

## What is BPC-157?

BPC-157 (Body Protection Compound-157 AKA “The Wolverine Peptide”) is a peptide originally derived from gastric juices.

It is widely recognized for its ability to support tissue repair, reduce inflammation, and enhance healing throughout the body.

BPC-157 is commonly used to treat stomach and intestinal issues such as leaky gut, inflammatory bowel disease, and esophagitis.

Beyond the digestive system, it promotes the production of type 1 collagen and stimulates angiogenesis (formation of new blood vessels), making it a potent peptide for wound healing, injury recovery, and tissue regeneration.

## Benefits of BPC-157

- Accelerates tissue repair and healing
- Reduces inflammation
- Increases blood flow via nitric oxide stimulation
- Protects nerves and supports neurological health
- Provides gastroprotective effects
- Promotes wound healing and regeneration
- Relieves joint pain and supports recovery
- Boosts immune function
- Improves muscle strength and endurance



## Potential Side Effects

- Mild injection site reactions
- Nausea
- Edema (swelling)
- Rash

Overall, BPC-157 is generally well tolerated, with minimal reported side effects.

## General Wellness Dosing

### Option 1:

- BPC-157 2mg/mL (5mL MDV)
- Inject **20 Units SubQ daily**

### Option 2:

- BPC-157 500mcg Oral Capsules
- Take **1–2 capsules daily**

## Tissue Injury Dosing

- **BPC-157 4mg/mL (5mL MDV)**
- Inject **15 Units SubQ** at or near the injury site **twice daily**

## Available Dosage Forms

1. **BPC-157 2mg/mL (5mL MDV)**
2. **BPC-157 500mcg Oral Capsules**
3. **BPC-157 4mg/mL (5mL MDV)**

## What is 5-Amino-1MQ?

5-Amino-1MQ (5-amino-1-methylquinolinium) is a small, selective molecule that has gained attention for its potential to enhance fat loss and improve metabolic health.

It works primarily by inhibiting an enzyme called NNMT (nicotinamide N-methyltransferase), which plays a key role in fat storage and metabolic regulation.

## Benefits of 5-Amino-1MQ

- Promotes fat loss
- Boosts energy levels
- Improves insulin sensitivity
- Supports muscle preservation
- Has anti-aging potential

Great adjunct with GLP-1 therapy

## Adverse Effects

- Limited data available.
- May interact with metabolic or hormonal systems, but no major adverse effects have been consistently reported.

## Dosing

- Week 1: 50 mg once daily
- Week 2: 50 mg twice daily
- Weeks 3–4: 50 mg three times daily
- Month 4: Off
- Months 5–6: 50 mg three times daily
- Month 7: Off
- Months 8–9: 50 mg three times daily
- Month 10: Off
- Months 11–12: 50 mg three times daily



## Clinical Insights

5-Amino-1MQ inhibits NNMT (nicotinamide N-methyltransferase)—an enzyme crucial to fat metabolism and energy regulation, especially in adipose tissue.

By blocking NNMT, 5-Amino-1MQ increases levels of nicotinamide adenine dinucleotide (NAD<sup>+</sup>), a cofactor essential for cellular metabolism. This enhances metabolic rate and activates sirtuin-1 (SIRT1)—often referred to as the “longevity gene”—due to its protective role in metabolism and aging-related diseases.

Research in mice has shown that 5-Amino-1MQ can lead to a 7% reduction in body mass over 10 days without changes in food intake, suggesting it may shrink fat cells and reduce the size of fat deposits.

SIRT1 activation is associated with a lower risk of diabetes, obesity, cardiovascular disease, fatty liver, and neurodegenerative conditions.



# Peptide Guide: CJC-1295/Ipamorelin

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## What is CJC-1295 / Ipamorelin?

CJC-1295 is a growth hormone-releasing hormone (GHRH) analog, while Ipamorelin is a growth hormone-releasing peptide (GHRP).

Together, they form a synergistic combination that stimulates the pituitary gland to release natural (endogenous) growth hormone (GH), which in turn increases IGF-1 (Insulin-like Growth Factor 1) production.

This process supports muscle growth, fat metabolism, and cell regeneration while minimizing unwanted hormonal side effects.

## Benefits of CJC-1295 / Ipamorelin

- Improves physical performance and muscle mass
- Supports weight and fat loss (thermogenic effect)
- Enhances recovery from exercise and injury
- Promotes bone density and joint support
- Provides cardiovascular support
- Increases libido and sexual health
- Supports neuroprotection, cognition, and memory
- Enhances growth hormone levels with minimal side effects
- Boosts IGF-1 production naturally
- Improves energy and deep REM sleep quality

## Potential Side Effects

- Flushing
- Mild injection site reactions
- Rash
- Edema (fluid retention)
- Joint or muscle discomfort

Most side effects are mild and temporary.



# Peptide Guide: CJC-1295/Ipamorelin

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## Warnings

- Do not use while pregnant or breastfeeding.
- Inform your healthcare provider about all current medications and supplements, particularly corticosteroids and thyroid medications.
- Growth hormone therapy may be mitogenic (stimulate cell growth). Use caution if there is a history or risk of cancer.
- May mask symptoms of hypothyroidism — thyroid function should be monitored.

## Dosage Guidelines

- **01. Standard Dosage**

CJC-1295 / Ipamorelin 2mg + 2mg per mL (5mL MDV)

- **02. Administration**

Inject **10–20 units (200mcg–400mcg) SubQ**

→ At **bedtime, 5 nights per week**, on an **empty stomach**



## Clinical Insights

The combination of CJC-1295 and Ipamorelin is designed to maximize natural GH release without significantly affecting prolactin, ACTH, or cortisol levels.

This makes it an effective therapy for recovery, fat loss, and tissue repair.

It is commonly used to:

- Support soft tissue repair after injury or surgery
- Enhance metabolic health

Promote anti-aging and body composition improvement

## What is Dihexa?

Dihexa is a nootropic and neurogenic peptide with promising potential for enhancing cognitive function, memory, and neural repair.

It promotes neurogenesis, increases brain-derived neurotrophic factor (BDNF), and assists in repairing neural connections, making it a strong candidate for addressing neurodegenerative conditions such as Alzheimer's disease, Parkinson's disease, and traumatic brain injury (TBI). Dihexa is also being explored as a nootropic for cognitive enhancement in healthy individuals.

## Benefits of Dihexa

- Enhances cognitive function and mental clarity
- Provides neuroprotection and supports neural repair
- Improves learning and memory formation
- Shows potential in treating neurodegenerative disorders
- Non-toxic with minimal side effects reported

## Potential Side Effects

- Generally well tolerated at recommended doses
- Possible nervousness or irritability in some users

No major adverse effects have been consistently reported.

## Warnings

- **Limited Data:** Dihexa is a relatively new compound. Current studies indicate low toxicity and minimal short-term side effects.
- **Unknown Long-Term Safety:** As with many newer peptides, the long-term effects of Dihexa remain under investigation and require additional research.



## Dosage Guidelines

### 01. Standard Dosing:

- 20 mg orally per day — may increase to 40 mg daily as needed

### 02. Available Strengths:

- 5 mg, 10 mg, and 20 mg capsules

## Clinical Insights

- **Alzheimer's Disease:**

Dihexa has been studied for its ability to enhance memory and cognitive function by promoting neuronal growth and synaptic repair.

- **Parkinson's Disease:**

Its neuroprotective effects may help reduce progression and support recovery from neuronal damage.

- **Traumatic Brain Injury (TBI):**

Research suggests Dihexa may aid in neuronal regeneration and functional recovery following brain injury.

- **Cognitive Enhancement:**

As a nootropic, Dihexa shows potential in improving learning, memory, and focus in both healthy individuals and those with cognitive impairments.



## What is Epithalon?

Epithalon (Epitalon) is a synthetic tetrapeptide (a short 4–amino acid chain) classified as a peptide bioregulator.

It is designed to regulate the cell cycle by stimulating telomerase production, an enzyme that maintains or lengthens telomeres — the protective caps on the ends of chromosomes.

By preserving telomere length, Epithalon may slow cellular aging and support longevity.

In addition to its anti-aging potential, it also acts as a potent antioxidant, protecting cells from oxidative stress.

Epithalon has shown promising results in both animal and human studies, with effects on sleep regulation, immune support, and neuroprotection.

## Benefits of Epithalon

- Anti-aging support — promotes lymphocyte proliferation during aging
- Telomere lengthening — supports cellular health and longevity
- Improved sleep regulation — enhances melatonin levels and circadian rhythm
- Neuroprotective and cognitive support
- Mood stabilization and emotional well-being
- Antioxidant effects — reduces lipid oxidation and increases glutathione reserves

## Adverse Effects

- Mild injection site reactions
- Generally well tolerated and safe at recommended doses

## Dosing

**Epithalon 10 mg/mL (5 mL vial)**

- **Inject 10 mg SubQ, once every 3 days for 15 days**
- **May be repeated twice annually**



# Peptide Guide: Epithalon

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## Clinical Insights

### **Telomerase Activation:**

- Epithalon has been shown to stimulate telomerase production, helping maintain or lengthen telomeres — structures essential for cellular replication and longevity. Shorter telomeres are linked to aging and degenerative diseases.

### **Antioxidant Properties:**

- Acts as a free radical scavenger, decreasing oxidative stress and potentially mitigating the progression of age-related disorders.

### **Circadian Rhythm Regulation:**

- May help normalize the sleep-wake cycle by influencing the pineal gland and enhancing melatonin secretion, improving overall sleep quality.

### **Immune System Support:**

- Has been reported to modulate immune activity, enhancing resilience and supporting balance within the immune system.

### **Anti-Tumor Potential:**

- Preclinical studies indicate Epithalon may inhibit tumor growth by supporting cellular repair and gene regulation, though further research is ongoing.

### **Longevity Research:**

- Animal studies suggest Epithalon may extend lifespan and improve biological markers of aging, though human trials are still limited.



## What is GHK-Cu?

GHK-Cu is a human plasma copper-binding peptide with a broad range of biological and regenerative functions.

It plays a vital role in tissue remodeling, antioxidant defense, and cellular repair, making it a key molecule in anti-aging and skin rejuvenation therapies.

By binding copper, GHK-Cu supports over a dozen enzymatic processes in the body, contributing to improved collagen synthesis, wound healing, and metabolic balance. It has also been studied for its potential in hair growth and neuroprotection.

## Benefits of GHK-Cu

- Anti-aging support and improved skin vitality
- Skin regeneration and accelerated wound healing
- Increased skin elasticity and firmness
- UV protection and antioxidant defense
- Hair growth and restoration
- Enhanced hair thickness and follicle size
- Anti-inflammatory and neuroprotective properties
- Supports cognitive health and cellular longevity



## Potential Side Effects

- **Mild injection site reactions**
- **Possible zinc/copper imbalance with prolonged use**  
→ **Recommendation: Take a daily zinc supplement to maintain proper mineral balance.**

## Anti-Aging Dosing

### **GHK-Cu 10mg/mL (5mL MDV)**

- Inject **15 Units SubQ daily** for **20 days per month**

## Topical Formulations:

- **GHK-Cu 0.5% Biopéptide Cream**

→ Apply a thin layer to the **face and neck** daily in the evening.

## Hair Regrowth Dosing

### **GHK-Cu 0.5% / Biotin 0.5% Scalp Foam**

- **Apply 2–3 pumps directly to the scalp once daily.**

## Available Dosage Forms

- GHK-Cu 10mg/mL (5mL MDV)
- GHK-Cu 0.5% Biopéptide Cream (30g)
- GHK-Cu 0.5% / Biotin 0.5% Scalp Foam (30g)



# Peptide Guide: MK-677 (Ibutamoren)

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## What is MK-677 (Ibutamoren)?

Ibutamoren (MK-677) is a non-peptide compound that mimics the action of ghrelin, a hormone responsible for stimulating growth hormone (GH) release.

Although it produces effects similar to peptide-based GH secretagogues, MK-677 is not a peptide—it is an orally active growth hormone secretagogue, meaning it naturally stimulates GH secretion without injections.

MK-677 helps elevate both growth hormone and IGF-1 (Insulin-like Growth Factor-1) levels, supporting muscle development, recovery, metabolism, and anti-aging benefits.

## Benefits of MK-677

- Increases growth hormone and IGF-1 levels
- Promotes muscle growth and enhances strength
- Supports fat loss and lean body composition
- Improves sleep quality and recovery
- Enhances bone density and skeletal health
- Stimulates appetite and supports nutrient utilization

## Potential Side Effects

- **Increased hunger or appetite**
- **Water retention and mild edema**
- **Joint discomfort or stiffness**
- **Possible insulin resistance over long-term use**



**Side effects are typically dose-dependent and reversible upon discontinuation**

## Warnings

- May cause elevated blood sugar or insulin resistance with prolonged use
- Water retention and edema may occur in sensitive individuals
- Can increase appetite noticeably
- Potential for lethargy or fatigue in some users
- Joint pain or stiffness may develop with fluid shifts
- Possible impact on cortisol and prolactin levels
- Use caution in those with a history of tumor growth

# Peptide Guide: MK-677 (Ibutamoren)

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## Dosage Guidelines

### 01. Standard Dosing

- **25 mg capsule** taken at bedtime

### 02. Alternative Dosing

- Also available in **50 mg capsule** formulations

## Clinical Insights

Ibutamoren works by binding to ghrelin receptors in the brain, which triggers the release of GH from the pituitary gland.

This results in increased circulating levels of both growth hormone and IGF-1, two critical factors involved in:

- Muscle growth and repair
- Tissue regeneration
- Metabolic regulation

Its ability to raise GH levels makes MK-677 popular for use in body composition improvement, injury recovery, and longevity optimization.



# Peptide Guide: Methylene Blue

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## What is Methylene Blue?

Methylene Blue (MB) is a synthetic compound with notable nootropic and neuroprotective properties.

Originally developed as a dye and antiseptic, it has gained recognition in modern medicine for its ability to support brain health, mitochondrial function, and cellular energy production.

Methylene Blue acts as an electron carrier within the mitochondria, helping improve ATP production, reduce oxidative stress, and protect neurons from damage.

It is currently being explored as a potential therapy for neurodegenerative conditions such as Alzheimer's disease, Parkinson's disease, and long COVID, as well as for mood stabilization and cognitive enhancement.

## Benefits of Methylene Blue

- Enhances cognitive performance and focus
- Provides neuroprotection against oxidative damage
- Promotes mood stabilization and mental clarity
- Supports mitochondrial energy production
- Exhibits anti-aging and antioxidant effects
- Shown promise for ADHD management
- Potential supportive therapy for long COVID



## Potential Side Effects

- **Urine and skin discoloration (blue tint)**
- **Serotonin syndrome (when combined with SSRIs or MAOIs)**
- **Digestive discomfort or nausea**
- **Photosensitivity**
- **Hemolytic anemia in individuals with G6PD deficiency**

Most side effects are dose-dependent and reversible with discontinuation.

# Peptide Guide: Methylene Blue

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## Warnings

- Avoid use in individuals with **renal failure**
- Not recommended for those who are **pregnant or breastfeeding**
- Do not combine with **serotonergic medications** (SSRIs, MAOIs, etc.)
- Contraindicated in patients with **G6PD deficiency**

## Dosage Guidelines

### 01. Oral Dosing:

- **Lyme Disease:** 50 mg twice daily
- **ADHD:** 100 mg once daily
- **Dementia / Cognitive Support:** 25 mg once daily

### 02. IV Therapy:

- **1–2 mg/kg** body weight infused over **5 minutes**
- May repeat **after 1 hour** if necessary
- Maximum dose: **7 mg/kg**

## Clinical Insights

- **Historical Use:** Initially used as a treatment for methemoglobinemia and as an antiseptic, Methylene Blue has since evolved into a promising neuroprotective agent.
- **Mechanism of Action:** Acts as a mitochondrial redox agent, improving energy metabolism, reducing free radicals, and supporting cellular resilience.
- **Nootropic Potential:** Low doses have been shown to enhance memory, mental clarity, and focus, making it a growing tool in cognitive performance optimization.
- **Therapeutic Applications:** Investigated for conditions including neurodegeneration, chronic fatigue, ADHD, and post-viral syndromes (such as long COVID).

## What is MOT-C?

MOT-C is a bioactive mitochondrial peptide that has gained growing attention for its role in metabolic regulation, energy balance, and cellular health.

Unlike most proteins, MOT-C is encoded by mitochondrial DNA rather than nuclear DNA. It plays a vital role in energy metabolism, helping the body adapt to metabolic stress and improve insulin sensitivity.

MOT-C helps regulate muscle and fat tissue metabolism, supports glucose utilization, and may contribute to weight management and anti-aging benefits.

It is naturally found in multiple tissues, including muscle, brain, and liver, and helps counteract insulin resistance and oxidative stress.

## Benefits of MOT-C

- Supports metabolic regulation and weight management
- Enhances energy and exercise performance
- Exhibits anti-aging and antioxidant properties
- Protects against mitochondrial dysfunction
- Provides anti-inflammatory support

## Adverse Effects

- Mild **injection site reactions** possible
- Generally well tolerated
- **Monitor Folate/Homocysteine Levels** — consider supplementing with **Folate 1200 mcg daily (OTC)**

## Dosing

### **MOT-C 10mg/mL (5mL vial)**

- Inject **5mg SubQ, 2x per week**
- May increase up to **10mg per dose** as tolerated

## Clinical Insights

### **Mitochondrial Origin:**

- MOT-C is encoded by mitochondrial DNA, making it unique among peptides. It directly influences mitochondrial energy production, essential for cellular vitality and metabolic function.

### **Metabolic Regulation:**

- Research shows that MOT-C helps regulate metabolic activity by improving glucose metabolism and insulin sensitivity, making it a promising adjunct for managing metabolic disorders such as type 2 diabetes.

### **Exercise-Mimicking Effects:**

- Studies suggest that MOT-C mimics certain benefits of exercise, particularly in enhancing fat metabolism and energy balance—often referred to as an “exercise mimetic.”

### **Anti-Aging and Cellular Health:**

- MOT-C’s mitochondrial protective actions may guard against oxidative stress and age-related metabolic decline, supporting overall longevity and cellular resilience

## What is NAD<sup>+</sup>?

NAD<sup>+</sup> (Nicotinamide Adenine Dinucleotide) is a vital coenzyme that plays a central role in energy production, DNA repair, and cellular communication.

It exists naturally within every cell of the body and is essential for mitochondrial function and metabolic health.

As we age, NAD<sup>+</sup> levels naturally decline, leading to reduced cellular energy, impaired repair mechanisms, and accelerated signs of aging.

Replenishing NAD<sup>+</sup> can help restore vitality, enhance performance, and support longevity at the cellular level.

## Benefits of NAD<sup>+</sup>

- Boosts energy levels and reduces fatigue
- Enhances cognitive clarity and mental performance
- Supports cellular repair and mitochondrial health
- Improves muscle recovery and physical endurance
- Promotes healthy skin and tissue regeneration
- Aids in addiction recovery and neurological restoration
- Assists in weight management and metabolic balance
- Supports pain management and reduces inflammation
- Elevates mood by enhancing serotonin production

## Potential Side Effects

- Mild nausea or fatigue
- Temporary flushing or headache
- Cramping or redness during IV infusion
- Injection site bruising or swelling
- Rare: Phlebitis, diarrhea, abdominal discomfort

Side effects are typically mild and transient.

## Warnings

- Not recommended for individuals with bipolar disorder, psychosis, or suicidal ideation
- Avoid use if allergic to NAD<sup>+</sup> or any of its components
- Always consult a licensed provider before initiating therapy

## Dosage Guidelines

### 01. Injectable NAD<sup>+</sup>

- **200 mg/mL MDV (10 mL)**
- Inject **25–50 units** SubQ **1–3x weekly**

### 02. IV Therapy

**250–1000 mg** infused over **1–3 hours**

## Clinical Insights

### Cellular Metabolism and Aging:

- NAD<sup>+</sup> serves as the active form of NAD-containing cofactors, fundamental to metabolic and repair processes.
- Its ability to transfer electrons in redox reactions supports cellular energy metabolism, while also regulating gene expression, inflammation, and stress responses.

### Mitochondrial Function:

- By optimizing mitochondrial efficiency, NAD<sup>+</sup> improves ATP production—the primary energy source for cells—enhancing stamina, cognition, and recovery.

### Anti-Aging Potential:

- Since NAD<sup>+</sup> levels decline with age, restoring them may help counteract age-related cellular decline. NAD<sup>+</sup> also acts as a substrate for sirtuins—enzymes involved in DNA repair and longevity regulation.

## What is PT-141?

PT-141 (Bremelanotide) is a peptide therapy designed to treat sexual dysfunction in both men and women.

It works by activating melanocortin receptors in the brain, which play a key role in sexual desire and arousal.

Unlike other sexual enhancement drugs that act on the vascular system (such as PDE5 inhibitors), PT-141 targets the central nervous system, making it an effective non-hormonal option for increasing libido and improving sexual satisfaction.

It is commonly used for female sexual arousal disorder (FSAD) and erectile dysfunction (ED), especially in individuals who do not respond to conventional treatments.

Note: Because it can raise blood pressure, PT-141 should be used cautiously in individuals with cardiovascular concerns.

## Benefits of PT-141

- Treats female sexual arousal disorder (FSAD)
- Improves erectile function in men (ED)
- Enhances sexual desire and libido
- Acts as a non-hormonal option for sexual health
- May be used when other therapies are ineffective

## Potential Side Effects

- Nausea or mild vomiting
- Headache
- Flushing or warmth sensation
- Temporary increase in blood pressure

Side effects are typically mild and dose-dependent.

## Warnings

- GI upset (nausea) is common, particularly at higher doses
- Avoid dosing immediately before bedtime, as it may cause sleep disturbance
- Do not use in patients with uncontrolled hypertension
- If tachycardia occurs, discontinue use
- If priapism (prolonged erection over 4 hours) develops, seek medical attention immediately
- Do not exceed 1 dose per 24 hours or 8 doses per month

## Dosage Guidelines

### 01. Injectable Form

- 10mg/mL (2mL vial)
- Inject 10–20 units SubQ, approximately 1 hour before intercourse

### 02. Nasal Spray

- Administer 1–2 sprays per nostril, 1–4 hours before sexual activity

## Clinical Insights

PT-141 was initially developed as a melanocortin analog for tanning, but clinical studies revealed its strong effect on sexual desire and arousal.

Unlike drugs such as sildenafil (Viagra), which enhance blood flow, PT-141 works by stimulating neural pathways associated with sexual function through melanocortin receptor activation (MC3R and MC4R).

It has shown effectiveness in both men and women, helping to restore natural sexual response and improve overall sexual wellness.

## What is Rapamycin (Sirolimus)?

Rapamycin (Sirolimus) is a versatile drug best known for its use as an immunosuppressant in organ transplantation and as a cancer therapy.

It functions by inhibiting the mTOR (mechanistic target of rapamycin) pathway — a central regulator of cell growth, metabolism, and aging.

Beyond its immunosuppressive properties, Rapamycin has become a focal point of longevity research, with studies suggesting it may extend lifespan, improve metabolic health, and protect against age-related diseases.

## Benefits of Rapamycin (Sirolimus)

- Prevents organ transplant rejection
- Supports cancer therapy and reduces tumor progression
- Promotes longevity and anti-aging effects
- Provides neuroprotective benefits
- Improves metabolic balance and insulin sensitivity

## Potential Side Effects

- Delayed wound healing (due to inhibited cell growth)
- Metabolic disturbances such as elevated cholesterol or triglycerides
- Mouth ulcers
- Possible lung or kidney toxicity with prolonged use

Side effects are dose-dependent and more likely with long-term high-dose therapy.

## Warnings

- Not safe for pregnant or breastfeeding individuals
- Should only be used to prevent organ rejection in kidney transplant patients
- Use caution in liver or lung transplant cases due to higher risk of complications
- Requires medical supervision for all off-label or longevity-related uses

## Dosage Guidelines

### 01. Anti-Aging Protocol

- 6mg capsule taken once weekly

### 02. Other Formulations

- Available in 2mg, 4mg, and 6mg capsules

Dosing should be guided by a licensed healthcare provider based on intended use and patient tolerance.

## Clinical Insights

Rapamycin was originally discovered in the 1970s from a soil bacterium found on Easter Island (Rapa Nui).

Initially used to prevent organ transplant rejection, it was later found to possess anticancer and anti-aging properties.

Recent research has highlighted its potential to:

- Inhibit mTOR signaling, slowing cellular growth and replication
- Support autophagy, a process that clears damaged cells
- Improve metabolic efficiency and neuroprotection

While it remains a prescription immunosuppressant, Rapamycin's emerging role in healthspan optimization continues to be widely studied.

## What is Selank?

Selank is a synthetic peptide that provides anxiolytic, nootropic, and neuroprotective benefits.

It helps reduce anxiety, improve mood, and enhance cognitive function by modulating key neurotransmitters such as serotonin and dopamine, while also supporting the GABAergic system to promote relaxation and focus.

Unlike traditional anti-anxiety medications, Selank does not cause sedation or dependence, making it an excellent choice for individuals seeking calmness and mental clarity without drowsiness.

With its minimal side effects and broad therapeutic potential, Selank is commonly used to support mental well-being, focus, and stress resilience.

## Benefits of Selank

- Anxiolytic effects via GABA modulation
- No sedation or addiction potential
- Cognitive enhancement and memory support
- Immune system support (antiviral, anticancer properties)
- Adaptogenic properties for stress resilience
- Inflammation regulation
- Gastric and digestive healing support

## Potential Side Effects

- Mild injection site redness or irritation (for injectable forms)
- Rash or mild edema
- Occasional joint or muscle discomfort

Side effects are rare and typically mild when used as directed.

## Warnings

- Considered safe at recommended dosages
- Not established for pediatric use
- Use caution if taking other anti-anxiety or psychotropic medications
- **Storage:**
  1. Closed/sealed can be stored outside the refrigerator for up to 4 weeks
  2. Once opened, store in the refrigerator for up to 2 weeks

## Dosage Guidelines

### 01. Nasal Administration (15% / 3mL):

- Use 2–3 drops (400–600 mcg) in each nostril 1–3 times daily

### 02. Onset:

Typically used for rapid anxiety relief and mental focus

## Clinical Insights

Selank is derived from naturally occurring human tetrapeptides involved in immune system regulation.

It is primarily used for its anti-anxiety, nootropic, and neuroprotective effects.

Selank has been shown to:

- Reduce anxiety and stabilize mood
- Enhance memory and mental performance
- Regulate immune responses and decrease inflammation

Because it acts on the GABAergic system, Selank provides calmness and emotional balance without the sedative or addictive side effects seen in traditional anxiolytic drugs.

## What is Semax?

Semax is a nootropic and neuroprotective peptide known for its ability to enhance cognitive performance, improve memory, and protect the brain from damage related to stroke or neurodegenerative conditions.

By increasing brain-derived neurotrophic factor (BDNF) levels and modulating neurotransmitters, Semax promotes learning, focus, mood stability, and mental clarity. It is widely used for cognitive enhancement, stress reduction, and neurological recovery, with minimal side effects.

Semax is most commonly administered as a nasal spray, offering convenient and effective daily use for brain health and neuroprotection.

## Benefits of Semax

- Cognitive enhancement and focus improvement
- Neuroprotection from injury and stress
- Mood support and stress resilience
- Improved attention and memory retention
- Aids stroke recovery and TBI rehabilitation
- Benefits ADHD and cognitive impairment

## Potential Side Effects

- Mild injection site redness or irritation (for injectable forms)
- Rash or mild edema
- Occasional joint or muscle discomfort

Side effects are rare and typically mild when used as directed.

## Warnings

- Safe when used within recommended dosing guidelines
- **Not established for pediatric use**
- May have **slightly more stimulating** effects than Selank
- **Storage:**
  1. Sealed bottles: store **outside refrigerator up to 4 weeks**
  2. Open bottles: **refrigerate up to 2 weeks**

## Dosage Guidelines

### 01. 0.75% Nasal Spray (7.5 mg/mL, 5 mL vial)

- Spray 1 puff per nostril once daily
- Used for cognitive enhancement, neuroprotection, or anxiety

### 02. 1% Nasal Spray (10 mg/mL)

- Spray 1–2 puffs per nostril, 1–3 times daily

## Clinical Insights

Semax was originally developed in Russia to treat various neurological disorders.

It is derived from a fragment of adrenocorticotrophic hormone (ACTH) but lacks any hormonal activity, making it safe and well-tolerated.

Semax is widely utilized for:

- Enhancing memory, attention, and mental performance
- Supporting stroke recovery and traumatic brain injury (TBI)
- Reducing stress and cognitive fatigue
- Protecting neural tissue from oxidative and ischemic damage

It may also be alternated with Selank for enhanced cognitive and emotional balance.

# Peptide Guide:

## Sermorelin / Ipamorelin

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## What is Sermorelin / Ipamorelin?

Sermorelin and Ipamorelin are both growth hormone–releasing peptides (GHRPs) that stimulate the natural release of growth hormone (GH) from the pituitary gland.

While they act through different mechanisms, combining them creates a synergistic effect that enhances growth hormone secretion safely and effectively.

This combination supports cellular repair, tissue regeneration, and metabolic health, making it especially beneficial for those looking to improve body composition, increase energy, enhance recovery, and promote healthy aging.

## Benefits of Sermorelin / Ipamorelin

- Tissue regeneration and accelerated wound healing
- Improved energy, vitality, and stamina
- Enhanced muscle growth, strength, and maintenance
- Reduced cardiovascular risk
- Increased bone density and joint support
- Improved skin quality, elasticity, and collagen production
- Better sleep and recovery
- Cognitive and neuroprotective support
- Boosted libido and sexual wellness
- Improved athletic performance

## Potential Side Effects

- Mild **injection site reactions**
- Rare development of **anti-GHRH antibodies** with extended use
- Not approved for or permitted in **athletic competition**

Side effects are uncommon and typically mild.

# Peptide Guide:

## Sermorelin / Ipamorelin

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## Dosage Guidelines

### Sermorelin Monotherapy

- Inject **200–300 mcg SubQ daily** before bedtime

### Sermorelin / Ipamorelin Combination (3 mg + 2 mg/mL)

- Inject **15 units SubQ daily** before bedtime

### Sermorelin / Ipamorelin Combination (2 mg + 2 mg/mL)

- Inject **17 units SubQ daily** before bedtime

Evening dosing is recommended to align with the body's natural growth hormone cycle.

## Available Dosage Forms

1. **Sermorelin Monotherapy – 2 mg/mL (5 mL)**
2. **Sermorelin / Ipamorelin – 3 mg + 2 mg/mL (5 mL)**
3. **Sermorelin / Ipamorelin – 2 mg + 2 mg/mL (5 mL)**

# Peptide Guide: Tesamorelin / Ipamorelin

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## What is Tesamorelin / Ipamorelin?

Tesamorelin and Ipamorelin are growth hormone–releasing peptides (GHRPs) that stimulate the pituitary gland to naturally increase the release of growth hormone (GH).

Tesamorelin acts as a growth hormone–releasing hormone (GHRH) analog, while Ipamorelin mimics ghrelin to enhance GH secretion.

When used together, these peptides create a synergistic effect, promoting higher GH and IGF-1 levels without significantly altering cortisol, prolactin, or ACTH.

This combination supports fat loss, muscle gain, cellular repair, and metabolic health, making it beneficial for performance optimization, recovery, and healthy aging.

## Benefits of Tesamorelin / Ipamorelin

- Enhances physical performance and muscle strength
- Supports fat loss and weight management
- Improves skin tone and elasticity
- Boosts energy, focus, and sleep quality
- Reduces visceral fat and triglycerides
- Improves cardiovascular health
- Promotes axonal repair and neuroregeneration
- Enhances cognitive function and memory
- Aids recovery after injury or exercise
- Stimulates IGF-1 production with minimal hormonal disruption

## Potential Side Effects

- Mild **flushing**
- **Edema** (water retention)
- **Injection site reactions**
- **Joint or muscle discomfort**
- Occasional **rash**

Side effects are typically mild and self-limited.

# Peptide Guide: Tesamorelin /Ipamorelin

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## Warnings

- **Contraindicated** in:
  - Pregnancy
  - Active cancer or history of malignancy
  - Pituitary disorders or head trauma
  - Hypersensitivity to peptide components
- Use caution in individuals with **cardiovascular, hepatic, or metabolic conditions**
- Tesamorelin and Ipamorelin may affect **glucose metabolism**—monitor insulin sensitivity
- Avoid concurrent use with **CYP-450–metabolized drugs** (e.g., corticosteroids, cyclosporine, anticonvulsants, sex hormones)

Growth hormone may be mitogenic; use under medical supervision.

## Dosage Guidelines

### 01. Injectable Protocol

- **Tesamorelin/Ipamorelin 3mg + 3mg/mL (10mL MDV)**
- Inject **1–2mg SubQ daily** on an **empty stomach**, preferably before bedtime

## Clinical Insights

Tesamorelin and Ipamorelin are often combined to enhance natural GH output while minimizing hormonal side effects.

Together, they can:

- Elevate **GH** and **IGF-1** to youthful physiological levels
- Improve **sleep quality, recovery, and energy**
- Support **muscle growth** and **lipid metabolism**
- Reduce **visceral fat** and **triglyceride levels**

By optimizing GH activity and regulating the mTOR pathway, the combination promotes **lean body composition, skin elasticity, and metabolic balance**, making it effective for both **restorative therapy and aesthetic improvement**.

# Peptide Guide:

## Thymosin Alpha-1 (Tα1)

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## What is Thymosin Alpha-1 (Tα1)?

Thymosin Alpha-1 (Tα1) is a naturally occurring peptide derived from the thymus gland that plays a key role in regulating immune system activity.

It enhances the body's defense mechanisms by stimulating immune cell function, especially T-cells, which are essential for identifying and fighting infections and abnormal cells.

Tα1 has been extensively studied for its immunomodulatory, anti-inflammatory, and antiviral properties, making it beneficial in treating chronic infections, autoimmune diseases, cancer, and immunodeficiency conditions.

## Benefits of Thymosin Alpha-1 (Tα1)

- Enhances immune defense in chronic infections (Hepatitis B, Hepatitis C, HIV/AIDS)
- Adjunct therapy for cancer treatment (e.g., non-small cell lung cancer)
- Supports chemotherapy tolerance and recovery
- Aids autoimmune and inflammatory disorders (e.g., cystic fibrosis)
- Promotes liver health and reduces apoptosis of immune cells
- Improves response to vaccines and immune regulation in older adults
- Potential benefit for immune deficiency syndromes (e.g., DiGeorge's syndrome)

## Potential Side Effects

- Mild **injection site reactions** (redness, irritation)
- Occasional **rash** or skin sensitivity

Generally very well tolerated with minimal adverse effects.

## Warnings

- **Well tolerated** in most individuals
- **Mild effects:** transient fatigue, headache, or mild flu-like symptoms may occur
- **Rare effects:** erythema, transient muscle atrophy, or mild edema at injection site
- **Safety in pregnancy or breastfeeding** not established
- Use under physician supervision in immunocompromised or oncology patients
- Long-term use in healthy individuals is still being studied

# Peptide Guide:

## Thymosin Alpha-1 (Tα1)

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## Dosage Guidelines

### 01. Standard Regimen

- Inject **1.5 mg SubQ** every **3 days**

### 02. Duration of Therapy

- **Viral infections:** typically **2–4 weeks**

**HIV / Hepatitis B or C / chronic immune conditions: 3+ months** as directed by a physician

## Clinical Insights

Thymosin Alpha-1 boosts the immune response by activating cytotoxic T-cells and natural killer (NK) cells, enhancing the body's ability to recognize and eliminate pathogens and malignant cells.

It also helps regulate cytokine production, improving communication within the immune system while maintaining balance to prevent excessive inflammation.

Beyond its immune-boosting effects, Tα1 has demonstrated antiviral and antibacterial activity, helping inhibit microbial replication and supporting immune resilience in patients with HIV, Hepatitis B/C, and other chronic infections.

# Peptide Guide:

## Thymosin Beta-4 (Tβ4)

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### What is Thymosin Beta-4 (Tβ4)?

Thymosin Beta-4 (Tβ4) is a naturally occurring peptide found in nearly all human and animal cells.

It plays a central role in tissue regeneration, wound repair, and inflammation regulation. Tβ4 is particularly valued for its ability to promote healing, reduce inflammation, and enhance cell migration, making it a powerful agent in sports recovery, injury rehabilitation, and chronic disease management.

Because of its regenerative and anti-inflammatory properties, Thymosin Beta-4 is widely studied for medical, orthopedic, and neurological applications.

### Benefits of Thymosin Beta-4 (Tβ4)

- Supports healing in Hepatitis B and C
- Enhances recovery from sports and athletic injuries
- Promotes soft tissue repair (tendon, ligament, muscle)
- Improves wound healing and surgical recovery
- Aids in immune function (may be used with Thymosin Alpha-1)
- Reduces inflammation and supports cardiovascular health
- Promotes neuroprotection and brain tissue repair
- Supports recovery in neurological inflammation and autoimmune disorders
- Potential benefits in multiple sclerosis, ischemic stroke, and spinal injuries
- May aid ocular repair in conditions like diabetic retinopathy or corneal injuries

### Potential Side Effects

- Mild **injection site irritation** or redness
- Occasional **rash**

Generally well tolerated with few reported adverse reactions.

### Warnings

- **Generally safe** when used under medical supervision and in therapeutic dosages
- **Mild side effects:** transient redness, itching, or irritation at injection site
- **Rare reactions:** localized rash or mild swelling
- **Ongoing research:** While studies support its use in tissue regeneration and immune modulation, long-term safety data are still being collected

Not recommended for unsupervised or experimental use outside clinical guidance.

# Peptide Guide:

## Thymosin Beta-4 (Tβ4)

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## Dosage Guidelines

### 01. Standard Dosage

- Inject **600 mcg SubQ daily**

### 02. Duration of Treatment

- **Viral infections:** typically **2–4 weeks**

**Chronic conditions (e.g., Hepatitis, HIV, cancer, immune dysfunction): 3+ months** as directed by a healthcare provider

## Clinical Insights

### Tissue Repair and Regeneration:

- Tβ4 promotes the **migration of repair cells** to sites of injury, improving cell movement, structure, and wound closure. It helps restore **tendon, ligament, and muscle tissue** after injury or surgery.

### Anti-Inflammatory Effects:

- By reducing pro-inflammatory cytokines, Tβ4 minimizes tissue swelling and inflammation while enhancing recovery and cellular protection.

### Angiogenesis Support:

- Tβ4 assists in the **formation of new blood vessels**, which accelerates tissue repair and improves oxygen and nutrient delivery to damaged areas.

Its wide-ranging biological activity has made it a key peptide for **tissue regeneration, immune modulation, and neuroprotection.**

## What is Semaglutide?

Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist, first approved in 2017 for improving glycemic control in adults with Type 2 diabetes.

Beyond its role in diabetes management, Semaglutide has become well known for its ability to support weight loss in individuals who struggle with obesity or metabolic resistance.

Clinical studies have demonstrated that Semaglutide:

- Reduces appetite and food cravings
- Improves control over eating behaviors
- Enhances glycemic balance and metabolic health

When combined with lifestyle changes such as diet and exercise, Semaglutide provides significant and sustainable results in weight management and overall health.

## Benefits of Semaglutide

- Weight loss and appetite reduction
- Neuroprotective effects
- Improved fertility and hormonal balance
- Decreased food intake
- Enhanced insulin sensitivity
- Treatment for PCOS (Polycystic Ovary Syndrome)
- Support for smoking cessation
- Cardiovascular and metabolic benefits

## Most Common Side Effect

**Nausea** is the most frequently reported side effect.

This is typically mild and improves as the body adjusts to the medication.

**Tips to minimize nausea:**

- Eat **bland, low-fat, and low-processed foods** such as crackers, toast, or rice.
- Avoid heavy, fried, or high-fat meals.
- Eat **slowly** and **avoid lying down immediately** after eating.
- Staying hydrated and adding **Pyridoxine (Vitamin B6)** may help reduce nausea.

If symptoms persist, over-the-counter acid reducers like **Prilosec** or **Nexium** can be considered.

# Peptide Guide: Semaglutide

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## How Does It Work?

Semaglutide works by **slowing gastric emptying** and **signaling the brain** that the stomach is full, thereby:

- Helping to **control appetite** and **reduce hunger**
- Increasing **satiety** with smaller food portions
- Supporting long-term **weight management** and **glycemic stability**

This mechanism allows individuals to feel fuller longer, consume fewer calories, and achieve gradual, sustainable weight loss.

## Injection Information

Scan the QR code for complete **injection instructions** (applies to both **Semaglutide** and **Tirzepatide** formulations).

# Peptide Guide: Semaglutide with Pyridoxine

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<https://docs.google.com/document/d/1wGkvYLRBrIPZC2FNvof1eXIZDGufTuCbkr5fuxl5LQ/edit?tab=t.jcull4rym0q1>

please add this page and make it @gourav @Manish