

ELEVATE LIFESTYLE

PEPTIDES, GLP-1 & HORMONE SUPPORT

What they are, what they actually do, and how to know if they're a fit for you.
Fat loss, hormones, recovery, skin, sleep, and energy.



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PEPTIDES & HORMONES

Peptides are short chains of amino acids that act as messengers, telling your cells what to do. Your body makes fewer as you age, which shows up as slower recovery, lower energy, and a metabolism that stops responding the way it used to.

GLP-1s and hormone therapy work alongside them, on appetite and on the shifts that come with perimenopause.

About treatment

WHAT THIS HELPS WITH

- Appetite, cravings, and fat loss
- Perimenopause symptoms like hot flashes and broken sleep
- Sleep, energy, and mental clarity
- Recovery, muscle tone, and joint comfort
- Collagen and elastin for firmer skin
- Hair thinning and changes in texture

SUPPORT THAT MEETS YOU WHERE YOU ARE



If you're optimizing a routine that's already working, moving through a hormonal shift, or recovering from something that's taking too long, this is worth a conversation with a clinician.

WHY WOMEN ARE USING THESE

1. Natural Anti-Aging Support

Peptides like Sermorelin stimulate your body's own growth hormone production, supporting energy, skin quality, and muscle tone.

2. Boosted Recovery & Muscle Health

Recovery slows down with age. Peptides support faster repair and less inflammation, so training and everyday life take less out of you.

3. Hormone Balance

Estradiol and progesterone address the shifts of perimenopause, supporting sleep, mood, and mental clarity.

4. Targeted Healing

Peptides like GHK-Cu support skin repair and collagen production, while glutathione supports recovery and cellular defense.

5. Works With Your Body

Rather than replacing hormones directly, peptides signal your body to produce its own, which is why they suit long-term use.



WHAT THEY TARGET

Different peptides do different jobs. These are the systems they work on:

- Collagen and elastin for skin and hair
- Appetite and cravings, through GLP-1s
- Sleep, energy, and mental clarity
- Recovery and muscle tone
- The hormone shifts of perimenopause
- Immune support and inflammation

WHO THIS TENDS TO BE A FIT FOR

- ✓ Stubborn weight or a slow metabolism
- ✓ Poor sleep, low energy, or fatigue
- ✓ Muscle tone slipping despite training
- ✓ Slow recovery or joint discomfort
- ✓ Hair thinning or changes in skin texture
- ✓ Fine lines, thinning skin, or loss of firmness
- ✓ Perimenopause or other hormonal changes
- ✓ Frequent illness or ongoing inflammation

THREE CATEGORIES



PEPTIDES

Short chains of amino acids that act as messengers, telling your cells what to do. Your body makes fewer of them as you age.

Used for sleep, recovery, energy, skin, and hair. Sermorelin, NAD+, glutathione, GHK-Cu.



GLP-1

A version of a hormone your gut already releases after you eat, the one that tells your brain you've had enough.

Used for appetite and cravings. Semaglutide and tirzepatide.



HORMONES

Replaces what's dropping off during perimenopause rather than signaling for more.

Used for hot flashes, broken sleep, and mood. Estradiol, progesterone, testosterone.

WHAT TO EXPECT

A CLINICIAN DECIDES

A licensed provider reviews your history and matches you to what fits.

IT'S GRADUAL

Appetite shifts in weeks. Sleep and skin take longer. Nothing here works overnight.



THEY COMBINE

Plenty of women use one from each category. A GLP-1 for appetite, estradiol for symptoms, sermorelin for sleep.

IT'S NOT A SHORTCUT

These make the work easier. They don't replace protein, training, or sleep.

PEPTIDES & GLP-1s

WHICH ONE, AND WHY

Both come up in the same conversation, so it's worth being clear about which does what.

The short version: if the problem is hunger, that's a GLP-1. If the problem is recovery, sleep, skin, or energy, that's a peptide.



The table below is the side-by-side.

	Peptides	GLP-1s
What it is	Short chains of amino acids that act as messengers	A version of a hormone your gut releases after you eat
What it does	Signals your body to do more of what it already does	Extends the "I've had enough" signal so full feels full
Best for	Recovery, sleep, energy, skin and hair	Appetite, cravings, constant food noise
How you take it	Weekly or nightly injection, or a cream	Weekly injection or daily drops under the tongue
What to expect	Gradual, over weeks to months	Appetite often shifts in the first few weeks
Examples	Sermorelin, NAD+, Glutathione, GHK-Cu, PT-141	Semaglutide, Tirzepatide



WHY WOMEN CHOOSE THIS



Sleep That Restores

Sermorelin supports deeper sleep cycles, which is when your body does its repair work.



Appetite & Cravings

GLP-1s quiet the constant thinking about food, which is usually what makes staying consistent hard.



Firmer Skin

GHK-Cu cream supports collagen and elastin, the proteins that hold skin structure.



Energy & Focus

NAD+ supports cellular energy production, for the kind of tired that sleep doesn't fix.



Muscle & Recovery

Helps you hold onto lean muscle and shortens how long it takes to bounce back.



Hair Health

Copper peptides support the scalp and follicles, which matters when hair starts thinning.



Perimenopause Symptoms

Estradiol and progesterone address hot flashes, night sweats, and sleep that keeps breaking.



Immune Support

Glutathione supports antioxidant defense and how your body handles inflammation.

QUESTIONS & ANSWERS

What if I want to stop?

You can, any time. With a GLP-1, appetite usually returns to where it was, so most women taper rather than quit cold and your clinician helps plan that. With peptides and hormones, the benefits fade over a few weeks.

Is this safe?

Yes, peptide therapy is generally safe when prescribed and monitored by a qualified healthcare provider. The peptides used are often bioidentical, meaning they mimic those naturally found in your body.

How do you take it?

Most are small subcutaneous injections. Others come as topical creams, oral tablets, or drops that dissolve under your tongue, so needles aren't the only option.

What about semaglutide and tirzepatide?

These are the two GLP-1s Elevate offers. They work on appetite and cravings, which is usually what makes staying consistent hard. Both come as a weekly injection or as daily drops under the tongue if you'd rather skip needles.

What helps with aging?

Peptides like Sermorelin support your body's own growth hormone production, which plays a role in collagen, skin elasticity, energy, sleep, and muscle tone.

Prescribed by licensed clinicians, monitored with lab work, and matched to what you're actually trying to change.

WHAT'S AVAILABLE

Category	What's in it	Best for
Weight & Body Composition	Semaglutide, Tirzepatide, Tesamorelin, Lipo-Mino, Sermorelin	Appetite, cravings, body composition
Women's Hormonal Health	Estradiol, Vaginal Estradiol, Progesterone, Testosterone	Perimenopause symptoms
Performance & Recovery	Wolverine Blend, Klow Stack, CJC-1295 + Ipamorelin, BPC-157, Sermorelin, Glutathione	Sleep, recovery, inflammation
Longevity & Immunity	NAD+, Epithalon, Thymosin Alpha-1, MOTS-c, SS-31	Healthy aging, immune support
Skin & Hair	GHK-Cu cream, Glow Stack, Klow Stack	Collagen, texture, hair
Sexual Health	PT-141, Vaginal Estradiol, Testosterone	Desire and comfort
Focus & Mood	Selank + Semax Stack	Mental clarity, stress, focus



WHERE WOMEN START

There's a lot in the catalog, but most women start in one of five places. These cover the reasons that come up most often.

FIVE COMMON STARTING POINTS

1. Semaglutide or Tirzepatide

- Quiets constant thinking about food
- Helps you feel full sooner
- Weekly injection or daily drops
- Gradual change, not overnight

2. Lipo-Mino

- Lipotropics and B vitamins for energy
- Supports fat metabolism
- A weekly injection
- The easiest place to start

3. Sermorelin

- Supports your own growth hormone
- Deeper sleep and faster recovery
- Helps hold onto lean muscle
- A small nightly injection

4. GHK-Cu Cream

- Supports collagen and elastin
- Improves skin texture and firmness
- Supports hair health
- A daily face cream, no needle

5. NAD+

- Supports cellular energy production
- Mental clarity and focus
- Often used for healthy aging
- A weekly injection



OUR PROCESS

Initial order: Choose what you're interested in and fill out a short medical intake form.

Clinician review: A licensed provider reviews your history, usually within one to two business days.

Consult if needed: Depending on your history and your state, a short video call may be required.

Your order ships: A licensed pharmacy fills your order and ships it to your door in about two days.

Ongoing check-ins: A monthly check-in lets your clinician adjust your dose. Lab work is required in the first 60 to 90 days.

AGING WELL

Your body makes fewer of these messengers as you get older, and estrogen and progesterone start shifting too. That shows up as thinner skin, slower recovery, broken sleep, and energy that doesn't come back the way it used to. This is the part of the catalog aimed at that.

WHAT THIS ACTUALLY HELPS WITH:

- **Boost Collagen & Elastin** - GHK-Cu cream supports firmness and texture
- **Preserve Muscle & Strength** - Sermorelin helps you hold onto lean muscle
- **Improve Sleep & Recovery** - Deeper sleep, and less time feeling wrecked after
- **Energy & Mental Clarity** - NAD+ supports cellular energy and focus
- **Immune Support** - Glutathione supports antioxidant defense
- **Hormone Support** - Estradiol and progesterone for perimenopause



WHAT CHANGES

Skin that looks and feels firmer

Sleep that actually restores you

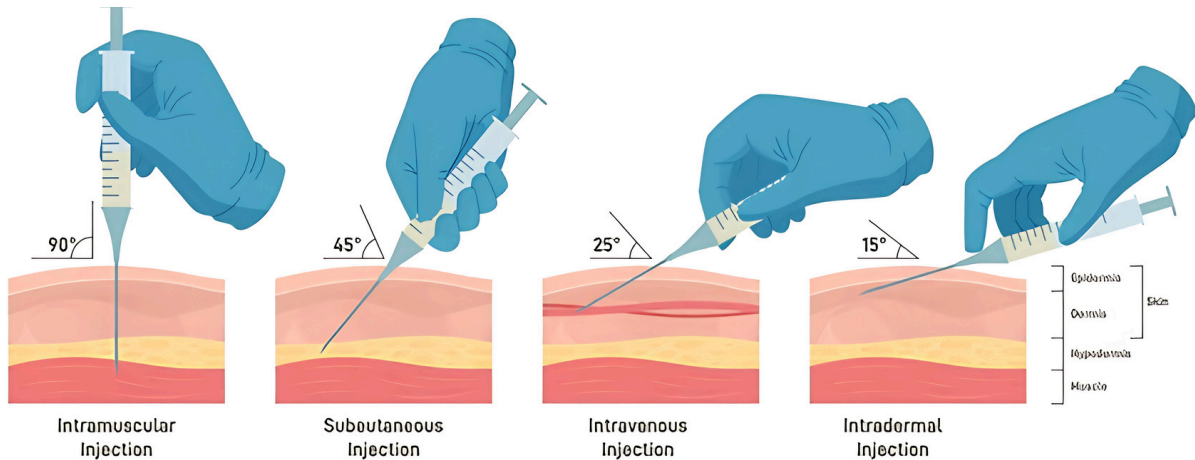
Recovery that keeps up with you

Steadier energy through the day

Fewer hormonal symptoms



WHAT IT'S ACTUALLY LIKE



The needle is the part most women get stuck on, so here's the honest version.

It's a small, short needle, closer to what's used for insulin than anything you've had at a doctor's office. It goes into the fat just under the skin, not into muscle, which is why it doesn't feel the way a flu shot does.

The whole thing takes a few seconds. Most people say it was easier than they expected, and by week two they stop thinking about it.

Your first order arrives with everything you need and instructions from the pharmacy. Your clinician walks you through it before you start.

WHAT'S INCLUDED

Everything below ships with your order. You don't need to buy anything separately.

- Your medication vial
- Sterile syringe and needle
- Alcohol swabs
- A sharps container for disposal

GOOD TO KNOW

Pick one day a week and stay with it. Consistency matters more than which day you choose.

Many women take it at night, so if anything feels off early on, they sleep through it.

Keep your vial in the refrigerator.

If you miss a dose, message your clinician rather than doubling up.



STEP BY STEP

	Wash your hands Wash thoroughly with soap and water, then set your supplies out on a clean surface.
	Prepare the syringe Remove the needle cover and hold the syringe with the needle pointing up. Push the plunger gently until a drop appears at the tip.
	Clean the spot Wipe the area with an alcohol swab and let it dry. Use a different spot each time, even within the same area.
	Inject Pinch the skin to make a soft fold, insert the needle at the angle your instructions specify, and push the plunger down slowly.
	Finish up Hold a swab near the site, pull the needle straight out, and press gently. Drop the syringe in your sharps container.

OR SKIP THE NEEDLE ENTIRELY

Semaglutide and tirzepatide both come as sublingual drops. You put them under your tongue once a day. No needle, no syringe, no sharps container.

Same medication, same clinical oversight, and the price is the same or slightly lower than the injection.

- Some redness or mild swelling at the site is normal.
- Store your vial in the refrigerator unless told otherwise.
- Never share needles, and always use sterile equipment.
- If you have severe pain, swelling, or an allergic reaction, get medical help right away.



What it is

A copper peptide your body already makes. It plays a role in collagen production and in keeping skin tissue structured and repairing. Your levels drop as you get older, which is part of why skin gets thinner and slower to bounce back. Elevate offers it as a compounded 0.5% face cream.

How it works

It signals fibroblasts, the cells that produce collagen and elastin, to make more of both. It also helps clear away damaged proteins so newer tissue can take their place. That combination is what supports firmer skin and better texture over time.



What to expect

This comes as both an injections and a daily face cream. Change builds gradually, usually over weeks rather than days, and it holds as long as you keep using it. Apply to clean skin.

Good to know:

- Needle not required
- Used once daily
- Works alongside your existing routine
- Give it a few weeks before judging

Worth a look if:

- Your skin looks thinner or less firm
- Fine lines are showing up faster
- Texture has changed
- Your hair feels thinner



LIPO-MINO

METABOLIC SUPPORT

[See Lipo-Mino](#)

What it is

A weekly injection that blends lipotropic compounds with B vitamins. Methionine, inositol, and choline help your liver process fat, and the B vitamins support turning food into usable energy. It's the most affordable option in the catalog.

How it works

The lipotropic compounds support your liver's role in breaking down and moving fat. The B vitamins handle the energy side, converting what you eat into fuel rather than storage. Together they support metabolic function.

What to expect

This supports a nutrition and training plan, it doesn't replace one. Most women notice the energy side before anything else. It's a weekly injection, and it works best when the rest of your routine is already in place.



Worth a look if:

- Your energy runs low through the day
- You want metabolic support without a GLP-1
- You're looking for a lower-cost place to start
- You already have the nutrition piece handled

Good to know:

- A weekly injection
- Does not suppress appetite the way a GLP-1 does
- Pairs well with other protocols
- Lowest price point in the catalog

SERMORELIN

SLEEP & RECOVERY

[See Sermorelin](#)

What it is

A peptide that prompts your body to make more of its own growth hormone. Growth hormone drops steadily from your thirties onward, and that decline shows up as lighter sleep, slower recovery, and muscle that's harder to hold onto. Sermorelin nudges your own production rather than replacing the hormone.

How it works

It signals your pituitary gland to release growth hormone on its own schedule. Because your body still controls the timing and amount, the pattern stays closer to what it would do naturally.

What to expect

A small injection taken at night, since that's when your body naturally releases the most growth hormone. Sleep quality is usually the first thing women notice, often within a few weeks. Body composition changes take longer, closer to a few months.

Worth a look if:

- You're sleeping but not waking up rested
- Recovery takes longer than it used to
- Muscle tone is slipping despite training
- Your energy fades earlier in the day



Good to know:

- Taken nightly, not weekly
- Sleep improves before anything visible does
- Works with your own hormone production
- Give it a few months for full effect



What it is

A peptide that works on desire itself rather than on blood flow. Low libido in women is usually a signaling issue, not a circulation one, which is why the medications built for men often don't help. PT-141 acts on receptors in the brain instead.



How it works

It activates melanocortin receptors in the hypothalamus, the part of the brain involved in mood, energy, and desire. It doesn't touch blood pressure or circulation, which is what separates it from the more familiar options.

What to expect

This one is used as needed, not daily. A small injection 30 to 60 minutes ahead. Some women notice a lift in mood and energy alongside the main effect. Nausea is the most common side effect and usually settles with a lower starting dose.

Worth a look if:

- Desire has dropped and you can't pin down why
- Stress or exhaustion has flattened it
- Hormone support alone hasn't moved it

Good to know:

- Used on demand, not on a schedule
- Works on desire, not circulation
- Often paired with hormone support



GLUTATHIONE

ANTIOXIDANT SUPPORT

[See Glutathione](#)

What it is

An antioxidant your body makes on its own. It protects cells from oxidative stress and supports the liver's job of clearing what your body doesn't need. Levels drop with age, stress, and illness, which is when supplementing it starts to make sense.

How it works

It neutralizes free radicals and helps recycle other antioxidants like vitamins C and E, so they keep working longer. It also supports the liver's normal filtering processes and helps cells repair themselves.

What to expect

A small injection twice a week, done at home. No infusion appointment needed. Most women use it alongside something else rather than on its own, and changes in skin tend to show up gradually.

Worth a look if:

- You want antioxidant support
- Your skin looks dull or uneven
- You get sick more often than you used to
- You're already on another protocol

Good to know:

- Twice-weekly injection at home
- Pairs easily with other protocols
- One of the lower-cost options
- Change is gradual, not dramatic



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SEMAGLUTIDE

APPETITE & CRAVINGS

[See Semaglutide](#)

What it is

A GLP-1. Your gut releases a hormone after you eat that tells your brain you've had enough. For a lot of women that signal is weak or fades fast, which is why hunger comes back an hour later. Semaglutide extends it.

How it works

It slows how fast your stomach empties and acts on the appetite centers in your brain. Food stays satisfying longer, and the constant background noise about what to eat next quiets down. You end up eating less without white-knuckling it.

What to expect

Appetite usually shifts in the first few weeks. Weight change is gradual, over months. Nausea is the most common side effect early on, and your clinician starts you low and moves up slowly to limit it. Comes as a weekly injection or daily drops under the tongue.

Worth a look if:

- You think about food constantly
- You eat a full meal and still want more
- Evening snacking undoes your whole day
- Discipline isn't the missing piece



Good to know:

- Weekly injection or daily sublingual drops
- Comes with B12 or glycine, and in a lower microdose
- Protein and strength training matter more, not less
- Your clinician matches you to the right version

TIRZEPATIDE

APPETITE & CRAVINGS

[See Tirzepatide](#)

What it is

The other GLP-1 Elevate offers. Where semaglutide works on one appetite pathway, tirzepatide works on two. For some women that means a stronger response, which is why it's often the next step if semaglutide isn't doing enough.



How it works

It acts on two receptors involved in appetite and blood sugar rather than one. It slows stomach emptying, extends how long you feel full, and turns down hunger signals. Working both pathways is what tends to make the effect more noticeable.

What to expect

Most women notice appetite shifting within the first few weeks. Weight change is gradual, over months. Nausea is the most common early side effect, and starting low limits it. Available as a weekly injection or daily drops under the tongue.

Worth a look if:

- Semaglutide helped but not enough
- Food noise is loud and constant
- You want the stronger of the two options
- You've tried the willpower route already

Good to know:

- Weekly injection or daily sublingual drops
- Comes with B12 or glycine, and in a lower microdose
- Stronger effect can mean more early nausea
- Protein and strength training still matter



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What it is

A peptide based on a protein your stomach already produces. It's used for tissue repair, mostly tendons, ligaments, and the gut lining. This is the one people reach for when something has been sore or unsettled for longer than it should be.

How it works

It signals the growth factors involved in rebuilding tissue and improves blood flow to the area that needs it. In the digestive tract it supports the lining itself, which is why it comes up for gut issues as often as for joints.

What to expect

A daily injection, usually run in cycles of several weeks rather than taken indefinitely. Your clinician sets the length based on what you're working on. Gut symptoms often shift before joint discomfort does.

Worth a look if:

- A nagging joint or tendon isn't settling
- Digestion has been off for a while
- You're recovering from an injury
- Inflammation keeps flaring back up



Good to know:

- Daily injection, run in cycles
- Also sold inside the Wolverine, Glow, and Klow stacks
- Often paired with TB-500
- Not a painkiller, it works on repair

EPITHALON

LONGEVITY & SLEEP

[See Epithalon](#)



What it is

A peptide based on a compound your pineal gland produces. It's the one that comes up most in longevity conversations, and it also plays a role in melatonin and your sleep-wake rhythm. This is the priciest item in the catalog and it's sold as a yearly protocol.



What to expect

Run as short cycles a few times a year rather than continuously. Sleep is usually the first and clearest change. The longevity side is the reason people take it, but it isn't something you'll feel week to week. Sold as a yearly supply.

Worth a look if:

- Healthy aging is a long-game priority
- Your sleep rhythm feels off
- You're already running other protocols
- You're comfortable with a yearly commitment

Good to know:

- Cycled, not taken daily year-round
- Sleep changes come first
- The most expensive item in the catalog
- A long-term play, not a quick fix

How it works

It supports telomerase, the enzyme that maintains telomeres. Telomeres are the protective caps on your chromosomes, and they shorten as cells divide over a lifetime.

It also influences melatonin production, which is the part most people actually notice.



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What it is

A peptide your own mitochondria make. Mitochondria are the parts of your cells that turn food into usable energy, and MOTS-c is one of the signals they send when demand goes up. Your levels fall as you get older. It comes as an at-home injection.

How it works

It switches on AMPK, the sensor your cells use to decide whether to store fuel or burn it. With AMPK active, your body leans toward using fat for energy and handles blood sugar more evenly. It also supports your cells building new mitochondria, so the capacity is there for the long run.



What to expect

Stamina is usually the first thing women notice, often in workouts before anywhere else. Changes to body composition are slower and depend on what your nutrition and training look like. Redness or itching at the injection site is common early on and settles.

Worth a look if:

- Your energy fades by early afternoon
- Workouts feel harder than they used to
- Fat loss has stalled despite the effort
- Your blood sugar swings after meals
- You want support that isn't a GLP-1

Good to know:

- An at-home injection
- No infusion, no clinic visit
- Works alongside your training
- Give it several weeks



THYMOSIN ALPHA-1

IMMUNE SUPPORT

[See Thymosin](#)



What it is

A peptide your thymus gland makes to help direct your immune system. Thymus output drops steadily as you get older, which is part of why a cold that used to take three days now takes two weeks. It comes as an at-home injection.

How it works

It helps your T-cells, the immune cells that identify a threat and decide how to respond, work more precisely. The aim is a response that's better aimed rather than louder, so your body clears what it needs to and then settles back down.

What to expect

This is background support, so there's no day-one feeling to point to. Most women judge it over a season, by how often they get sick and how long it takes to bounce back. Soreness or redness at the injection site is the most common side effect. If you have an autoimmune condition, tell your clinician before you start.



Worth a look if:

- You catch everything going around
- Colds hang on for weeks
- Stress has been high for a long stretch
- You're run down more often than not
- Recovery from illness is slow

Good to know:

- An at-home injection
- Usually run in cycles, not continuously
- Tell your clinician about autoimmune issues
- Not a replacement for sleep or nutrition
- The effect is quiet, not dramatic

KLOW STACK

BPC-157 • GHK-Cu • KPV • TB-500

RECOVERY & SKIN

[See Klow Stack](#)

What it is

Four peptides in one at-home injection. BPC-157 and TB-500 do the tissue repair work. GHK-Cu is the copper peptide behind collagen and skin structure. KPV works on inflammation. This is the broadest of the repair stacks, and the one women pick when the aches and the skin changes showed up around the same time.

How it works

BPC-157 and TB-500 support blood flow into damaged tissue and help repair cells get where they're needed, which is most of what tendon and ligament healing comes down to. GHK-Cu signals the cells that produce collagen and elastin. KPV works on the inflammatory side, so repair isn't happening against constant irritation.

What to expect

Recovery usually shifts first, over a few weeks. Skin changes take longer, closer to two or three months. Redness, itching, or a small lump at the injection site is common. These peptides support cell growth, so tell your clinician about any history of cancer before you start.

Worth a look if:

- A nagging injury won't fully resolve
- You're sore for days after training
- Joints ache more than they used to
- Skin has lost firmness and bounce
- You want repair and skin support in one

Good to know:

- An at-home injection
- Run for a set stretch, then paused
- Your clinician reviews your history first
- Not FDA approved for these uses
- Results build slowly



SELANK + SEMAX STACK

Selank • Semax

FOCUS & MOOD

[See Selank + Semax](#)



What it is

Two peptides used together, one for focus and one for calm. Semax is the sharper of the two and works on attention and mental stamina. Selank is the steadier one and takes the edge off. Women usually come to this pair when the mental load is what's wearing them down.

How it works

Semax supports BDNF, a protein involved in how brain cells communicate and adapt, which is tied to attention and mental stamina. Selank works on the serotonin and GABA side, the calm-and-steady end of brain chemistry. Run together, they cover both halves of the problem.

What to expect

The focus piece is usually noticeable the same day. The calm piece builds over a couple of weeks. Some women feel a little flat or tired while they settle on a dose, and your clinician adjusts from there. This does not treat anxiety or depression, and it is not a substitute for care that does.

Worth a look if:

- Afternoon brain fog is a daily event
- You start things and lose the thread
- Stress sits in your chest all day
- Perimenopause changed how you focus
- You want support without a stimulant

Good to know:

- Used at home, no clinic visit
- Your clinician sets dose and schedule
- Tell them about any psychiatric meds
- Not a stimulant, and not a sedative
- Give the mood side a couple of weeks



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Glow Stack

SKIN & REPAIR

[See Glow Stack](#)

What it is

Three peptides aimed at skin and the tissue underneath it. GHK-Cu is the copper peptide behind collagen and firmness. BPC-157 and TB-500 handle the repair side. It's the Klow Stack without KPV, so the emphasis sits on skin rather than inflammation.

How it works

GHK-Cu signals the cells that produce collagen and elastin, which is what firmness and texture come down to. BPC-157 and TB-500 support blood flow and tissue repair, so your skin has better material to rebuild with. It also supports the hair follicle.



What to expect

Skin changes take weeks, not days, and texture usually shifts before firmness does. Redness or itching at the injection site is common early on. These peptides support cell growth, so tell your clinician about any history of cancer.

Worth a look if:

- Skin looks thinner or less firm
- Texture changed over the last few years
- Hair feels thinner or slower to grow
- You want skin support from the inside

Good to know:

- An at-home injection
- Different from the GHK-Cu face cream
- Give it eight to twelve weeks
- Works alongside your skincare



Wolverine Blend

RECOVERY & REPAIR

[See Wolverine](#)

What it is

Two peptides in one at-home injection. BPC-157 and TB-500 are the pair most used for soft tissue, joints, and the injury that keeps coming back. Same repair base as the Klow Stack, without the skin and inflammation additions.

How it works

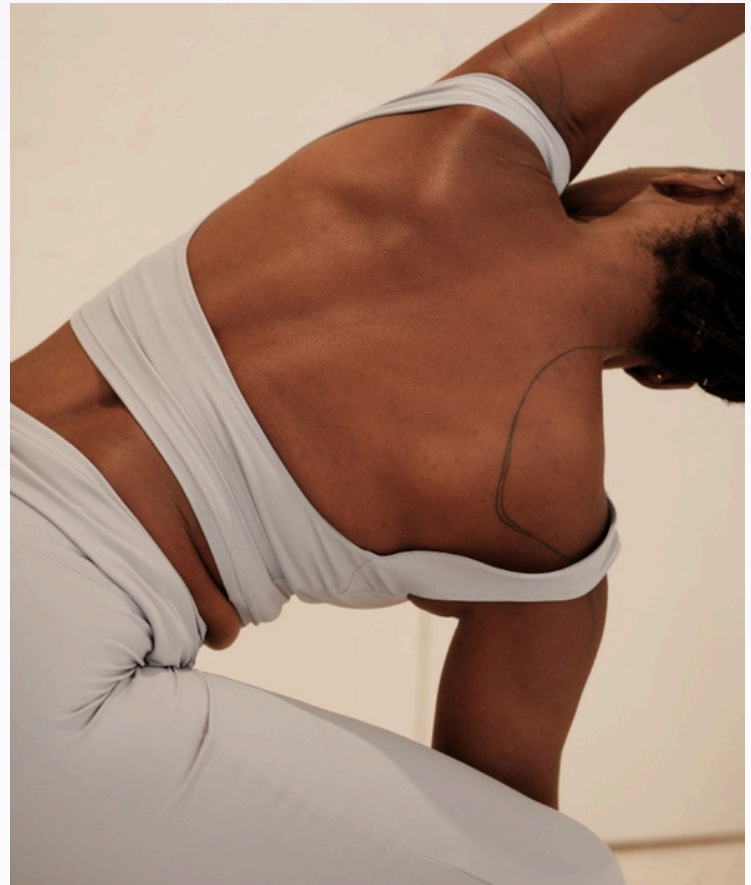
BPC-157 supports blood flow into tendons, ligaments, and gut tissue, which is where healing tends to stall. TB-500 helps repair cells move to where the damage actually is. Together they give the process more of what it needs to finish.

What to expect

Recovery between workouts is usually the first thing to shift. Give it four to eight weeks before you judge it. Soreness at the injection site is common. These peptides support cell growth, so tell your clinician about any history of cancer.

Worth a look if:

- An old injury flares every time you train
- Joints ache going down the stairs
- Recovery takes longer than it used to
- Gut issues show up alongside the aches



Good to know:

- An at-home injection, not an infusion
- Run for a set stretch, then paused
- Not FDA approved for these uses
- Your clinician reviews your history first

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CJC-1295 + IPAMORELIN

SLEEP & RECOVERY

[See CJC-1295](#)

What it is

Two peptides that work on the growth hormone you already make instead of replacing it. CJC-1295 tells the pituitary to release more of it. Ipamorelin sets the timing of that release. Growth hormone drops steadily from your thirties on, and for most women sleep and recovery are where it shows up first.

How it works

CJC-1295 extends the signal your pituitary responds to, so the release lasts longer. Ipamorelin triggers it in a pulse shaped like your body's own overnight pattern. Staying close to that natural rhythm is what keeps side effects lower than taking growth hormone directly.

What to expect

Deeper sleep usually comes first, often within a couple of weeks. Body composition moves slowly and depends on protein and training. Water retention, tingling in the hands, and late-night hunger can happen, and a dose adjustment usually settles it.

Worth a look if:

- You sleep through and still wake tired
- Recovery between workouts has slowed
- Body composition changed on its own
- You want support without taking HGH

Good to know:

- A nightly at-home injection
- Taken on an empty stomach
- Mention any history of cancer
- Sleep and protein still do the work



TESAMORELIN

VISCERAL FAT

[See Tesamorelin](#)

What it is

A peptide studied specifically for visceral fat, the deep fat that sits around your organs behind the abdominal wall. It's the fat that changes the shape of your midsection even when the scale hasn't moved much. It comes as a daily at-home injection.

How it works

It signals your pituitary to release more of your own growth hormone. Growth hormone changes how your body handles stored fat, and visceral fat responds to it more than the fat sitting just under your skin. That's why the change tends to show up in your waist first.



What to expect

Waist changes take months, and they happen gradually. Joint aches, swelling in the hands or feet, and tingling are the side effects to watch for, and your clinician adjusts the dose if they show up. Blood sugar gets monitored while you're on it.

Worth a look if:

- Your waist changed and the scale didn't
- Weight settles in your midsection now
- Perimenopause shifted your shape
- Diet and training haven't touched it

Good to know:

- A daily at-home injection
- Not a GLP-1, and it won't touch appetite
- Your clinician monitors blood sugar
- Nutrition and training still matter most





What it is

A peptide that targets the mitochondria directly, also known as elamipretide. Mitochondria are the parts of your cells that make energy, and they get less efficient with age. SS-31 concentrates in the membrane where that work happens.



How it works

It binds to cardiolipin, a fat that holds the mitochondrial membrane in the right shape. When that structure holds, energy production runs more efficiently and fewer free radicals leak out, which means less oxidative stress on the cell.

What to expect

This is a slow one. Most women describe steadier energy over several weeks rather than a lift they can point to. Redness at the injection site is the most common side effect. The research is still early, and your clinician will be straight with you about that.

Worth a look if:

- Low energy that rest doesn't resolve
- Energy drops off hard mid-afternoon
- Recovery has slowed across the board
- Healthy aging is what you're after

Good to know:

- An at-home injection
- Steady, not stimulating
- The research is still early
- Pairs well with NAD+



What it is

A coenzyme found in every cell you have. Its main job is helping cells turn food into usable energy, and it's also involved in cellular repair.

Levels drop as you get older. That decline tracks with the kind of tired that sleep doesn't fix, and with the mental fog that shows up mid-afternoon.

How it works

It supports the mitochondria, the part of your cells that actually makes energy. More available NAD+ means those cells have more of what they need to do that work.

It also activates enzymes involved in how cells handle inflammation and repair.



What to expect

A weekly injection you do at home. No infusion clinic, no appointment.

Most women describe the change as steadier rather than stimulating. It isn't caffeine. If you're expecting a jolt, this isn't that.

Worth a look if:

- You're tired in a way sleep doesn't fix
- Mental fog shows up most afternoons
- You want energy support without stimulants
- Healthy aging is the goal

Good to know:

- Weekly injection at home
- Steady, not stimulating
- Pairs well with Sermorelin
- Give it several weeks



WHERE TO START

Build your stack - By goal, at two price points

[See Full Catalog](#)

Pick your goal, then pick the row that fits your budget. The top row is where most women start. The bottom row is what I'd put together if the only question were the best result. Add-ons at the bottom work with any column.

WEIGHT & BODY COMPOSITION

Best if your training is consistent and the scale still won't move.

START HERE

Lipo-Mino + Sermorelin

Metabolic support and better recovery, without going near a GLP-1.

PERFORMANCE & RECOVERY

Best if you sleep through the night and still wake up tired.

START HERE

Sermorelin + Glutathione

Sleep and recovery first, with antioxidant support alongside it.

ENERGY, LONGEVITY & IMMUNITY

Best if you're tired in a way sleep doesn't fix.

START HERE

NAD+ + Glutathione

Cellular energy and antioxidant support, both done at home.

IF THE ONLY QUESTION IS RESULTS

Tirzepatide + Tesamorelin

Appetite handled, plus the visceral fat and muscle retention piece.

Both work on how your body handles fat and how well you recover. The stronger pairing adds appetite control and the visceral fat piece.

IF THE ONLY QUESTION IS RESULTS

CJC-1295 + Ipamorelin, BPC-157

Stronger growth hormone signal, plus targeted tissue repair.

Both support your own growth hormone for deeper sleep and faster recovery. The stronger pairing adds targeted tissue repair.

IF THE ONLY QUESTION IS RESULTS

NAD+ + Thymosin Alpha-1

Energy plus immune support for the stretch when everyone is sick.

Both support cellular energy and mental clarity. The stronger pairing adds immune support for the stretch when everyone is sick.

ADD TO ANY STACK

GLOW

Skin quality, inflammation, and recovery after training. Won't move your scale.

GHK-Cu Cream

Collagen, skin texture and firmness. A daily face cream, no needle.

NAD+

Steady energy and mental clarity, if it isn't already in your column.

**You do not need a full stack to start. One product is a legitimate answer, and your clinician confirms what's appropriate for you before anything ships.*

[See Full Catalog](#)

Some products require you to sign in or create a free client account first to access, takes about a minute and costs nothing.

WHAT I PERSONALLY USE

And what I'd do on a smaller budget

I get asked this constantly, so here it is. This is my current stack and why each piece is in it. The second column is what I'd build instead, if the first column isn't in the budget right now.

MY STACK

MOTS-c

A peptide my own mitochondria make, and levels fall with age. It switches on AMPK, the sensor cells use to decide whether to store fuel or burn it. Stamina in workouts is where I notice it first, before anywhere else.

Tesamorelin

Studied specifically for visceral fat, the deep fat that changes your midsection even when the scale hasn't moved. It also supports holding onto lean muscle, which is the harder part in your forties.

Glow Stack

BPC-157, TB-500 and GHK-Cu in one injection. Recovery and skin at the same time. It won't move the scale and I don't expect it to, but it's the one people comment on.

If I could only keep one, it would be the Tesamorelin.

IF THAT'S NOT IN THE BUDGET

Lipo-Mino

Lipotropics and B vitamins. It supports the liver's role in breaking down and moving fat, and the B vitamins handle the energy side. It does not touch appetite. This is the honest entry point.

Sermorelin

Supports your own growth hormone rather than replacing it. Deeper sleep and faster recovery, and it helps hold onto lean muscle. A small nightly injection, and the cheapest way onto that pathway.

GHK-Cu Cream

A copper peptide your body already makes less of every year. It signals the cells that produce collagen and elastin. No needle, once a day, and the change builds gradually.

Half the stack, and still worth doing.

DISCLAIMER

My goal right now is optimization. Health, longevity, and getting more out of where I already am. I've been doing this a long time and my habits are dialed in, so the nutrition and the training aren't in question for me. This is my lifestyle. These products sit on top of that. They are not a shortcut and they are not doing the work my habits are already doing.

That's a different starting point than most women reading this, and it's why my list isn't the one I'd hand you. Everyone is in a different phase, and the right products are the ones that fit the phase you're actually in. Bring that to your intake and let the clinician decide.

Educational only, not medical advice. Everything described is prescription only and requires review and approval by a licensed clinician. Not everyone qualifies and availability varies by state. Compounded medications are not FDA approved and are not reviewed by the FDA for safety, effectiveness, or quality. No results are promised. Tell your clinician about all medications and conditions, including pregnancy. Elevate Lifestyle earns from storefront orders.

THANKS FOR READING

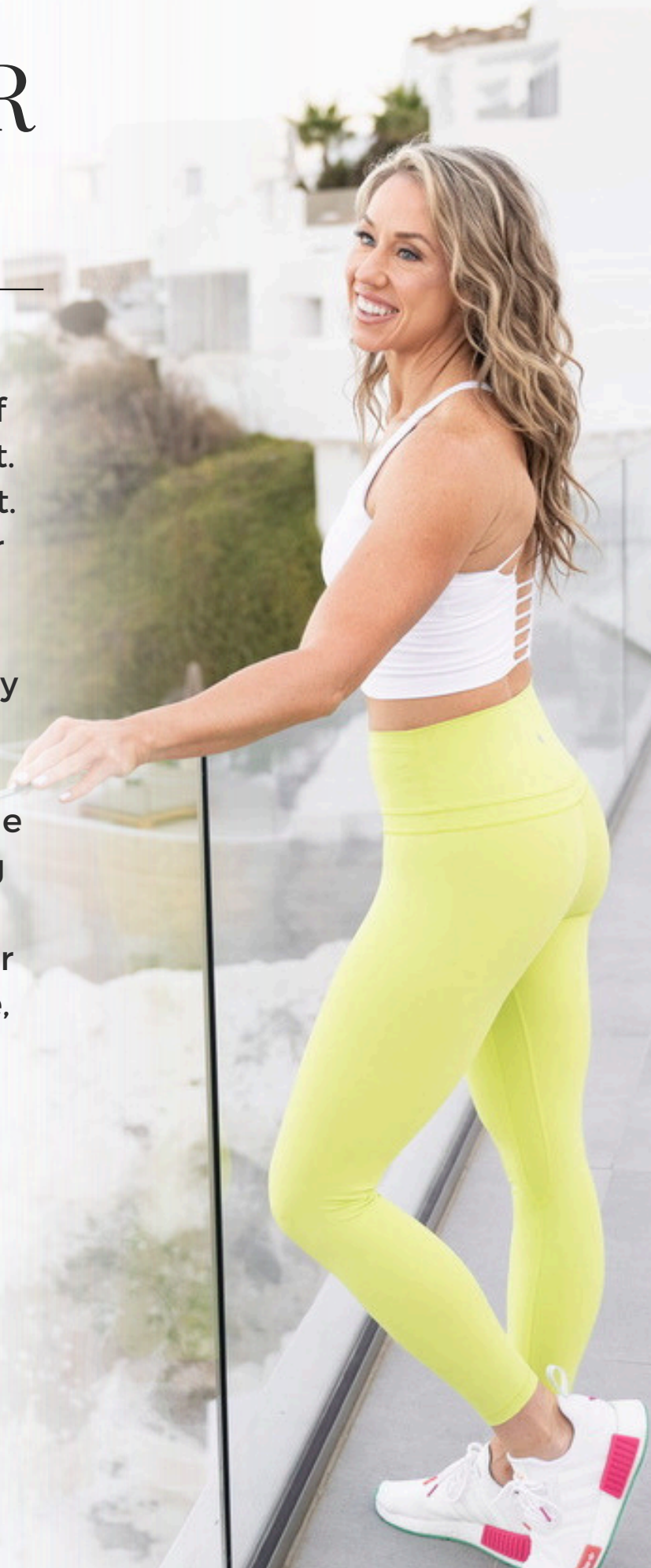
Most of what's in this guide works better when the rest of your life is set up to support it. Sleep. Protein you actually hit. Training you keep doing after week three. That's the part I handle, and it's usually the part that decides whether any of the rest holds.

If you want help with that side of it, that's what my coaching is for. We build your nutrition and training around whatever you and your clinician decide, so the two halves aren't pulling against each other.

[Learn about coaching](#)



Or book a free 15-minute call and we'll figure out where to start.



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