# PEPTIDES 101



**YOUR SCIENCE-BACKED GUIDE TO FEELING BETTER FASTER**

**A PRACTICAL STARTER MANUAL BY A BOARD CERTIFIED FUNCTIONAL NUTRITION SPECIALIST**

BY FITBODIES 4 LIFE



## SIGN UP TO RECEIVE EMAILS

Sign up and receive tips and tricks for hormone balancing, meal prepping, supplements, delicious healthy recipes, and much more!

**I WANT TIPS!**

# WELCOME

**TO THE PEPTIDE 101 GUIDE**

In this guide you will find all the information you need to know about getting started with peptides.

Inside you will learn what peptides are, why they work so well when trying to lose weight. different types of peptides and their functions, and how to get started with peptides.

We hope you learn a lot about peptides in this guide! Don't forget to sign up for emails to be the first to know about our promotions and sales.



AGE 29




AGE 44



AGE 59




AGE 61

# ABOUT KIM

At the age of 45. I had reached a point in my life where I had no energy, and kept gaining weight. Nothing was working and I just felt miserable inside and out.

I realized I had 2 choices... keep doing what I was doing, or do something about it, because it wasn't ever going to get easier. In fact, the process was going to get harder the longer I waited to tackle it.

I struggled most of my life with low thyroid and was diagnosed with Hashimoto's. Along with fighting through Hashimoto's perimenopause and then menopause, I began my journey to a healthier new me. I changed my nutrition and lifestyle habits that included clean eating, and strength training.

That decision changed my life forever. I fought the odds and misconception that at age 45 you are just supposed to have no energy, gain weight, and accept the fact that our hormones are unbalanced. Now at 61 years old I am in the best shape of my life, and have more energy than when I was in my 30's.

I began the Fit Bodies 4 Life Menopause Makeover Program to help women fight through the midlife years of no energy, hot flashes, low libido, weight gain, and more.

As we age, yes our metabolism changes. This doesn't mean it has to be harder, it is just time for a new updated approach.

Kimberly Lipe

"ALTHOUGH YOU CAN'T GO BACK AND MAKE A BRAND NEW START, YOU CAN START RIGHT NOW AND MAKE A BRAND NEW ENDING!"
-JOHN MAXWELL

# Peptides

## The Cellular Switches That Restore Function

## WHAT ARE PEPTIDES?

Peptides are short chains of amino acids that act like biological text messages — precisely signaling your cells to repair, regenerate, defend, or optimize — without overriding your body's natural intelligence.

## HOW DO THEY WORK?

Peptides are short amino acid sequences — usually 2–50 amino acids long — that act as precise signaling molecules in the body.
They're not hormones.
They're not drugs.
They're not blunt instruments.
They're biologic whispers — targeted messengers that bind to receptors and modulate cellular pathways with intelligence and nuance.

## KEY FUNCTIONS

- **Restoration –** Reignite lost function (e.g., mitochondrial energy, immune coordination)
- **Regeneration –** Support tissue repair (muscle, gut, skin, brain)
- **Neuromodulation –** Improve mood, focus, and resilience to stress
- **Immune Rebalancing –** Calm autoimmunity, fight infections, reduce inflammation
- **Metabolic Optimization –** Shift fuel usage, increase insulin sensitivity, and reduce visceral fat
- **Anti-aging & Longevity –** Support telomere function, sleep architecture, and biologic youth




**When your body forgets what to do — because of stress, aging, or sickness — peptides come in and remind it.**

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# Are Peptides Safe?

Yes! When Used Responsibly

## THE SAFETY TRUTH (NOT THE FEAR-BASED HYPE)

Peptides are not synthetic hormones or broad-spectrum pharmaceuticals. Most are bioidentical to signals your body already makes — meaning your cells already know how to respond to them.

## THEY WORK WITH YOUR BODY, NOT AGAINST IT.

They fade out naturally. No accumulation. No toxicity.
And when you stop — your body doesn't crash. It simply goes back to baseline.

## WHY PEPTIDES ARE SAFE WHEN USED CORRECTLY

- **Bioidentical –** Your body recognizes them as familiar
- **Short-acting –** They have a short half-life, reducing risk of buildup
- **Self-regulating –** Many rely on receptor feedback loops to avoid overstimulation
- **Used in hospitals –** Some are FDA-approved for HIV, burns, cancer recovery, and brain trauma
- **Dosed precisely –** We use micro to physiologic doses, not mega-doses




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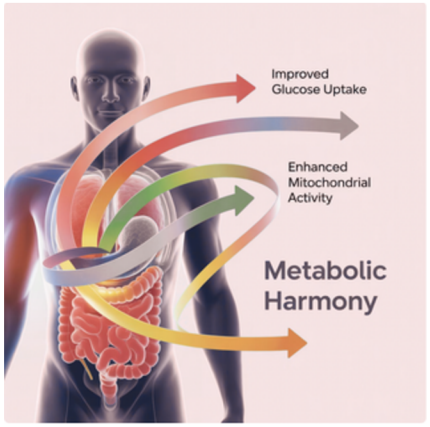
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# GLP-1

## The Satiety Signal

## WHAT IS GLP-1SM?

Semaglutide is like a helper that tells your brain, “Hey, I’m full!” and your body, “Let’s use blood sugar better.”




## HOW DOES IT WORK?

It helps people feel full sooner, eat less without trying so hard, and keeps their energy steady by helping insulin do its job better. Over time, it can help with weight loss, blood sugar balance, and inflammation.

## TOP USE CASES

1. **Weight Loss / Appetite Control –** Proven significant reductions in weight and body fat
2. **Type 2 Diabetes Management –** Stabilizes post-meal glucose and lowers A1C
3. **Insulin Resistance & PCOS –** Improves sensitivity and lowers circulating insulin
4. **Inflammation Reduction –** Lower CRP and other inflammatory markers
5. **Cardiovascular Risk –** Decreases in triglycerides and modest improvements in blood pressure




## SIDE EFFECTS

- Nausea (especially early on)
- Bloating, constipation, or diarrhea
- Fatigue or brain fog (usually transient)
- Appetite loss (which can be too much for some)
- Rare: gallbladder issues, pancreatitis, or thyroid tumor warning in predisposed individuals

**DO NOT USE THIS PEPTIDE IF:**

- Medullary thyroid carcinoma or MEN2 syndrome history
- Active or history of pancreatitis
- Pregnant or breastfeeding

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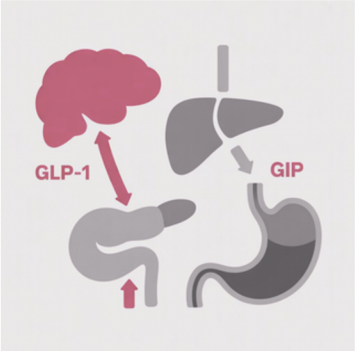
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# GLP/GIP-2TZ

## The Dual-Powered Powerhouse

## WHAT IS GLP-2TZ?

Think of Tirzepatide like a coach giving your body two smart instructions at once:
1. "Hey, use your insulin better!"
2. "And don't spike your blood sugar when you eat!"




## HOW DOES IT WORK?

It helps you feel full faster, lowers cravings, and tells your cells to use energy smarter. Over time, it helps your body shift from fat-storing mode to fat-burning mode — while also improving how your brain and gut talk to each other.

## TOP USE CASES

1. **Weight Loss / Fat Loss -** Significant reductions in visceral fat and body weight
2. **Blood Sugar Regulation -** Supports insulin function and glycemic control (especially in type 2 diabetes)
3. **Appetite Suppression -** Reduced food noise, cravings, and portion sizes
4. **Cardiometabolic Health -** May reduce triglycerides, A1C, inflammation, and LDL
5. **Cognitive Clarity (Long Term) -** GLP-1 activity supports gut-brain connection, mitochondrial repair, and inflammation reduction




## SIDE EFFECTS

- Nausea (most common)
- Bloating, gas, or constipation
- Fatigue or headache (typically transient)
- Appetite suppression to the point of under-eating
- Rare: severe GI upset, pancreatitis warning in those with a history

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- Active or history of pancreatitis
- Pregnant or breastfeeding

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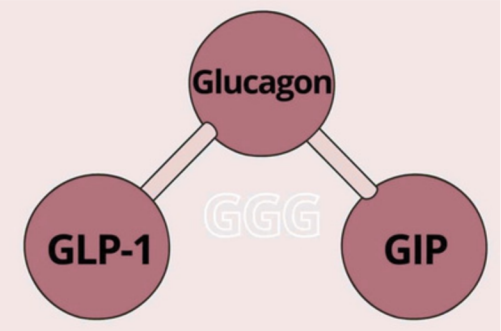
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# GLP-3RT

The Triple Threat Metabolic Accelerator

## WHAT IS GLP-3RT?

Retatrutide is like a super-coach that talks to three different players in your body-your hunger, your sugar, and your fat-burning systems. It helps you eat less, balance your sugar, and burn fat—all at the same time.




## HOW DOES IT WORK?

Retatrutide is a triple agonist, which means it mimics three powerful hormones in your body - GLP-1 (glucagon-like peptide-1), GIP (glucose-dependent insulinotropic polypeptide), and Glucagon receptor agonism

## TOP USE CASES

1. **Severe Obesity or High Body Fat -** Most potent fat loss effects in trials to date
2. **Advanced Insulin Resistance / Prediabetes -** Profound improvements in metabolic markers
3. **Fatty Liver (NAFLD/NASH) -** Supports fat clearance and insulin balance
4. **Metabolic Syndrome -** Lowers triglycerides, improves cholesterol ratios
5. **Cardiometabolic Health -** Potential improvements in heart and vascular markers beyond weight loss




## SIDE EFFECTS

- Nausea and GI upset (early phases)
- Appetite suppression to the point of under-nourishment if not carefully managed
- Constipation, bloating, or fatigue
- Risk of lean muscle loss without adequate protein/resistance training
- Still under investigation: long-term glucagon receptor effects on the liver and heart

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- Medullary thyroid carcinoma or MEN2 syndrome history
- Active or history of pancreatitis
- Chronic GI disorders

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# GHK-CU

## The Youth Code Messenger

## WHAT IS GHK-CU?

GHK-Cu is like atinymailman inside your body. But instead of delivering letters, it delivers messages to your skin, brain, and tissues that say:

- "Heal this!"
- "Grow that!"
- "Calm down!

## HOW DOES IT WORK?

GHK-Cu is alreadyInourbodybut levels drop as we age. Supporting levels simply reminds our body how to regenerate, restore, and rejuvenate using its own innate intelligence.

## TOP USE CASES

1. **Skin Regeneration & Anti-Aging -** Improves elasticity, smoothness, pigmentation, and collagen structure
2. **Hair Regrowth -** Stimulates hair follicle stem cells → increased hair density and reduced shedding
3. **Wound & Scar Healing -** Speeds epithelial repair, reduces scar tissue formation
4. **Neurological Repair & Cognitive Decline -** Reduces inflammation in brain tissue and supports nerve regeneration
5. **Inflammation & Immune Modulation -** Suppresses inflammatory gene expression and supports tissue homeostasis




## SIDE EFFECTS

- Mild fatigue or "rebuilding fatigue"
- Injection site redness
- Need to add Zinc supplement for support

**DO NOT USE THIS PEPTIDE IF:**

- Active copper metabolism disorders
- Severe metal allergies
- Children under the age of 16

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# BPC-157

The Cellular Medic

## WHAT IS BPC-157?

BPC-157 is a peptide derived from a protein found in your stomach-part of your body's natural healing system. It's been called the Swiss Army knife of peptides because of how many tissues it helps repair.

## HOW DOES IT WORK?

It works by helping your tissues fix themselves faster, making new blood vessels grow to bring in more healing, calming down inflammation, and protecting the gut, brain, muscles, and joints. It orchestrates the repair process with precision at the site of injury.

## TOP USE CASES

1. **Gut Healing -** Helps repair the stomach lining, especially for things like ulcers, IBD, or leaky gut
2. **Injury Recovery -** Speeds healing of muscles, tendons, and ligaments — often used after strains or surgery
3. **Joint Pain & Arthritis -** Reduces swelling and supports tissue repair in joints
4. **Brain & Nerve Repair -** May protect the brain and help nerves heal after injury or trauma
5. **Post-Surgical Recovery -** Used to reduce healing time and scar tissue formation




## SIDE EFFECTS

Injection site irritation (mild redness or soreness if injected under the skin)

Mild dizziness or nausea (rare)

Headaches (occasional)

**DO NOT USE THIS PEPTIDE IF:**

- Active Cancer
- Severe Cardiovascular Disease
- Children or Adolescents

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# TB-500 / THYMOSIN BETA-4

The Structural Rebuilder

## WHAT IS TB-500?

TB-500 is a synthetic peptide fragment of Thymosin Beta-4, a protein found naturally in nearly all human and animal cells — especially those involved in injury response, inflammation resolution, and tissue repair.

## HOW DOES IT WORK?

TB-500 is like a cellular construction worker that shows up when your body gets hurt. It cleans up the mess, tells the cells where to go, and helps your body build new, strong tissue in the right place. It works on skin, muscle, tendons, the heart, and even inside your gut.

## TOP USE CASES

1. **Soft Tissue Injury (Tendons, Ligaments, Fascia) -** Accelerates recovery and restores movement patterns
2. **Cardiac Injury (Post-MI or ischemia) -** Promotes cardiac muscle repair and reduces scarring
3. **Chronic Inflammation & Fibrosis -** Reprograms cytokine signaling to reduce tissue degradation
4. **Gut Mucosal Repair (Leaky Gut, IBD) -** Enhances epithelial healing in the GI tract
5. **Post-Surgical Healing or Injury Recovery -** Reduces scar formation and improves wound closure




## SIDE EFFECTS

- Increased hunger or fatigue early on
- Mild injection site irritation

**DO NOT USE THIS PEPTIDE IF:**

- Active or suspected cancer
- Recent blood clots or clotting disorders
- Autoimmune Flares

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# IPAMORELIN

## WHAT IS IPAMORELIN?

Ipamorelinisa selective ghrelin receptor agonist that stimulates natural growth hormone release without affecting other hormonal systems like cortisol, prolactin, or ACTH.

## *HOW DOES IT WORK?*

Imagine your body has a “growth and repair button”
in your brain. When you’re a kid, your body presses that button all the time — so you grow, heal fast, and sleep like a rock.
Ipamorelin is like a polite tap on that button — it tells your brain:
“Hey, let’s keep healing, recovering, and building — just like we used to.”

## *TOP USE CASES*

1. **Growth Hormone Decline (Aging or Stress-Driven) -** Re-establishes youthful GH pulses without hormone replacement
2. **Fat Loss & Body Recomposition -** Increases fat oxidation, preserves lean mass — especially in midlife or menopause
3. **Injury Recovery & Performance Repair -** Enhances collagen synthesis, soft tissue healing, and bone regeneration
4. **Sleep Optimization & Circadian Rhythm Reset -** Improves deep sleep cycles and nighttime GH peaks
5. **Wellness in Sensitive or High-Stress Individuals -** Preferred over GHRP-2/6 due to no cortisol/prolactin elevation and minimal side effects




## *SIDE EFFECTS*

- Mild fatigue
- Vivid dreams
- Lightheadedness or drop in blood sugar

**DO NOT USE THIS PEPTIDE IF:**
- Active Cancer
- Uncontrolled diabetes or insulin resistance
- Children or Adolescents

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# CJC-1295

## The Recovery Conductor

## WHAT IS CJC-1295?

CJC-1295 is like a whistle your body blows to say, "Hey, it's time to grow, repair, and recover!" It's not growth hormone itself — it just tells your body to make more of your own.

## HOW DOES IT WORK?

Cerebrolysin's tiny proteins wake up your brain cells and help them heal, grow, and remember things better.

## TOP USE CASES

1. **Fat Loss & Body Recomposition** - Encourages lipolysis and lean muscle growth while preserving muscle mass
2. **Recovery from Training or Injury -** Speeds up tissue repair and regeneration (great for athletes or aging adults)
3. **Sleep & Energy Optimization -** Growth hormone release at night improves deep sleep and energy
4. **Skin, Hair, & Joint Health -** Supports collagen production, elasticity, and joint cushioning
5. **Anti-Aging & Longevity -** Enhances natural hormone production, reducing age-related decline in strength, metabolism, and focus




## SIDE EFFECTS

- Mild water retention or bloating
- Mild headache or flushing after injection
- Bloating or constipation
- Injection site irritation

**DO NOT USE THIS PEPTIDE IF:**

- Active cancer or tumor history
- Unmanaged diabetes
- Heart or kidney disease
- Children or adolescents

WAKE UP YOUR BODY'S HEALING POTENTIAL.
GROW. REPAIR. RECOVER.
*Every Day.*

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# TESAMORELIN

## The Visceral Fat Whisperer

## WHAT IS TA-1?

Tesamorelin, a clinically validated growth hormone–releasing hormone (GHRH) analog with deep metabolic, cognitive, and body composition benefits — especially in reversing visceral fat accumulation and restoring hormone signaling in the hypothalamic-pituitary axis.

## HOW DOES IT WORK?

Tesamorelin is like a whisper to your brain, reminding it to make more of your own growth hormone — the stuff that helps you burn fat, build muscle, and think clearly.

## TOP USE CASES

1. **Visceral Fat Reduction -** FDA-approved for reducing abdominal fat in lipodystrophy and aging
2. **Growth Hormone Deficiency (Functional) -** Restores physiologic GH and IGF-1 without suppression
3. **Cognitive Support in Aging -** Enhances memory, processing speed, and executive function
4. **Muscle Preservation in Midlife -** Supports lean mass retention during fat loss or andropause/menopause
5. **Metabolic Syndrome / Insulin Resistance -** Improves fat distribution and glycemic parameters via visceral fat loss




## SIDE EFFECTS

- Mild joint stiffness / water retention
- Increased hunger
- Injection site redness or itch

**DO NOT USE THIS PEPTIDE IF:**

- Active or suspected cancer
- Uncontrolled diabetes
- Children

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# SERMORELIN

The XXX Whisperer

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## TOP USE CASES

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## SIDE EFFECTS

Mild joint stiffness / water retention

Injection site redness or itch

Increased hunger

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- Uncontrolled diabetes
- Children

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# KPV

*TheInflammation Neutralizer*

## WHAT IS KPV?

KPVmodulates theimmune system by calming inflammatory signaling rather than suppressing it — allowing healing to begin without impairing immune function.

## HOW DOES IT WORK?

When your bodygets hurtor sick, it sends out fire alarms — that's called inflammation. But sometimes the alarms don't shut off, and your body stays stuck in overdrive.
KPV is like a firefighter peptide.
It shows up quietly, puts out the flames, and tells your body,
"Hey, it's safe to heal now."

## TOP USE CASES

1. **Gut Inflammation (IBD, leaky gut, post-antibiotics) -** Restores mucosal lining, reduces cytokine-driven gut damage
2. **Skin Conditions (eczema, psoriasis, rosacea) -** Calms immune overactivation, supports skin barrier regeneration
3. **MCAS & Histamine Intolerance -** Regulates mast cell activation, reduces histamine symptoms without antihistamines
4. **Post-COVID or Chronic Inflammatory Fatigue -** Shuts down residual cytokine storms and immune dysregulation
5. **Wound & Surgical Recovery -** Speeds repair by lowering inflammatory resistance




## SIDE EFFECTS

- Drowsiness or "calm fatigue"
- Increased bowel movements
- Mild Injection Site Redness

**DO NOT USE THIS PEPTIDE IF:**
- Severe immunodeficiency
- Allergy to melanocyte peptides (rare)
- Children or Adolescents

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# KISSPEPTIN-10

## WHAT IS KISSPEPTIN?

Kisspeptin-10is anaturally occurring peptide released by neurons in the hypothalamus. it doesn't replace hormones. It restores your body's ability to make them in rhythm.

## *HOW DOES IT WORK?*

Your brain has a control center for your hormones.
It decides when it's time to grow, reproduce, or rest. But sometimes that center gets quiet, like a light switch turned off.
Kisspeptin-10 is the finger that flips the switch back on. It tells your brain,
"Hey, it's time to make hormones again — safely and naturally."

## *TOP USE CASES*

1. **Low Testosterone or Estrogen (HPG Suppression) -** Kickstarts natural hormone production without exogenous hormones
2. **Post-Birth Control Hormone Reset -** Re-initiates GnRH pulse and ovulatory cycles
3. **Fertility Optimization -** Improves natural LH/FSH production and ovulation or spermatogenesis
4. **Post-Steroid or HRT Taper Recovery -** Restores endogenous hormone signaling after suppression
5. **Puberty-Related Disorders (investigational) -** Used in research for delayed or precocious puberty and Kallmann syndrome




## *SIDE EFFECTS*

Mild cramping / Spotting or cycle Irregularity

Mood Fluctuations

Increased Libido

**DO NOT USE THIS PEPTIDE IF:**
- Active Reproductive Cancer
- Severe Pituitary Damage
- Uncontrolled Mood Disorders
- Children or Adolescents

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# EPITALON

## WHAT IS EPITALON?

Epitalon is like a vitamin for your cells' timekeepers, called telomeres - they protect DNA like the plastic ends on shoelaces. As cells divide and we age, they shorten. Epitalon helps your body keep working like it's supposed to — for a lot longer.

## HOW DOES IT WORK?

Epitalon is not a stimulant. It's a biological reprogrammer — nudging your cells to function like they did when you were younger by restoring their blueprint integrity.

## TOP USE CASES

1. **Longevity & Anti-Aging -** Telomere lengthening → slows cellular aging and senescence
2. **Sleep Optimization -** Resets pineal gland output → restores deep, natural sleep cycles
3. **Immune Function in Aging Adults -** Stimulates thymus and bone marrow output, increasing immune surveillance
4. **Cancer Prevention & Recovery Support -** Downregulates oncogene expression and boosts anti-tumor immune signaling
5. **Hormone & Circadian Rhythm Rebalancing -** Normalizes melatonin and biological timing → enhances metabolic function, brain health, and mood




## SIDE EFFECTS

- Mild fatigue or "healing tiredness"
- Mild sleep disruption early on
- Injection site redness

**DO NOT USE THIS PEPTIDE IF:**

- Active Cancer
- Untreated Autoimmune Disorders
- Severe Pineal Gland Disorders
- Children or adolescents

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# SS-31

TheMitochondrial Medic

## WHAT IS SS-31?

SS-31isa mitochondrial rescue peptide designed to restore bioenergetic integrity, reverse oxidative damage, and reignite the cellular engine where dysfunction begins: the inner mitochondrial membrane.

## HOW DOES IT WORK?

SS-31 islike atiny helper that dives into your cells' batteries (called mitochondria) and fixes the broken parts, so your body has more energy.
When your cells are tired, sick, or old, they don't make energy well — SS-31 goes inside and helps the batteries recharge, clean up waste, and work like new again.

## TOP USE CASES

1. **Mitochondrial Dysfunction (Fatigue, Fibromyalgia) -** Rebuilds energy production and reduces oxidative damage
2. **Age-Related Muscle Loss (Sarcopenia) -** Restores mitochondrial output in skeletal muscle
3. **Neurodegeneration (Alzheimer's, Parkinson's) -** Protects neurons from oxidative stress and mitochondrial collapse
4. **Heart Failure / Cardiomyopathy -** Improves cardiac bioenergetics and function (clinical trials)
5. **Retinal Disease / Vision Loss (Mitochondrial Origin) -** Improves mitochondrial density and reduces degeneration in the retina




## SIDE EFFECTS

- Mild injection site irritation
- Transient nausea or flushing
- Temporary sleep disturbance If taken too late

**DO NOT USE THIS PEPTIDE IF:**

- Cancer patients on active chemotherapy
- Clients with active mitochondrial
- DNA mutations

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# MOTS-C

## The Mitochondrial Metabolic Master Switch

## WHAT IS MOTS-C?

MOTS-c is one of only a few known mitochondrial-derived peptides (MDPs) — meaning it is coded in mitochondrial DNA, not the nucleus. This makes it a real-time responder to metabolic stress, especially in muscles, fat, and brain tissue.

## HOW DOES IT WORK?

Imagine your cells have tiny engines called mitochondria. These engines make all your energy — but sometimes they get tired or confused, especially with age or stress.
MOTS-c is like the mitochondria's "reset button."
It helps your whole body use food smarter, age slower, and bounce back faster.

## TOP USE CASES

1. **Fat Loss & Metabolic Recomposition -** Increases fat oxidation and muscle insulin sensitivity while preserving lean mass
2. **Insulin Resistance & Type 2 Diabetes -** Improves glucose uptake, reduces hepatic glucose production, enhances AMPK function
3. **Exercise Performance & Recovery -** Increases $VO_2$ max, mitochondrial density, and skeletal muscle efficiency
4. **Longevity & Anti-Aging Protocols -** Cellular stress resilience, inflammation reduction, and DNA protection
5. **Post-Illness or Burnout Recovery -** Rebuilds mitochondrial function after stress, illness, or overtraining




## SIDE EFFECTS

- Mild fatigue or soreness
- Temporary appetite suppression
- Improved mood and energy

**DO NOT USE THIS PEPTIDE IF:**

- Active Cancer(s)
- Hypoglycemic-prone individuals
- Unmanaged adrenal fatigue or thyroid dysfunction
- Children or Adolescents

**CYA DISCLAIMER -** THIS IS FOR RESEARCH ONLY - YOU ASSUME ALL RISK ETC.

# GLUTATHIONE

## WHAT IS GLUTATHIONE?

Glutathioneisyourbody'smost powerful antioxidant. It protects your cells, supports detox, boosts immunity, and helps your body repair and perform at its best.

## *HOW DOES IT WORK?*

Glutathione works insideyour cells to neutralize free radicals, reduce oxidative stress, and recycle other antioxidants like Vitamin C and E. It also supports liver detox pathways and helps maintain healthy skin, energy, and immune function.

## *TOP USE CASES*

1. **Powerful Antioxidant -** Neutralizes free radicals and reduces oxidative stress
2. **Liver Detox Support -** Enhances Phase II detoxification and removes toxins
3. **Immune System Support -** Strengthens immune response and reduces inflammation
4. **Skin Brightening & Anti-Aging -** Supports collagen, reduces pigmentation, and promotes a healthy glow
5. **Energy & Cellular Health -** Improves mitochondrial function and supports overall vitality




## *SIDE EFFECTS*

- Nausea (especially early on)
- Bloating or stomach discomfort
- Headache (occasionally during detox)
- Fatigue (mild, during detox phase)
- Rare: allergic reaction or rash

**DO NOT USE THIS PEPTIDE IF:**

- Active cancer or tumor history
- Severe kidney or liver disease
- Autoimmune flares
- Children or adolescents

PROTECT YOUR CELLS
DETOX YOUR BODY.
FEEL YOUR BEST.
*Every Day.*

**Disclaimer: This is Not Medical Advice**

The information provided herein is for informationaland educationalpurposesonly and isnot intended as, nor should it be construed as, medical advice, diagnosis, or treatment. Nothing contained in this content, platform, communication, or related materials should be considered a substitute for professional medical advice, diagnosis, or treatment from a licensed healthcare provider. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment. Never disregard professional medical advice or delay in seeking it because of something you have read, heard, or accessed through this platform. Reliance on any information provided is solely at your own risk.

# NAD+

## The Cellular Spark That Rewrites Time

## WHAT IS NAD+?

NAD+ is a redox coenzyme found in every living cell. It helps with energy production, supports longevity genes, DNA repairs, and regulates the circadian rhythm.

## HOW DOES IT WORK?

Every cell in your body runs on energy - just like your phone needs a battery. NAD+ is the charger. Without it, your cells can't work, heal, or stay alive. It helps turn food into fuel, keeps your brain sharp, and even helps your body fix damage, like a clean-up crew and repair technician rolled into one.

## TOP USE CASES

1. **Fatigue & Mitochondrial Dysfunction -** Supports ATP production and reverses burnout or post-viral energy crashes
2. **Cognitive Decline & Brain Fog -** Enhances neuroplasticity, BDNF, and neurorepair pathways
3. **Anti-Aging & Longevity -** Activates sirtuins, reduces inflammation, and supports DNA stability
4. **Detox & Recovery (Alcohol, Mold, Infections) -** Recharges cells after oxidative or toxic insult
5. **Athletic Performance & Recovery -** Reduces ROS, enhances endurance, supports tissue repair




## SIDE EFFECTS

- Headache or brain fog
- Fatigue or lightheadedness
- Improved mood and energy

**DO NOT USE THIS PEPTIDE IF:**

- Active Cancer(s)
- Methylation issues
- Uncontrolled anxiety or panic disorders
- Clients on immunosuppressants

FUEL YOUR CELLS.
POWER YOUR LIFE.
LIVE LONGER.
*Every Day.*

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# THYMOSIN ALPHA - 1

The Immune Intel Officer

## WHAT IS TA-1?

Ta1 is a naturally occurring peptide derived from the thymus gland, a core organ in the development of T-cells, which are the front-line defenders in your adaptive immune system.

## HOW DOES IT WORK?

Thymosin Alpha-1 is like the coach of your immune system. It helps your immune cells know what to do, where to go, and when to stop — like making sure your body's defense team works smarter, not harder.

## TOP USE CASES

1. **Chronic Viral Infections (e.g. EBV, CMV, Lyme) -** Restores immune vigilance without excess inflammation
2. **Autoimmunity & Immune Dysregulation -** Improves immune tolerance and T-reg function
3. **Cancer Immunotherapy Support -** Enhances immune responsiveness to tumors (under MD guidance)
4. **Post-COVID & Long-Haul Syndrome -** Reduces viral debris reactivation + resolves immune overactivation
5. **Immune Support in Aging or Immunosuppression -** Rebuilds immune memory and function, especially in those over 50




## SIDE EFFECTS

- Mild redness at injection site
- Fatigue or flu-like symptoms
- Improved sleep or vivid dreams

**DO NOT USE THIS PEPTIDE IF:**

- Clients with organ transplant
- Active hyperthyroidism or Graves'
- Patients on immune checkpoint inhibitors

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# SELANK

## The Neurocalm Coding Peptide

## WHAT IS SELANK?

Selank is a synthetic peptide analog of tuftsin, a naturally occurring immune-modulating tetrapeptide. Unlike drugs that block stress or sedation pathways, Selank enhances the brain's resilience

## HOW DOES IT WORK?

Selank is like a super-smart brain message that tells your mind:
"It's safe now — you can calm down and think clearly again."
It helps you feel focused but relaxed, like when you've had a great night's sleep, a deep breath, and someone told you everything's going to be okay — all at once.

## TOP USE CASES

1. **Anxiety Without Sedation -** Calms the nervous system without causing fatigue or fog
2. **Focus + Calm in High-Stress Situations -** Ideal for test-taking, public speaking, or pressure performance
3. **Mood Support (Especially Apathy or Flattened Affect) -** Restores serotonin and dopamine regulation
4. **Post-Viral or Immune-Based Brain Fog -** Combats inflammation-driven neurotransmitter disruption
5. **Sleep Cycle Recalibration -** Reduces nighttime cortisol surges and sleep disruptions




## SIDE EFFECTS

- Dry nasal passages (with Intranasal delivery)
- Mood lift or subtle euphoria
- Fatigue or slight dizziness

**DO NOT USE THIS PEPTIDE IF:**
- Severe psychiatric instability
- People seeking a "buzz"
- Clients with impaired nasal mucosa

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# SEMAX

The Brain Builder Peptide

## WHAT IS SEMAX?

Semax is a synthetic peptide that's engineered to deliver neuroprotective benefits without steroid effects.

## HOW DOES IT WORK?

Semax is like brain fertilizer.
It helps your brain grow stronger, learn faster, and bounce back from stress.
It tells your brain cells to wake up, stay healthy, and keep making smart connections.
It doesn't hype you up — it helps your brain think better, for longer.

## TOP USE CASES

1. **Brain Fog & Cognitive Fatigue -** Recharges mental clarity after illness, burnout, or overload
2. **Memory & Learning Enhancement -** Improves neuroplasticity and information retention
3. **Post-Stroke or TBI Recovery -** Enhances neural repair and motor/cognitive restoration
4. **ADHD & Focus Deficits -** Optimizes dopamine and executive function signaling
5. **Mood Disorders with Apathy or Cognitive Drag -** Increases dopamine and BDNF, even in treatment-resistant cases




## SIDE EFFECTS

- Mild overstimulation
- Head pressure or nasal irritation
- Temporary sleep disturbance If taken too late

**DO NOT USE THIS PEPTIDE IF:**

- Uncontrolled bipolar or mania
- Epilepsy (poorly managed)
- Clients needing sedation over stimulation

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# PT-141

The NeuroLibido Reset Molecule

## WHAT IS PT-141?

PT-141 is a synthetic analog of alpha-MSH, derived from Melanotan II, but designed specifically for sexual arousal without significant effects on skin pigmentation.

## HOW DOES IT WORK?

PT-141 is like a whisper in your brain that says “it’s time to feel turned on.”
It doesn’t work like Viagra. Instead of pushing blood around, it turns on your brain’s interest switch — helping you feel confident, connected, and ready again.
Both men and women can use it, and it’s not just about sex — it’s about feeling like yourself again.

## TOP USE CASES

1. **Female Hypoactive Sexual Desire Disorder (HSDD) -** FDA-approved to restore interest and arousal in women
2. **Erectile Dysfunction in Men -** Works when traditional PDE5 inhibitors (Viagra, Cialis) fail
3. **Libido Loss After Stress or Illness -** Rebuilds interest and response after burnout, hormone shifts, or trauma
4. **Couples Seeking Deeper Connection -** Enhances emotional readiness and intimacy — not just physical response
5. **Neuroendocrine Imbalance (Menopause/Andropause) -** Addresses brain-based libido loss tied to aging and stress




## SIDE EFFECTS

- Nausea
- Flushing or warmth
- Fatigue or slight dizziness

**DO NOT USE THIS PEPTIDE IF:**
- Severe uncontrolled hypertension
- History of cardiovascular events
- Chronic nausea or GI issues

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# LL-37

## The Immune System's First Responder

## WHAT IS LL-37?

LL-37 is produced by white blood cells, epithelial cells, and bone marrow — and plays a central role in innate immune defense and tissue repair.

## HOW DOES IT WORK?

LL-37 is one of the first defenders that shows up when viruses, bacteria, and toxins show up. It doesn't just attack germs — it also helps clean up the mess, calm down the noise, and start the healing process. It's like having a smart SWAT team that knows when to fight, when to clean up, and when to call off the alarms.

## TOP USE CASES

1. **Chronic Infections (Lyme, EBV, mold, post-viral) -** Attacks pathogens and breaks down biofilm without harming host cells
2. **SIBO, Leaky Gut, and GI Dysbiosis -** Resets the gut-immune interface and modulates microbial balance
3. **Respiratory & Sinus Infections -** Fights intracellular pathogens and improves airway healing
4. **Wound Healing & Skin Inflammation -** Accelerates epithelial repair and reduces local infections or inflammation
5. **Immune Priming Post-Viral or Vaccine -** Used in long-haul/post-COVID protocols to reset immune function




## SIDE EFFECTS

- Flu-like symptoms (Herx reaction)
- Temporary gut cramping or discomfort
- Sleep disruption or hypervigilance

**DO NOT USE THIS PEPTIDE IF:**

- Active Autoimmune Flares
- Uncontrolled mold or Lyme die-off
- Severe mast cell instability
- Organ transplant recipients

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# MELANOTAN II

## The Neuroendocrine Amplifier

## WHAT IS MELANOTAN II?

Melanotan II is a non-selective melanocortin receptor agonist, mimicking alpha-MSH with high potency. It affects both peripheral and central melanocortin receptors increasing skin pigment, libido, sexual behavior, and Immune modulation.

## HOW DOES IT WORK?

Melanotan II is like a stong, multitasking coach that works in your brain and skin.
It Increases melanin, wakes up the libido center, and shifts your body towards fat burning & energy efficiency. It's powerful and not everyone needs this much motivation at once.

## TOP USE CASES

1. **Libido & Erectile Dysfunction (ED) -** Activates central arousal pathways — effective even when PDE5 inhibitors (like Viagra) fail
2. **Sun Protection & Pigmentation -** Increases eumelanin (protective pigment), reducing sunburn risk and UV DNA damage
3. **Metabolic Support in Appetite Dysregulation -** May reduce hunger and increase energy expenditure through MC4R signaling
4. **Mood Enhancement -** Improves outlook, confidence, and self-perception in some users
5. **Fat Loss Adjunct (biohacker use) -** Mildly increases fat oxidation and satiety when cycled appropriately




## SIDE EFFECTS

- Nausea; Appetite suppression or altered mood
- Yawning, flushing, or feeling "wired"
- Spontaneous erections (men)

**DO NOT USE THIS PEPTIDE IF:**

- History of Melanoma
- Severe autoimmune disorders or In flare
- Uncontrolled cardiovascular disease

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# DSIP

## The Deep Rest Rebuilder

## WHAT IS DSIP?

DSIP is like a tiny helper in your brain that whispers, “It’s time to rest and heal.” It doesn’t knock you out — it just helps your body slide into deep sleep where healing, hormone repair, and brain detox happen.

## HOW DOES IT WORK?

It restores your circadian engine by supporting natural delta wave activity, regulating cortisol rhythms, and promoting neurotransmitter balance like GABA and seratonin. Imagine it like the night janitor for your brain and body: it shows up when the lights go off and gets all the real work done while you rest.

## TOP USE CASES

1. **Sleep Optimization -** Deepens sleep quality and increases time in delta-wave sleep (Stage 3–4)
2. **Stress & Cortisol Regulation -** Balances HPA axis and may reduce nighttime anxiety or cortisol spikes
3. **Recovery & Muscle Repair -** Enhances growth hormone pulses during sleep — essential for tissue regeneration
4. **Mood Stabilization -** Supports GABA and serotonin balance, improving mood and mental clarity
5. **Shift Work or Jet Lag Reset -** Helps re-align circadian rhythm disrupted by travel or irregular schedules




## SIDE EFFECTS

- Mild grogginess if taken too late
- Vivid dreams or altered dream patterns
- Mild dizziness or sedation

**DO NOT USE THIS PEPTIDE IF:**

- Severe depression
- Sedatives or benzodiazepines
- Epilepsy or seizure disorders
- Children or adolescents

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# HOW TO GET STARTED

(4 Simple Steps)

1

**Pick ONE clear goal**

Energy?
Gut healing?
Weight Loss?
Joint Aches?

2

**Collaborate with a Qualified Wellness Practitioner!**

Peptides are potent tools, not merely supplements. It's essential that their use is supervised by wellness professionals!

3

**Cycle smart**

After 6 to 12 weeks, take a break and reassess. Many find that they perform best when they follow a cyclical approach.

4

**Support the foundation**

Peptides are the spark, pair them with sleep, movement, real food, gut health, and micronutrients for exponential results.

**PEPTIDES DON'T REPLACE YOUR BIOLOGY. THEY HELP IT REMEMBER HOW TO THRIVE. LIFESTYLE + DATA + INTENTION = REAL MAGIC.**




# CONTACT INFORMATION

(217) 710-1646
kimlipe@gmail.com
www.fitbodies4life.fit

FITBODIES4LIFE_KIMLIPE

FIT BODIES 4 LIFE

FITBODIES4LIFE

I am so excited to help you rebalance your hormones, regain your energy, and release that unwanted weight!

Still have questions? Book a FREE 30 minute consult with me by clicking the link below.

**FREE 30 MINUTE CALL**

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Not medical advice. Never self-diagnose or treat.

-KIM LIPE