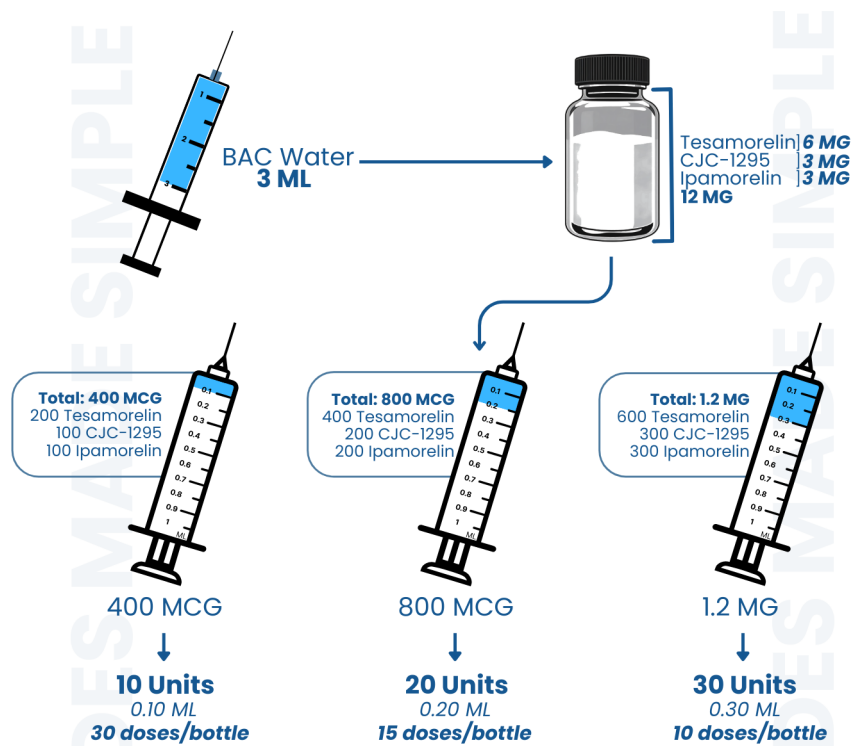
- Caution
 - May cause water retention, hunger, headaches, changes in blood sugar levels, and joint pain
 - Caution in individuals with existing hormonal imbalances or conditions
 - Extended use or higher doses may cause over-saturation of receptors
- Contraindications
 - Individuals with active or a history of hormone-sensitive cancers and/or a history of severe low blood sugar levels

Reconstitution Options

- 12 (6/3/3) MG

Tesamorelin
CJC-1295
Ipamorelin
12 MG
Blend (6/3/3)

RECONSTITUTION



More Options

200 MCG (100/50/50)	→ 5 units	1.6 MG (800/400/400)	→ 40 units
600 MCG (300/150/150)	→ 15 units	1.8 MG (900/450/450)	→ 45 units
1 MG (500/250/250)	→ 25 units	2 MG (1000/500/500)	→ 45 units
1.4 MCG (700/350/350)	→ 35 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

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TB-500, BPC-157, GHK-Cu

Overview

- BPC-157, or body-protection compound, is found in human gastric juice that is neuroprotective (brain), cardioprotective (heart), gastroprotective (stomach), and musculoskeletal protective (joints, ligaments, and muscles)
- TB-500 is a peptide that mimics a natural protein found in almost all cells and is related to thymosin, a hormone secreted by the thymus gland, an essential aspect of the immune system.
- GHK-Cu is a copper peptide in human plasma. It boosts skin and hair health through strong regeneration and anti-inflammatory properties, and positively influences over 500 gene expressions.

Deeper Research

- BPC-157 activates the body's natural regeneration processes, healing tissues like the brain, stomach, heart, joints, and muscles. It enhances blood vessel formation (angiogenesis), accelerating healing and improving organ function while modulating neurotransmitters for better cognitive function.
- TB-500 binds to actin, which is essential for cell repair. It accelerates healing by increasing immune cell numbers and reducing inflammation. TB-500 promotes muscle cell growth, aids heart tissue recovery after injury, and stimulates new brain cell growth.
- GHK-CU helps regenerate tissues by attracting cells to injury sites and boosting collagen and stem cell production. It also forms new blood vessels and protects against oxidative damage, enhancing healing in skin and hair.

Dosing & Cycling

- Dosing
 - o BPC-157
 - 300-800 mcg per dose

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- TB-500
 - 300-1000 mcg per dose
 - Higher doses of 2 mg - 3 mg have been used in severe injuries with positive effects
- GHK-Cu
 - 500-3000 mcg per dose
- Injury: Split the dose into two doses a day and inject around the area
- Cycling
 - Typical cycles are daily, for 30 days and can be extended to 90 or 120 days, with a 30-day minimum cycle break between
 - Cycle length and intensity depend on response and goal

Caution & Contraindications

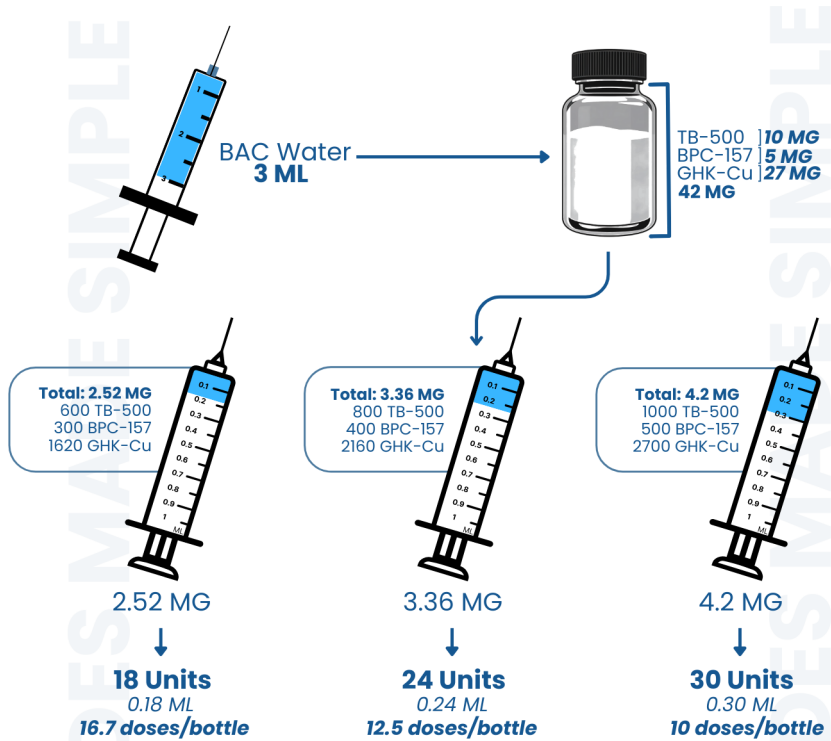
- Caution
 - May cause flushing, nausea, dizziness, lethargy, diarrhea, and changes in blood pressure
 - GHK-Cu can cause a “burning” sensation with injection administration
- Contraindications
 - Individuals with active or a history of autoimmune disorders, active infections, and/or cancer

Reconstitution Options

- 42 MG (10/5/27)
- 50 MG (10/5/35)
- 70 MG (10/10/50)

TB-500
BPC-157
GHK-Cu
42 MG
Blend (10/5/27)

RECONSTITUTION

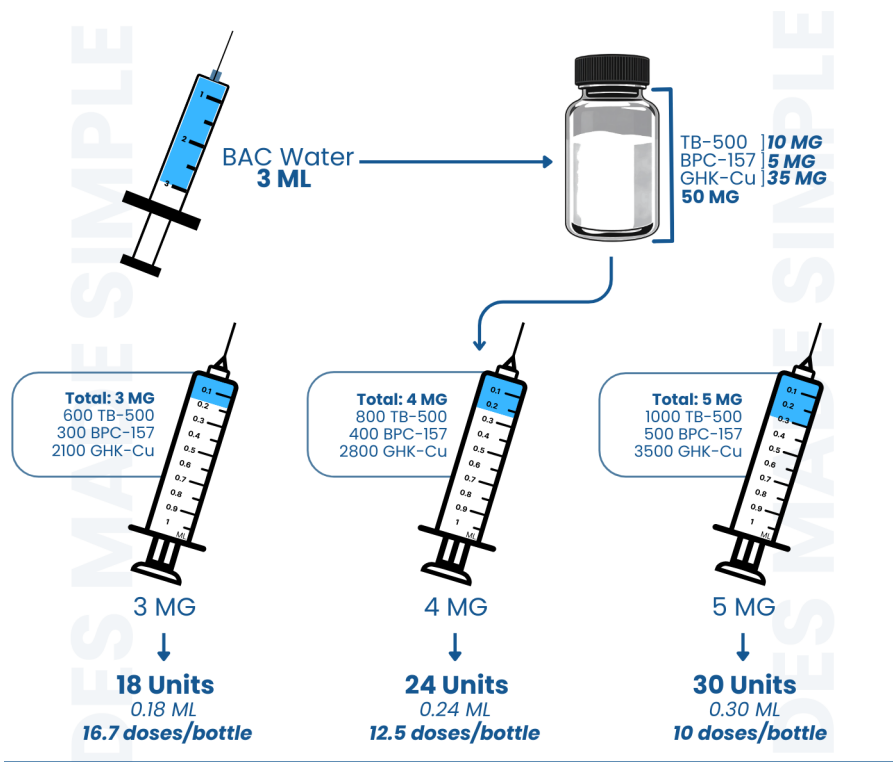


More Options	
1.68 MG (400/200/1080) →	12 units
2.1 MG (500/250/1350) →	15 units
2.94 MG (700/350/1890) →	21 units
3.78 MG (900/450/2430) →	27 units
4.62 MG (1100/550/2970) →	33 units
5.04 MG (1200/600/3240) →	36 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

TB-500
BPC-157
GHK-Cu
50 MG
Blend (10/5/35)

RECONSTITUTION



More Options

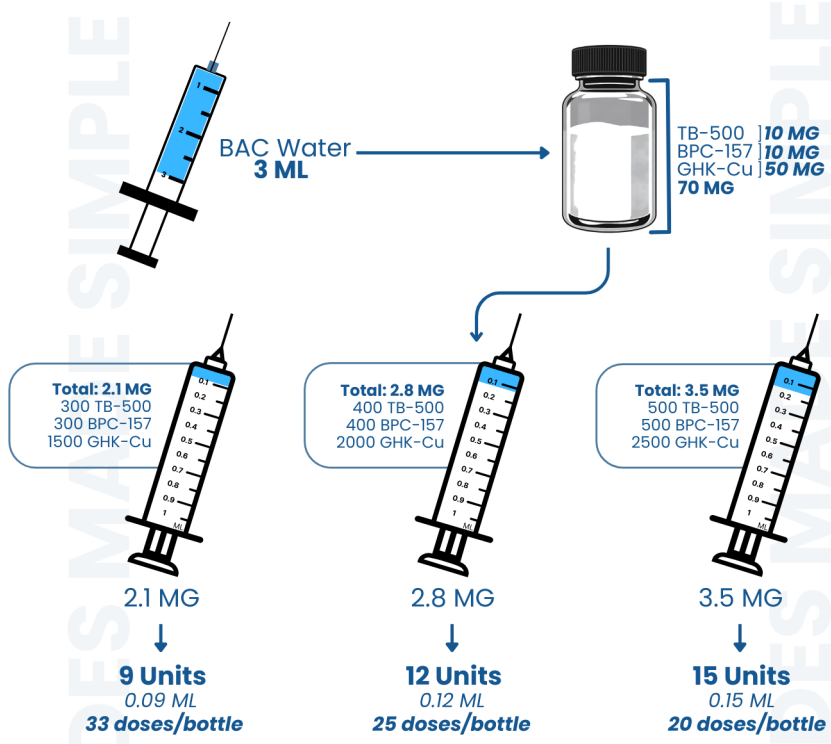
2 MG (400/200/1400) →	12 units	5.5 MG (1100/550/3850) →	33 units
2.5 MG (500/250/1750) →	15 units	6 MG (1200/600/4200) →	36 units
3.5 MG (700/350/2450) →	21 units		
4.5 MG (900/450/3150) →	27 units		

Key

ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

TB-500
BPC-157
GHK-Cu
70 MG
Blend (10/10/50)

RECONSTITUTION

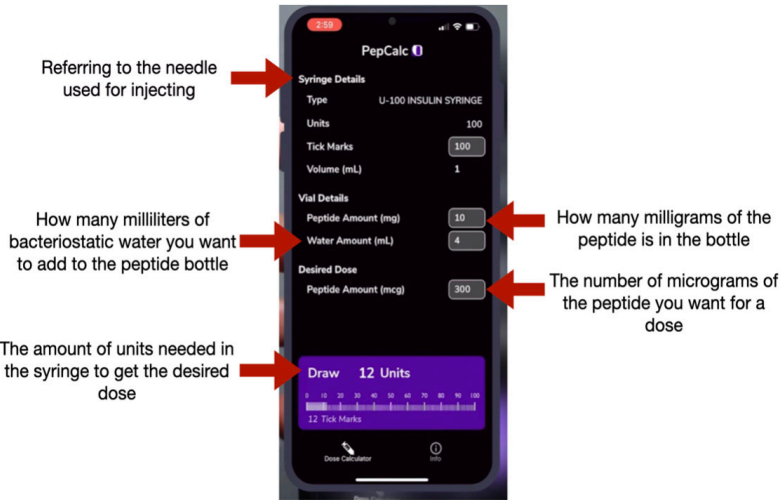


More Options	
1.4 MG (200/200/1000) →	6 units
1.75 MG (250/250/1250) →	8 units
2.45 MG (350/350/1750) →	11 units
3.15 MG (450/450/2250) →	14 units
3.85 MG (550/550/2750) →	17 units
4.2 MG (600/600/3000) →	18 units

Key
ML -> Milliliter
MG -> Milligram
MCG -> Microgram
BAC Water -> Bacteriostatic Water

Customizing Reconstitution

I have benefited from an app called PepCalc. I did my best to create my reconstitution graphics in a way that would provide all the needed options; however, this app can be an excellent tool for further customization.



Key Point: Most peptide vials can only hold a maximum of 3 mL when reconstituting. Ensure your total reconstitution volume does not exceed this limit.

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Summary

- More Bac Water: Lowers concentration, requiring more units to achieve the same dose.
- Less Bac Water: Increases concentration, requiring fewer units for the same dose.
- I add more BAC Water → When I want a smaller dose relatively small compared to the total peptide bottle amount.
 - Example: I want 300 mcg of a 10 mg bottle. I would add 3ml. Not more because the bottle cannot hold more. Not less because then the amount of units to withdraw in the syringe is difficult
- I add less BAC Water → When I want a larger dose relatively large compared to the total peptide bottle amount.
 - Example: I want 1 mg of a 10mg bottle. I would add 1ml so I do not need to inject as many units. I could add more water but then I found this not to be the most comfortable since large amounts of bac water will occur with injection and sometimes doses are needed that will go above 1 insulin syringe if adding a lot of bac water.

Thank You

Thank you for investing your valuable time and money in this book. I dedicated significant effort to creating it with the genuine hope that it would enhance your life.

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Peptide Basics 101



Starting Your Peptide Lab



Peptide Combos Encyclopedia



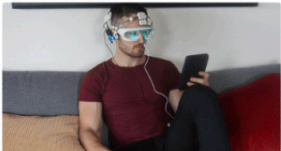
Peptide Encyclopedia



Peptide Dosing Cheat Sheet



Reconstitution Encyclopedia



Bio-Hacking Lifestyle 101

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Did I Miss Any?

I strive to stay current with research, but the field of peptides is evolving at an incredible pace.

If there's a peptide or specific bottle amount I may have missed that you would like included, please email: support@regenerative-education.com

We will add your request to our **Peptide Academy VIP** and update the book accordingly.

Update Schedule

The book will be updated approximately every one to two years. Due to the in-depth nature of these updates, there may be longer wait times.

- **Kindle Purchasers:** Updates are free if you purchase the Kindle version—you will have to re-download it to get the updates.
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About The Author



Matthew Farrahi

Matthew has dedicated the past decade to optimizing life and unlocking new levels of human potential, with peptides as a key focus of his journey. His mission is to reveal the secrets that enhance physical, emotional, and mental performance for everyone seeking growth.

Seeing a significant gap in the understanding and application of advanced health solutions, he set out on a path of exploration and learning. Through diligent research and thoughtful experimentation, Matthew encountered skepticism but remained focused on the positive results he was seeing. He knew that his findings could empower others.

By sharing his insights on social media and through his books, he has helped reshape how people approach health and wellness. Each discovery is a stepping stone toward tapping into new possibilities, allowing individuals to experience the transformative effects of peptides and more. Matthew's commitment to knowledge continues to grow. He regularly explores and

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experiments to uncover new insights that expand the understanding of the human experience.

Matthew's Youtube Channel

<https://www.youtube.com/@PeptideInsights>

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Resources

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