

Crucial Vitality

Peptide Therapy Guide

What we offer — and what it can do for you.

Peptides are short chains of amino acids — the building blocks of proteins — that act as precise signaling molecules in your body. Unlike broad-spectrum hormones or pharmaceuticals, peptides give your body highly specific instructions: repair this tissue, release this hormone, reduce that inflammation. As we age, our natural peptide levels decline, contributing to slower recovery, weight gain, cognitive fog, poor sleep, and reduced vitality.

At Crucial Vitality, we use science-backed, clinically sourced peptide therapy to help our patients feel, function, and age on their own terms. Below is a guide to every peptide we offer, organized by what you want to improve.

Energy, Longevity & Cellular Health

Feel younger, think clearer, and help your body age on your terms.

NAD+ <i>"Your body's cellular fuel — replenished"</i>	NAD+ is a molecule every cell in your body depends on for energy. Levels drop significantly as we age, leaving us feeling tired, foggy, and slower to recover. Restoring NAD+ helps your cells produce energy more efficiently, supports DNA repair, and is one of the most researched tools in longevity medicine.
MOTS-C <i>"A metabolic tune-up at the cellular level"</i>	MOTS-C is a peptide your mitochondria (the powerhouses of your cells) naturally produce. It helps regulate how your body burns fuel, improves insulin sensitivity, and supports healthy metabolism and muscle function. Think of it as a signal that tells your cells to run more efficiently — especially as we age.
SS-31 (Elamipretide) <i>"Protect and recharge your mitochondria"</i>	Your mitochondria take a beating over time from oxidative stress and inflammation. SS-31 concentrates directly inside them to reduce damage and restore their ability to produce energy. It's used in roadmaps targeting heart health, brain protection, kidney support, and the general fatigue that comes with aging.
Epitalon <i>"The anti-aging peptide that may help your cells stay younger longer"</i>	Epitalon activates an enzyme called telomerase, which helps maintain the protective caps on your chromosomes — a key marker of cellular age. It also supports your body's natural melatonin rhythm for better sleep and has antioxidant and immune-supportive benefits. It's one of the most studied longevity peptides in the world.
Humanin <i>"A longevity signal your body makes less of over time"</i>	Humanin is produced by your mitochondria and acts as a cellular protector — shielding cells from damage, reducing inflammation, and supporting insulin function. Research shows that people who live exceptionally long lives have higher levels of Humanin. Supplementing it is an emerging strategy in longevity medicine.
PNC-27 <i>"Targeted cellular cleanup"</i>	PNC-27 is derived from p53, a protein known as the guardian of the genome. It selectively targets and eliminates damaged or abnormal cells without affecting healthy tissue — supporting the body's natural cellular housekeeping processes that keep us healthy as we age.

SLU-PP-332 & SLU-PP-322 <i>"The workout you do at the cellular level"</i>	These compounds activate the same cellular pathways triggered by endurance exercise — increasing mitochondrial production and energy metabolism in your muscles — without requiring you to run a marathon. They're being studied as 'exercise mimetics' for metabolic health and longevity support.
Glutathione <i>"Your body's master antioxidant"</i>	Glutathione is produced naturally in your liver and acts as the body's primary defense against oxidative stress and toxins. It supports immune function, liver detoxification, skin brightness, and cellular repair. Injectable glutathione is far more bioavailable than pills and is a cornerstone of many anti-aging and detox roadmaps.

Healing, Recovery & Pain Relief

Bounce back faster. Heal deeper. Move better.

BPC-157 <i>"Nature's most powerful healing peptide"</i>	BPC-157 was originally discovered in gastric juice, where it protects and heals the gut lining. Researchers found it has remarkable healing effects throughout the entire body — tendons, ligaments, muscles, nerves, and joints. Whether you're recovering from an injury, dealing with chronic pain, or healing from surgery, BPC-157 accelerates the repair process and reduces inflammation.
TB-500 (Thymosin Beta-4) <i>"Rebuild and regenerate from the inside out"</i>	TB-500 is a peptide your body already uses to repair tissue after injury. It works by regulating actin — a key protein involved in how cells move and rebuild. It reduces inflammation, improves flexibility, and helps heal damaged muscles, tendons, and connective tissue. Often used alongside BPC-157 for a powerful combined healing effect.
BPC-157 / TB-500 Blend <i>"The ultimate healing combination"</i>	Combining BPC-157 and TB-500 gives you two complementary healing mechanisms in one. BPC-157 drives tissue repair and gut health, while TB-500 promotes cellular regeneration and reduces inflammation. Together, they work synergistically to accelerate healing far beyond what either can do alone. A top choice for injury recovery and chronic pain.
WOLVERINE Blend (BPC-157 / TB-500 / MGF) <i>"For serious recovery and muscle repair"</i>	Named for its aggressive healing profile, WOLVERINE adds Mechano Growth Factor (MGF) to the BPC-157 and TB-500 combination. MGF activates dormant muscle stem cells to rebuild muscle tissue from the ground up. Designed for athletes, those recovering from surgery, and anyone facing significant musculoskeletal challenges.
ARA-290 <i>"Targeted inflammation and nerve pain relief"</i>	ARA-290 is derived from erythropoietin (a natural hormone) but is designed specifically to reduce inflammation and protect nerve tissue — without affecting red blood cells. It's being studied for neuropathy, chronic pain, and inflammatory conditions. If you experience nerve pain, numbness, or widespread inflammation, this peptide targets those pathways directly.

Brain Health & Cognitive Performance

Sharper focus. Better memory. Calm under pressure.

Semax <i>"A brain booster backed by decades of research"</i>	Semax increases BDNF — your brain's primary growth and maintenance hormone — while improving attention, memory, and processing speed. It was developed in Russia and has been used clinically for stroke recovery and cognitive decline. Many people notice clearer thinking, better focus, and improved mood within days of starting.
Selank <i>"Calm your mind without sedation"</i>	Selank reduces anxiety and stress by gently modulating serotonin and dopamine pathways — without the foggy or sedating effects of traditional anti-anxiety medications. It also supports memory and immune function. People describe it as feeling calm, clear, and focused — a rare combination.
SELANK / SEMAX Blend <i>"Anxiety relief meets cognitive enhancement"</i>	This blend pairs Selank's calming, stress-reducing properties with Semax's brain-boosting and neuroprotective effects. Together, they address both sides of mental performance: a quieter, less reactive mind and a sharper, more capable one. Ideal for high-stress professionals, those dealing with brain fog, or anyone wanting to optimize their mental edge.
Pinealon <i>"Nourish and protect your brain cells"</i>	Pinealon is a short peptide from the pineal gland with neuroprotective and memory-enhancing effects. It works at the gene level to support brain cell health, improve learning and recall, and protect against age-related cognitive decline. It also supports circadian rhythm and sleep quality.
VIP (Vasoactive Intestinal Peptide) <i>"Reduce brain inflammation and restore clarity"</i>	VIP is a powerful anti-inflammatory neuropeptide used particularly in Chronic Inflammatory Response Syndrome (CIRS) — a condition often triggered by mold exposure. It calms neuroinflammation, helps regulate the immune system, and has been shown to restore cognitive clarity and reduce fatigue for those with complex inflammatory conditions.
BIQ Cognitive Support Gummies <i>"Daily brain support in a chewable format"</i>	A convenient daily chewable combining peptide-based and nootropic compounds to support focus, memory, and mental clarity. Great for those who want consistent cognitive support without injections.



Weight Loss & Body Composition

Targeted fat loss. Better metabolism. Real results.

AOD-9604 <i>"Fat-burning without the side effects of HGH"</i>	AOD-9604 is a fragment of human growth hormone that was isolated specifically for its fat-burning properties. It triggers your body to break down stored fat — especially stubborn visceral fat — without raising blood sugar or causing the tissue growth that full HGH can. A targeted, cleaner approach to fat loss.
5-Amino 1MQ <i>"Turn up your fat cells' metabolism"</i>	5-Amino 1MQ works differently from most weight loss approaches — it targets an enzyme inside fat cells that normally keeps them in 'storage mode.' By blocking that enzyme, it raises the metabolic rate of fat cells themselves, promotes fat cell breakdown, and activates the same energy pathways as NAD+. Particularly useful for stubborn fat and metabolic plateau.
Cagrilintide <i>"Feel full longer, eat less"</i>	Cagrilintide mimics amylin, a hormone your body releases after eating to signal fullness. It slows the rate at which food leaves your stomach,

<i>naturally"</i>	reduces appetite through brain signaling, and helps you feel satisfied with less. It complements GLP-1-based therapies and is being studied in combination for powerful weight management results.
Tesofensine <i>"Appetite control with mental energy"</i>	Tesofensine significantly reduces appetite by influencing serotonin, dopamine, and norepinephrine in the brain. Originally developed for neurological conditions, it was found to produce meaningful weight loss as a primary effect. Users also often notice improved energy, motivation, and mental focus — a welcome bonus in any weight loss journey.
Tesamorelin <i>"Clinically proven for visceral fat reduction"</i>	Tesamorelin is the only peptide with FDA clearance for reducing visceral (belly) fat. It works by stimulating your pituitary gland to release growth hormone naturally — the way your body used to do in your younger years. Beyond fat loss, it supports lean muscle, metabolic health, and cognitive function.
5-Amino 1MQ Capsules <i>"Oral metabolic support for body recomposition"</i>	The oral capsule version of 5-Amino 1MQ for those who prefer a non-injectable daily metabolic support option. Supports fat cell breakdown, NAD+ activation, and metabolic rate in a convenient daily dose.
Tesofensine Capsules <i>"Convenient daily appetite control"</i>	The oral capsule form of Tesofensine for appetite suppression, weight management, and the secondary benefits of enhanced energy and mental clarity.

Growth Hormone Optimization

Restore the hormonal balance of your younger years — naturally.

Sermorelin <i>"Gently restore your body's natural growth hormone"</i>	As we age, growth hormone production declines significantly — contributing to weight gain, poor sleep, lower energy, and slower recovery. Sermorelin signals your pituitary gland to produce growth hormone the natural way. The result: better sleep, more lean muscle, reduced fat, improved skin, and higher energy — without the risks of synthetic HGH.
Ipamorelin <i>"Clean, precise growth hormone support"</i>	Ipamorelin is one of the most selective and well-tolerated growth hormone peptides available. It triggers your pituitary to release GH without raising cortisol or causing unwanted hormonal side effects. It supports lean muscle, fat loss, recovery, and notably improves sleep quality — which is when most of your body's repair happens.
CJC-1295 NO DAC <i>"Amplify your growth hormone pulse naturally"</i>	CJC-1295 No DAC (also called Mod GRF 1-29) works synergistically with Ipamorelin to produce a stronger, more natural-feeling GH pulse. Where Ipamorelin initiates the release, CJC-1295 amplifies it. Used together, they mimic the way your body released growth hormone when you were younger — in natural bursts, not a constant flood.
CJC-1295 W/DAC <i>"Sustained growth hormone support with less frequent dosing"</i>	This version of CJC-1295 includes a special compound that extends its half-life from minutes to nearly a week. This means you get sustained growth hormone support with far fewer injections. Ideal for those who want the benefits of GH optimization with a simplified dosing schedule.
Tesamorelin /	Combining Tesamorelin (shown to support fat reduction) with Ipamorelin (for clean GH release) creates a synergistic roadmap that targets both

Ipamorelin Blend <i>"A powerful GH combination for body and metabolism"</i>	fat metabolism and overall growth hormone optimization. This blend covers two distinct pathways simultaneously for enhanced body composition and anti-aging benefits.
CJC-1295 NO DAC / Ipamorelin Blend <i>"The gold standard growth hormone peptide combination"</i>	One of the most widely used combinations in functional and anti-aging medicine. CJC-1295 and Ipamorelin together produce a significantly amplified GH pulse — supporting lean body mass, fat reduction, improved sleep, faster recovery, and a general sense of youthful vitality.
GHRP-2 <i>"A strong GH stimulus for muscle and recovery"</i>	GHRP-2 is a potent growth hormone-releasing peptide that produces strong GH pulses. It's particularly effective for patients looking to build lean muscle and accelerate recovery. It also has anti-inflammatory and heart-protective properties.
GHRP-6 <i>"GH support with appetite and gut benefits"</i>	GHRP-6 stimulates significant growth hormone release and is known for its appetite-enhancing effect — making it a great fit for those who need to build muscle or are struggling with poor appetite alongside their recovery goals. It also supports gut motility and liver health.
Sermorelin Capsules <i>"GH optimization without injections"</i>	The oral capsule form of Sermorelin offers a convenient, needle-free way to support pituitary GH production. Great for those new to peptide therapy or those who prefer daily capsules as their starting point for hormone optimization.

Hormonal & Sexual Health

Restore vitality, drive, and hormonal balance.

PT-141 (Bremelanotide) <i>"Reignite desire — for both men and women"</i>	PT-141 works through the brain, not the body, to increase sexual desire and arousal. Unlike traditional medications that focus on blood flow, PT-141 activates melanocortin receptors in the brain's pleasure and motivation centers. It's FDA-approved for low sexual desire in women and is widely used for both men and women in functional medicine.
Kisspeptin-10 <i>"Your body's master switch for reproductive hormones"</i>	Kisspeptin is the hormone that signals your brain to start the entire cascade of sex hormone production — testosterone, estrogen, and more. When Kisspeptin signaling is low, hormone levels drop and libido suffers. Supplementing Kisspeptin-10 can help restore this upstream signal, supporting hormone balance, fertility, and drive.
HCG (Human Chorionic Gonadotropin) <i>"Support your body's natural testosterone production"</i>	HCG mimics the signal that tells your body to produce its own testosterone. For men on testosterone replacement therapy (TRT), HCG prevents the testes from shrinking and maintains natural hormone production pathways. For women, it supports fertility and hormonal balance. A key part of many hormone optimization roadmaps.
Oxytocin <i>"The bonding hormone — for connection, calm, and mood"</i>	Often called the 'love hormone,' oxytocin promotes feelings of trust, emotional closeness, and well-being. As a therapeutic peptide, it helps reduce anxiety, improve mood, enhance connection in relationships, and promote calm. Many find it particularly helpful for stress, social anxiety, or feeling emotionally disconnected.



Immune Health & Protection

A stronger, smarter immune system.

Thymosin Alpha-1 <i>"Train your immune system to perform at its best"</i>	Thymosin Alpha-1 is produced by the thymus gland and plays a central role in maturing and activating T-cells — the frontline soldiers of your immune system. It helps your body fight off infections more effectively, modulates autoimmune responses, and supports immune resilience. Used worldwide for immune deficiency, chronic infections, and immune optimization.
LL-37 (CAP-18) <i>"Your body's natural antimicrobial shield"</i>	LL-37 is the only cathelicidin peptide found in humans — a front-line immune molecule your body deploys against bacteria, viruses, and fungi. It also modulates inflammation and supports the healing of skin and mucosal tissues. Used in roadmaps addressing chronic or recurrent infections and immune system support.
Thymalin (Thymulin) <i>"Restore your immune system's youthful function"</i>	Your thymus gland, which produces immune-regulating peptides, shrinks significantly after age 25. Thymalin replaces the peptides your thymus no longer produces, helping to mature immune cells, reduce autoimmunity, and restore immune competence. An important tool in age-related immune decline.
Thymosin Alpha-1 Capsules <i>"Daily immune support in capsule form"</i>	The oral capsule version of Thymosin Alpha-1, providing convenient daily immune modulation and T-cell support for those who prefer non-injectable options.



Sleep & Stress Support

Rest deeper. Recover faster. Handle stress with ease.

DSIP (Delta Sleep-Inducing Peptide) <i>"A natural pathway to deep, restorative sleep"</i>	DSIP is a peptide your brain naturally produces to initiate slow-wave (deep) sleep — the kind where your body does its most important repair work. It reduces the time it takes to fall asleep, improves sleep depth, and has stress-protective effects. Unlike sleep medications, it works with your body's natural sleep systems rather than overriding them.
Dream Sleep Gummies <i>"Better sleep, the easy way"</i>	A chewable peptide-based sleep formula designed to help you fall asleep faster, sleep deeper, and wake up genuinely rested. Ideal for anyone dealing with insomnia, disrupted sleep, or the kind of light, unrefreshing sleep that leaves you tired despite a full night in bed.
Selank <i>"Dial down stress without side effects"</i>	Selank reduces anxiety and mental stress by gently modulating neurotransmitter pathways. It's calming without being sedating — many users describe it as quieting the noise in their head so they can focus, sleep, and function better under pressure. Also see: Cognitive Health section.



Skin, Hair & Aesthetic Health

Look as good as you feel.

GHK-CU (Copper Peptide) <i>"The anti-aging peptide your skin was made for"</i>	GHK-Cu is a copper-binding peptide that occurs naturally in your skin and blood — and drops significantly after age 60. It stimulates collagen and elastin production, accelerates wound healing, reduces inflammation, and activates genes associated with tissue repair and renewal. Used for skin rejuvenation, hair follicle support, and systemic anti-aging effects.
GLOW Blend (GHK-CU / TB-500 / BPC-157) <i>"A triple peptide combination for radiant skin and healing"</i>	GLOW combines three powerful peptides to address skin health from multiple angles: GHK-Cu stimulates collagen and renewal, BPC-157 accelerates tissue repair, and TB-500 reduces inflammation and promotes cellular regeneration. Together, they support glowing, resilient skin while also supporting full-body healing.
KLOW Blend (GHK-CU / TB-500 / BPC-157 / KPV) <i>"GLOW plus powerful anti-inflammatory support"</i>	KLOW takes the GLOW formula and adds KPV — a potent anti-inflammatory tripeptide — for those dealing with skin conditions driven by inflammation (such as rosacea, eczema, or post-inflammatory redness) alongside their anti-aging goals.
SNAP-8 <i>"Smooth expression lines from the inside"</i>	SNAP-8 is a cosmetic peptide that works by reducing the repetitive muscle micro-contractions that create expression lines over time. Think of it as a natural, peptide-based alternative to neurotoxin options — subtler and more gradual, but cumulative over time.
GHK-CU Capsules <i>"Systemic collagen and skin support in capsule form"</i>	The oral capsule form of GHK-Cu for those wanting systemic anti-aging and skin benefits in a convenient daily supplement format.
Melanotan 1 <i>"A natural-looking tan with photoprotective benefits"</i>	Melanotan 1 stimulates melanin production in the skin to create a gradual, natural-looking tan — without prolonged UV exposure. It may also offer some protection against UV-related skin damage.
Melanotan 2 <i>"Tan, appetite control, and libido in one peptide"</i>	Melanotan 2 activates a broader range of melanocortin receptors than Melanotan 1. In addition to producing a natural tan, it also reduces appetite and increases libido — making it a multi-purpose peptide for those with overlapping aesthetic and wellness goals.

Gut Health

Heal from the inside out — starting with your gut.

BPC-157 (oral / capsule form) <i>"The gut peptide that does it all"</i>	When taken orally, BPC-157 concentrates its healing action directly in the GI tract. It repairs intestinal lining (helpful for leaky gut), reduces gut inflammation, supports healthy gut motility, and protects against ulcers. Many notice dramatic improvement in digestive symptoms within weeks.
KPV <i>"Targeted gut anti-inflammatory"</i>	KPV is a short peptide derived from a natural immune hormone. It directly targets inflammatory pathways in the intestinal lining, making it highly effective for conditions like IBD, Crohn's, ulcerative colitis, and gut permeability. Available as an injection or oral capsule.
BPC-157 / KPV Blend Capsules <i>"Complete gut healing in"</i>	This oral combination delivers BPC-157's tissue-repairing benefits alongside KPV's targeted anti-inflammatory action — covering both structural gut healing and inflammatory control in one convenient daily

<i>one daily capsule"</i>	capsule.
VIP (Vasoactive Intestinal Peptide) <i>"Regulate gut function and reduce systemic inflammation"</i>	VIP supports gut motility and mucosal health while also working to reduce systemic inflammation — particularly for those with CIRS, mold illness, or chronic gut-brain axis dysfunction. It acts as both a gut and nervous system regulatory peptide.

Ready to find out which peptides are right for you?

Schedule a consultation with our team and we'll build a personalized roadmap based on your health goals, labs, and lifestyle.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Peptide therapy is offered under the supervision of a licensed healthcare provider. Individual results may vary.