

Physician-Guided Peptide Therapy & Advanced Treatment Profiles

Improve Energy, Recovery, Weight, Hormonal Balance & Healthy Aging

PHYSICIAN-GUIDED

PATIENT-FRIENDLY

SAFETY-FIRST

Led by **Richard Koffler, MD** Functional · Integrative · Whole-person care

**Richard Koffler,
MD**

Holistic Medical
Wellness

FROM YOUR PHYSICIAN

Struggling with being over weight, low energy, brain fog, poor sleep, declining physical performance slower to heal and recover, or just don't feel the same as you used to? Physician-guided peptide therapy maybe the remedy to help your improve body function, heal, perform better and regain your vitality

This guide will help you have a more informed, productive consultation. Before discussing any treatment, we consider your health history, symptoms, goals, lab results, medications, nutrition, sleep, and potential risks. The right plan doesn't begin with a peptide—it begins with understanding you.

01 / GOALS

What you want

Energy, recovery, weight, hormone balance, skin, libido, or longevity.

02 / BIOLOGY

What your body says

History, medications, labs, sleep, nutrition, and contraindications.

03 / PLAN

What we build

A personalized protocol with monitoring and real follow-up.

THE REFERENCE

Peptide library

Clinical reference profiles. Any dosing shown is physician-directed — not for self-administration. Search, or filter by goal.

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 PEPTIDE &
ADVANCED TREATMENT PROFILES



5-Amino-1MQ

SMALL MOLECULE · COMPOUNDED

An NNMT inhibitor discussed for fat loss and metabolic health.

WEIGHT & METABOLISM · ENERGY & SLEEP

5-amino-1-methylquinolinium · oral · NNMT inhibitor

A small, selective molecule studied for fat loss and metabolic health. It works mainly by inhibiting NNMT (nicotinamide N-methyltransferase), an enzyme involved in fat storage and metabolic function.

HOW IT WORKS

Blocking NNMT raises NAD⁺, a cofactor central to cellular metabolism, which can lift metabolic rate and activate SIRT1 — the "longevity gene" tied to lower risk across diabetes, obesity, metabolic syndrome, cardiovascular, kidney, liver, and neurodegenerative disease. In mice, 5-Amino-1MQ produced a 7% drop in body mass over 10 days with no change in food intake; research suggests reduced NNMT activity may shrink fat cells and fat deposits.

BENEFITS

- ✓ Fat loss
- ✓ Improved insulin sensitivity
- ✓ Anti-aging
- ✓ Increased energy levels
- ✓ Muscle preservation

AVAILABLE FORMS

50 mg oral capsules

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Week 1	50 mg once daily
Week 2	50 mg twice daily
Weeks 3–4	50 mg three times daily
Cycling (Months 4–12)	Month off, then 50 mg three times daily for two months — repeat (off in months 4, 7, 10)

POTENTIAL SIDE EFFECTS

Fairly new — limited data

Interacts with metabolic and hormonal systems

No major adverse effects consistently reported

WHAT YOUR PROVIDER EVALUATES

- BMI and metabolic labs
- Insulin sensitivity
- Current GLP-1 or weight medications
- Nutrition, goals and cardiometabolic risk

🔔 Clinical pearl. Great adjunct with GLP-1 therapy

Newer compound with limited long-term human data. Compounded and physician-directed — used only under medical supervision, not self-sourced.



BPC-157

COMPOUNDED / RESEARCH PEPTIDE

Body Protection Compound — discussed for tissue repair and recovery.

RECOVERY & INJURY · IMMUNE RESILIENCE

Body Protection Compound-157 · SubQ or oral · derived from gastric peptides

A peptide first derived from gastric juices. It is most often discussed for stomach and intestinal conditions — inflamed intestinal lining (leaky gut), eosinophilic esophagitis, and inflammatory bowel disease.

HOW IT WORKS

Its effects on type-1 collagen and blood flow (angiogenesis, with nitric-oxide signaling) also make it a peptide of interest for wound healing and tissue regeneration after injury.

BENEFITS

- ✓ Helps heal tissues
- ✓ Reduces inflammation
- ✓ Relieves joint pain
- ✓ Gastroprotective
- ✓ Speeds tissue regeneration
- ✓ Promotes wound healing
- ✓ Increases blood flow (nitric oxide)
- ✓ Neuroprotective
- ✓ Boosts immune function
- ✓ Improves muscle strength & endurance

AVAILABLE FORMS

BPC-157 2 mg/mL (5 mL MDV)

BPC-157 4 mg/mL (5 mL MDV)

BPC-157 500 mcg oral capsules

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

General wellness (injectable)	BPC-157 2 mg/mL — inject 20 units SubQ daily
General wellness (oral)	500 mcg capsule — 1–2 capsules by mouth daily
Tissue injury	BPC-157 4 mg/mL — inject 15 units SubQ at the injury site twice daily

POTENTIAL SIDE EFFECTS

Injection-site reactions Nausea Edema Rash

WHAT YOUR PROVIDER EVALUATES

- Injury type and history
- Inflammation and red flags
- Physical therapy already underway
- Realistic goals and timeline

Not FDA-approved; human evidence is limited. Compounded and physician-directed — used only under medical supervision, not bought or self-injected online.



CJC-1295 / Ipamorelin

COMPOUNDED · GH SECRETAGOGUE

A GHRH analogue paired with a GH secretagogue to raise GH and IGF-1.

ENERGY & SLEEP · RECOVERY & INJURY

CJC-1295/Ipamorelin 2 mg/mL (5 mL MDV) · SubQ

CJC-1295 is a growth-hormone-releasing hormone (GHRH) analogue — a GH mimetic. It's paired with Ipamorelin because the two work together: the combination lifts GH and IGF-1 above physiologic levels with minimal effect on ghrelin, prolactin, ACTH and cortisol. It's also used for burns, significant soft-tissue injury, and post-surgery recovery.

HOW IT WORKS

Stimulates the pituitary to release your own (endogenous) growth hormone and raises IGF-1 (insulin-like growth factor-1).

BENEFITS

- ✓ Improved physical performance
- ✓ Weight-loss support
- ✓ Improved recovery from exercise and injury
- ✓ Cardiovascular support
- ✓ Neuroprotection
- ✓ Promotes deep, REM sleep
- ✓ Increased muscle mass
- ✓ Thermogenic (fat burning)
- ✓ Increased bone density
- ✓ Improved sex drive
- ✓ Improved cognition and memory
- ✓ Improved energy levels

AVAILABLE FORMS

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

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

Inject 10–20 units (200–400 mcg) SubQ at bedtime, 5 nights weekly, on an empty stomach

POTENTIAL SIDE EFFECTS

Flushing Injection-site reaction Rash Edema Joint and muscle pain

WHAT YOUR PROVIDER EVALUATES

- Sleep, recovery and energy goals
- Thyroid and hormone status
- Current medications (esp. corticosteroids and thyroid meds)
- Cancer history

💡 Clinical pearl. Raises GH with minimal effect on ghrelin, prolactin, ACTH and cortisol

💡 Clinical pearl. The combination is also used for burns, soft-tissue injury, and post-surgery recovery

Do not use while pregnant or breastfeeding. Tell your physician about all medications and supplements, especially corticosteroids and thyroid medications. Growth hormone may be mitogenic — use with caution if prone to or diagnosed with cancer — and may mask symptoms of hypothyroidism. Physician-directed; used only under supervision.



DiHexa

COMPOUNDED · NOOTROPIC PEPTIDE

A nootropic, neurogenic peptide studied for memory and neural repair.

COGNITION & BRAIN

Oral · 5 / 10 / 20 mg

A nootropic and neurogenic peptide with potential to enhance cognition, memory, and neural repair. It promotes neurogenesis and may help repair brain damage — studied for Alzheimer's, Parkinson's, and other neurodegenerative conditions, and explored as a nootropic in healthy individuals.

HOW IT WORKS

Promotes neurogenesis and mimics BDNF (brain-derived neurotrophic factor) to support neural growth and repair.

BENEFITS

- ✓ Cognitive enhancement
- ✓ Enhanced learning and memory
- ✓ Explored for Alzheimer's-related memory and cognition
- ✓ May support recovery from traumatic brain injury (TBI)
- ✓ Neuroprotection and repair
- ✓ Potential support for neurodegenerative disease
- ✓ Explored for Parkinson's (dopamine-neuron repair)

AVAILABLE FORMS

5 mg

10 mg

20 mg

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

20 mg by mouth daily; may increase to 40 mg daily

POTENTIAL SIDE EFFECTS

Reported safe at recommended doses

Non-toxic with minimal side effects

Nervousness

Irritability

WHAT YOUR PROVIDER EVALUATES

- Cognitive goals and baseline
- Neurologic history
- Current medications
- Realistic expectations



Clinical pearl. Explored both for neurodegenerative disease and as a nootropic in healthy adults

Relatively new compound — long-term studies are limited. Early research indicates low toxicity in short-term use, but long-term effects aren't fully understood. Physician-directed; used only under supervision.



Epithalon

COMPOUNDED · PEPTIDE BIOREGULATOR

A 4-amino-acid bioregulator studied for telomere and anti-aging support.

LONGEVITY & ANTI-AGING · IMMUNE RESILIENCE

Epithalon 10 mg/mL (5 mL) · SubQ

A short, four-amino-acid peptide (a "peptide bioregulator") used to regulate the cell cycle by upregulating telomerase activity. It has been reported to have anti-aging and anti-tumor activity across animal and human studies, and acts as an antioxidant.

HOW IT WORKS

Stimulates telomerase — the enzyme that maintains or lengthens telomeres, the protective caps on chromosomes that shorten with age — and may regulate the pineal gland's melatonin secretion to normalize circadian rhythm.

BENEFITS

- ✓ Anti-aging — supports thymic lymphocyte proliferation with age
- ✓ Sleep regulation — helps restore melatonin
- ✓ Mood support
- ✓ Immune support, especially in older adults
- ✓ Telomere lengthening
- ✓ Neuroprotection and cognitive support
- ✓ Antioxidant — reduces lipid oxidation, improves glutathione
- ✓ Anti-tumor effects in some research

AVAILABLE FORMS

Epithalon 10 mg/mL (5 mL)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Cycle

Inject 10 mg SubQ every 3 days for 15 days; repeat twice annually

POTENTIAL SIDE EFFECTS

Injection-site reactions

Reported safe at recommended doses

WHAT YOUR PROVIDER EVALUATES

- Aging and sleep goals
- Cancer history
- Relevant labs
- Overall risk factors



Clinical pearl. Telomerase activation is the mechanism behind its telomere and longevity claims



Clinical pearl. Life-extension has been shown in animal studies — human trials are still needed

Longevity and anti-tumor claims come largely from animal and early human studies — more human trials are needed. Physician-directed; used only under supervision.



GHK-Cu

COMPOUNDED · COPPER PEPTIDE

A copper-binding peptide for skin regeneration, anti-aging, and hair.

SKIN & AGING · LONGEVITY & ANTI-AGING

GHK-Cu · injectable, cream & scalp foam

A human plasma copper-binding peptide with a wide range of biological activity that appears to counter age-associated metabolic imbalance. Copper is needed for more than a dozen vital enzymes in skin and body, including those involved in connective-tissue formation, antioxidant defense, and cellular respiration.

HOW IT WORKS

Supplies bioavailable copper that supports collagen and connective-tissue formation, antioxidant defense, and cellular respiration.

BENEFITS

- ✓ Anti-aging support
- ✓ Improves skin elasticity
- ✓ Hair growth / re-growth
- ✓ Neuroprotective
- ✓ Stimulates wound healing
- ✓ Skin regeneration
- ✓ UV protection
- ✓ Anti-inflammatory
- ✓ Cognitive / neurodegeneration support
- ✓ Increases hair thickness & follicle size

AVAILABLE FORMS

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

GHK-Cu 0.5% Biopeptide Cream (30 g)

GHK-Cu 0.5% / Biotin 0.5% Scalp Foam (30 g)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Anti-aging (injectable)	GHK-Cu 10 mg/mL — inject 15 units SubQ daily for 20 days per month
Anti-wrinkle cream	0.5% Biopeptide Cream — apply 1–2 pumps to face every evening
Hair re-growth foam	0.5% GHK-Cu / 0.5% Biotin scalp foam — apply 2–3 pumps to scalp daily

POTENTIAL SIDE EFFECTS

Injection-site reactions

Possible zinc/copper imbalance — a daily OTC zinc supplement is often recommended

WHAT YOUR PROVIDER EVALUATES

- Skin and hair goals
- Sensitivities and prior procedures
- Copper/zinc status
- Expectations

📌 Clinical pearl. Monitor copper/zinc balance — a daily OTC zinc supplement is commonly advised

Physician-directed; used only under medical supervision — not self-sourced.



MK-677 / Ibutamoren

COMPOUNDED · GH SECRETAGOGUE (NON-PEPTIDE)

An oral ghrelin mimetic that raises GH and IGF-1.

ENERGY & SLEEP · RECOVERY & INJURY

Oral · 25 mg or 50 mg capsule

Ibutamoren (MK-677) is a non-peptide compound that mimics ghrelin, the hormone that stimulates growth-hormone (GH) release. It's grouped with peptides for its similar effects, but technically isn't one. It acts as a growth-hormone secretagogue — promoting GH secretion.

HOW IT WORKS

Binds ghrelin receptors in the brain, prompting the pituitary to release growth hormone and raising GH and IGF-1 — both important for tissue repair and growth.

BENEFITS

- ✓ Increases growth-hormone levels
- ✓ Enhances fat loss
- ✓ Supports bone health
- ✓ Promotes muscle growth and strength
- ✓ Improves sleep quality
- ✓ Increases appetite

AVAILABLE FORMS

25 mg capsule

50 mg capsule

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

25 mg capsule at bedtime (also available as a 50 mg capsule)

POTENTIAL SIDE EFFECTS

Increased hunger / appetite

Water retention and edema

Possible insulin resistance

Joint pain and stiffness

Potential lethargy

WHAT YOUR PROVIDER EVALUATES

- Blood sugar and insulin sensitivity
- Sleep and recovery goals
- Cancer history
- Current medications



Clinical pearl. Oral, once-daily dosing — no injection required

May cause insulin resistance and raised blood sugar, water retention/edema, increased appetite, lethargy, joint pain, and possible effects on cortisol and prolactin. GH activity carries a theoretical risk of promoting tumor growth — use with caution if prone to or diagnosed with cancer. Physician-directed; used only under supervision.



Methylene Blue

COMPOUNDED · NOOTROPIC (NON-PEPTIDE)

A nootropic, mitochondrial-supporting compound for brain health.

COGNITION & BRAIN · LONGEVITY & ANTI-AGING

Low-dose oral or IV · synthetic compound

A synthetic compound with a long history in medicine (as a dye and antiseptic), now studied for nootropic, neuroprotective, and mitochondrial-enhancing effects. Not a peptide. In low doses it's used to support brain health, memory, and cognitive performance and to protect neurons from oxidative stress — with interest in Alzheimer's and Parkinson's.

HOW IT WORKS

Supports mitochondrial function and cellular energy production and protects neurons from oxidative stress.

BENEFITS

- ✓ Cognitive enhancement
 - ✓ Mitochondrial enhancement
 - ✓ Anti-aging effects
- ✓ Neuroprotective
 - ✓ Mood stabilization
 - ✓ Explored for ADHD

AVAILABLE FORMS

Low-dose oral

IV therapy

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Lyme disease	50 mg twice daily
ADHD	100 mg three times daily
Dementia	25 mg once daily
IV therapy	1–2 mg/kg infused over 5 minutes; may repeat after 1 hour PRN. Max 7 mg/kg

POTENTIAL SIDE EFFECTS

Urine and skin discoloration Serotonin syndrome (with certain medications) Digestive issues Photosensitivity

WHAT YOUR PROVIDER EVALUATES

- Current medications (serotonergic drugs)
- G6PD status
- Kidney function
- Cognitive goals

💡 Clinical pearl. Used primarily in low doses for its cognitive and mitochondrial benefits

Can cause serotonin syndrome when combined with medications that raise serotonin. Avoid in G6PD deficiency (risk of hemolytic anemia), renal failure, and during pregnancy or breastfeeding. Screening for drug interactions is essential. Physician-directed; used only under supervision.



MOTS-C

COMPOUNDED · MITOCHONDRIAL-DERIVED PEPTIDE

A mitochondrial peptide studied for metabolism and healthy aging.

WEIGHT & METABOLISM · LONGEVITY & ANTI-AGING

MOTS-C 10 mg/mL (5 mL) · SubQ

A short, 16-amino-acid bioactive peptide encoded within the 12S rRNA region of mitochondrial DNA. It's of interest in metabolic research for energy regulation and longevity — regulating muscle and fat physiology and possibly extending healthy lifespan. Levels correlate with insulin resistance in lean individuals, and it's also involved in bone and cardiovascular health.

HOW IT WORKS

Encoded by mitochondrial DNA (unlike most proteins), it supports mitochondrial function and energy production, enhances glucose metabolism, and promotes insulin sensitivity.

BENEFITS

- ✓ Metabolic regulation / weight loss
- ✓ Anti-aging properties
- ✓ Anti-inflammatory
- ✓ Exercise mimetic
- ✓ Helps mitochondrial dysfunction

AVAILABLE FORMS

MOTS-C 10 mg/mL (5 mL)

DOSING — PHYSICIAN-DIRECTED

ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

Inject 5 mg SubQ twice weekly; may increase up to 10 mg

POTENTIAL SIDE EFFECTS

Injection-site reactions

WHAT YOUR PROVIDER EVALUATES

- Metabolic labs and insulin sensitivity
- Folate / homocysteine
- Weight and fitness goals
- Cardiovascular status

Clinical pearl. Mimics some of the beneficial effects of exercise on fat and carbohydrate metabolism

Clinical pearl. Monitor folate/homocysteine, or supplement OTC folate 1200 mcg daily

Physician-directed; used only under medical supervision. Monitor folate/homocysteine or supplement folate as advised.



NAD+

COMPOUNDED · COENZYME (IV / IM / SUBQ)

A coenzyme central to energy, DNA repair, and healthy aging.

ENERGY & SLEEP · LONGEVITY & ANTI-AGING

NAD+ 200 mg/mL MDV (10 mL) · IV, IM or SubQ

A vital coenzyme in energy production, DNA repair, and cellular communication. NAD+ is the biologically functional form of NAD; its levels fall with age, which is linked to reduced cellular function and aging. Interventions that raise NAD+ may slow aspects of that trajectory.

HOW IT WORKS

Acts as a co-substrate for enzymes in pathways that modify aging, and drives cellular metabolism and energy production.

BENEFITS

- ✓ Boosts energy and combats fatigue
- ✓ Supports healthy aging
- ✓ Promotes healthy skin via tissue repair
- ✓ Assists weight management
- ✓ Improves mood (boosts serotonin)
- ✓ Enhances cognition and mental clarity
- ✓ Improves muscle recovery and performance
- ✓ Supports addiction recovery
- ✓ Supports pain management

AVAILABLE FORMS

NAD+ 200 mg/mL MDV (10 mL)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Intramuscular	Inject 25–50 units IM, 1–3× weekly
Subcutaneous	Inject 25–50 units SubQ, 3× weekly
IV therapy	250–1000 mg infused over 1–3 hours

POTENTIAL SIDE EFFECTS

- Nausea
- Brain fog
- Cramping during therapy
- Redness / swelling or bruising at the site
- Headaches
- Fatigue
- Diarrhea
- Abdominal pain
- Phlebitis (rare)

WHAT YOUR PROVIDER EVALUATES

- Energy, recovery and aging goals
- Mental-health history
- Allergy to NAD or its components
- Tolerance during infusion



Clinical pearl. Infusions are run slowly — going too fast tends to cause cramping or nausea

Not for people with a history of bipolar disorder, psychosis, or suicidal thoughts, or with a known allergy to NAD or its components. Physician-directed; used only under medical supervision.



PT-141 (Bremelanotide)

COMPOUNDED · MELANOCORTIN AGONIST

A non-hormonal peptide for sexual desire in men and women.

LIBIDO & SEXUAL WELLNESS

PT-141 10 mg/mL (2 mL) · SubQ or nasal

PT-141 (Bremelanotide) treats sexual dysfunction in both men and women by stimulating the brain's melanocortin receptors, which drive desire and arousal. It's used for female sexual arousal disorder (FSAD) and erectile dysfunction — including cases where other treatments don't work. A non-hormonal option; monitor for nausea and raised blood pressure.

HOW IT WORKS

Unlike sildenafil (Viagra), which works on blood flow, PT-141 acts on the central nervous system — directly stimulating melanocortin receptors involved in arousal. It was originally developed as a tanning agent.

BENEFITS

- ✓ Treats female sexual arousal disorder (FSAD)
- ✓ Increased libido
- ✓ Treats erectile dysfunction (ED)
- ✓ Non-hormonal

AVAILABLE FORMS

PT-141 10 mg/mL (2 mL) injectable

Nasal spray

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Injectable	Inject 10–20 units SubQ about 1 hour before intercourse
Nasal spray	1–2 sprays per nostril, 1–4 hours before sexual activity

POTENTIAL SIDE EFFECTS

Nausea and vomiting Headache Flushing Increased blood pressure

WHAT YOUR PROVIDER EVALUATES

- Cardiovascular status and blood pressure
- Cause of the dysfunction
- Current medications
- Timing and expectations

💡 Clinical pearl. Works centrally on arousal rather than blood flow — a different mechanism from Viagra-type drugs

GI distress (including nausea) is common. Do not use with hypertension. Stop if tachycardia develops, or if an erection lasts longer than 4 hours (priapism). Using before bedtime may affect sleep. No more than 1 dose in 24 hours and no more than 8 doses per month. Physician-directed; used only under supervision.



Rapamycin (Sirolimus)

PRESCRIPTION · MTOR INHIBITOR

An mTOR inhibitor studied for longevity and metabolic health.

LONGEVITY & ANTI-AGING · IMMUNE RESILIENCE

Oral · 2 / 4 / 6 mg capsules

Rapamycin (sirolimus) is a drug discovered in the 1970s from a bacterium found on Easter Island (Rapa Nui). It's primarily used as an immunosuppressant to prevent organ-transplant rejection and to treat certain cancers. More recently it's drawn attention in anti-aging and longevity research for its ability to inhibit the mTOR pathway, which is linked to cellular growth, metabolism, and aging.

HOW IT WORKS

Inhibits the mTOR (mechanistic target of rapamycin) pathway that governs cellular growth, metabolism, and aging.

BENEFITS

- ✓ Longevity and anti-aging research interest
- ✓ Improved metabolic health
- ✓ Used in certain cancer treatments
- ✓ Neuroprotection
- ✓ Used in organ transplantation

AVAILABLE FORMS

2 mg capsule

4 mg capsule

6 mg capsule

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Anti-aging

6 mg capsule — 1 capsule per week

POTENTIAL SIDE EFFECTS

Delayed wound healing (it slows cell growth) Metabolic issues Mouth ulcers Lung and kidney toxicity with prolonged use

WHAT YOUR PROVIDER EVALUATES

- Aging goals and risk factors
- Metabolic and organ labs
- Infection risk (immunosuppression)
- Current medications



Clinical pearl. Weekly, not daily — the anti-aging protocol uses intermittent dosing

Not safe during pregnancy or breastfeeding. As a transplant immunosuppressant it is used to prevent rejection in kidney-transplant patients but never in liver or lung transplant patients, due to serious complications. Slows wound healing; prolonged use carries lung and kidney toxicity. Prescription and physician-directed; used only under supervision.



Selank

COMPOUNDED · ANXIOLYTIC NOOTROPIC PEPTIDE

A non-sedating anxiolytic and nootropic peptide.

COGNITION & BRAIN · IMMUNE RESILIENCE

Nasal 0.15% (3 mL)

A synthetic peptide derived from the naturally occurring peptide tuftsin (which has a role in immunity). It offers anxiolytic, nootropic, and neuroprotective benefits — easing anxiety, lifting mood, and supporting cognition by modulating neurotransmitters like serotonin and dopamine while supporting immune balance. Unlike traditional anti-anxiety medications it isn't sedating, so it's popular for relief without losing mental clarity.

HOW IT WORKS

Modulates the GABAergic system and neurotransmitter levels (serotonin, dopamine) without sedation.

BENEFITS

- ✓ Anxiolytic (GABAergic) without sedation
- ✓ Nootropic / cognitive support
- ✓ Adaptogenic
- ✓ Gastric ulcer healing
- ✓ No addiction potential or hangover
- ✓ Immune support (antiviral, anticancer)
- ✓ Inflammation regulation
- ✓ Improves post-meal digestive issues

AVAILABLE FORMS

Selank nasal 0.15% (3 mL)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Nasal

2–3 drops (400–600 mcg) in each nostril, 2–3× daily

POTENTIAL SIDE EFFECTS

Local (application-site) irritation or erythema

Rash

Edema

Joint and muscle pain

WHAT YOUR PROVIDER EVALUATES

- Anxiety and cognitive goals
- Other anti-anxiety / psychotropic medications
- Overall mental-health picture

💡 Clinical pearl. Used for quick anxiety relief

💡 Clinical pearl. Often alternated with Semax to support cognition

💡 Clinical pearl. Sealed: store outside fridge up to 4 weeks; opened: up to 2 weeks

Reported safe at recommended doses; pediatric safety not established. Use with caution alongside other anti-anxiety or psychotropic drugs. Physician-directed; used only under supervision.



Semax

COMPOUNDED · NOOTROPIC PEPTIDE

A nootropic, neuroprotective peptide for focus and neuro recovery.

COGNITION & BRAIN

Nasal 0.75% or 1%

A synthetic peptide originally developed in Russia for neurological conditions, derived from a fragment of ACTH but without hormonal activity. It enhances cognition, memory, and mental clarity and protects the brain from stroke or neurodegenerative damage by raising BDNF and modulating neurotransmitters. Given as a nasal spray for convenient regular use.

HOW IT WORKS

Increases BDNF (brain-derived neurotrophic factor) and modulates neurotransmitters to support learning, mood, and neuroprotection.

BENEFITS

- ✓ Cognitive enhancement
- ✓ Mood enhancement and stress reduction
- ✓ Stroke recovery
- ✓ Support for cognitive impairment
- ✓ Neuroprotection
- ✓ Increased attention and focus
- ✓ Traumatic brain injury (TBI)
- ✓ Explored for ADHD

AVAILABLE FORMS

Semax nasal 0.75% (7.5 mg/mL, 5 mL)

Semax nasal 1% (10 mg/mL)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Cognitive / neuroprotection	0.75% — 1 spray each nostril once daily for cognition, neuroprotection, anxiety
Stroke / TBI / migraine	1% — 1–2 sprays each nostril 3–4× daily, depending on severity

POTENTIAL SIDE EFFECTS

Local (application-site) irritation or erythema Rash Edema Joint and muscle pain

WHAT YOUR PROVIDER EVALUATES

- Cognitive and neurological goals
- Neurologic history
- Current medications

💡 Clinical pearl. Alternate with Selank to improve cognitive function

💡 Clinical pearl. Reported to be slightly more stimulating than Selank

💡 Clinical pearl. Sealed: store outside fridge up to 4 weeks; opened: up to 2 weeks

Reported safe at recommended doses; pediatric safety not established. Physician-directed; used only under supervision.



Sermorelin / Ipamorelin

COMPOUNDED · GH SECRETAGOGUE

Two GH-stimulating peptides paired to naturally raise growth hormone.

ENERGY & SLEEP · RECOVERY & INJURY

SubQ · monotherapy or combination MDV

Sermorelin and Ipamorelin both stimulate growth-hormone (GH) release from the pituitary, but through different mechanisms — so they're often combined for synergy. Together they offer a balanced way to naturally raise GH, supporting muscle growth, fat loss, recovery, and overall health, particularly with age.

HOW IT WORKS

Each acts on a different pathway to prompt the pituitary to release your own growth hormone; combined, the effect is balanced and synergistic.

BENEFITS

- ✓ Regeneration and wound healing
- ✓ Muscle growth, strength and maintenance
- ✓ Improved bone density
- ✓ Improved sleep
- ✓ Improved libido
- ✓ Improved energy
- ✓ Reduced cardiovascular-disease risk
- ✓ Anti-aging — skin quality and collagen density
- ✓ Cognitive / neurodegeneration support
- ✓ Improved athletic performance

AVAILABLE FORMS

Sermorelin monotherapy 2 mg/mL (5 mL)

Sermorelin/Ipamorelin 3 mg-2 mg/mL (5 mL)

Sermorelin/Ipamorelin 2 mg-2 mg/mL (5 mL)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Sermorelin monotherapy	2 mg/mL — inject 200–300 mcg SubQ once daily before bed
Sermorelin/Ipamorelin 3-2 mg/mL	Inject 15 units SubQ once daily before bed
Sermorelin/Ipamorelin 2-2 mg/mL	Inject 17 units SubQ once daily before bed

POTENTIAL SIDE EFFECTS

Injection-site reactions

Some patients may develop anti-GRF antibodies at least once during treatment

WHAT YOUR PROVIDER EVALUATES

- Sleep, recovery, and energy goals
- Hormone status
- Cancer history
- Athletic-testing status (prohibited in competition)



Clinical pearl. A balanced, more "natural" approach to raising GH as you age

Prohibited for use in competitive athletics. Some patients develop anti-GRF antibodies during treatment. Physician-directed; used only under supervision.



Tesamorelin / Ipamorelin

COMPOUNDED · GH SECRETAGOGUE

A GHRH analogue paired with Ipamorelin to raise GH and cut visceral fat.

ENERGY & SLEEP · WEIGHT & METABOLISM

Tesamorelin/Ipamorelin 3 mg-0.3 mg/mL (10 mL MDV) · SubQ

Tesamorelin (a GHRH analogue / GH mimetic) is paired with Ipamorelin for synergy: together they push the pituitary to secrete your own GH at more youthful levels, raising GH and IGF-1 above physiologic levels with minimal effect on aldosterone, prolactin, ACTH and cortisol. Research points to deeper sleep, lower triglycerides and visceral fat, and better cognition and metabolic function.

HOW IT WORKS

Stimulates the pituitary to release endogenous growth hormone and raises IGF-1.

BENEFITS

- ✓ Improved physical performance
- ✓ Weight-loss support
- ✓ Improved recovery from exercise and injury
- ✓ Cardiovascular support
- ✓ Improved cognition and memory
- ✓ Promotes deep, REM sleep
- ✓ Increased muscle mass
- ✓ Anti-aging — improves skin elasticity
- ✓ Decreases triglycerides
- ✓ Improved axonal repair after nerve injury
- ✓ Reduces visceral fat (HIV-associated lipodystrophy)
- ✓ Improved energy levels

AVAILABLE FORMS

Tesamorelin/Ipamorelin 3 mg-0.3 mg/mL (10 mL MDV)

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

Inject 1-2 mg SubQ daily at bedtime on an empty stomach

POTENTIAL SIDE EFFECTS

Flushing

Injection-site reaction

Rash

Edema

Joint and muscle pain

WHAT YOUR PROVIDER EVALUATES

- Metabolic labs and IGF-1
- Pituitary and HPA-axis status
- Cancer history
- Current CYP450-metabolized medications

💡 Clinical pearl. Notable for reducing visceral fat and triglycerides

💡 Clinical pearl. Raises GH with minimal effect on aldosterone, prolactin, ACTH and cortisol

Contraindicated with hypersensitivity to any component, pregnancy, pituitary conditions or HPA-axis disruption, and existing head trauma. GH may be mitogenic — caution with cancer risk, neoplasms, elevated IGF-1, or fluid retention. May affect CYP450-metabolized drugs (anticonvulsants, corticosteroids, cyclosporine, ritonavir, sex hormones, simvastatin). Physician-directed; used only under supervision.



Thymosin Alpha-1

COMPOUNDED · IMMUNE-MODULATING PEPTIDE

An immune-modulating peptide that stimulates T-cell activity.

IMMUNE RESILIENCE

Thymosin Alpha-1 · SubQ

Thymosin Alpha-1 (TA1) is a peptide central to immune regulation. Derived from prothymosin alpha, a peptide produced in the thymus gland, it has been studied for its immunomodulatory properties and potential to enhance immune function — useful in infection, autoimmune disease, and even cancer.

HOW IT WORKS

Boosts immunity by stimulating T-cells (helper and cytotoxic) and increasing cytokine production that regulates inflammation and immune response, while enhancing macrophage and natural-killer-cell activity for antiviral and antimicrobial defense.

BENEFITS

- ✓ Immune support and modulation
- ✓ Non-small-cell lung cancer (NSCLC)
- ✓ Chronic inflammatory conditions and autoimmunity
- ✓ Lyme disease
- ✓ Blocks steroid-induced thymocyte apoptosis
- ✓ Hepatitis B and HIV/AIDS
- ✓ Chemotherapy adjunct
- ✓ Cystic fibrosis
- ✓ Adjunct to flu vaccine / geriatric immune support

AVAILABLE FORMS

Thymosin Alpha-1 injectable

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

1.5 mg SubQ every 3rd day

POTENTIAL SIDE EFFECTS

Injection-site reaction

Rash

Mild flu-like symptoms (rare)

GI discomfort (rare)

WHAT YOUR PROVIDER EVALUATES

- Immune status and diagnosis
- Autoimmune history
- Vaccination plans
- Goals and course length



Clinical pearl. Course length varies: ~2 weeks for viral infection; 3 months or longer for HIV, cancer, Hep B/C, or complex immune dysfunction

Generally well-tolerated with minimal side effects; long-term safety data are still limited. Use caution during pregnancy or nursing. Physician-directed; used only under supervision.



Thymosin Beta-4

COMPOUNDED · TISSUE-REPAIR PEPTIDE

A repair peptide for soft-tissue healing and recovery.

RECOVERY & INJURY · IMMUNE RESILIENCE

Thymosin Beta-4 · SubQ

Thymosin Beta-4 (Tβ4) supports tissue repair and regeneration — helping rebuild damaged tissue and improving blood supply to healing areas. It's studied across soft-tissue injury, neuroinflammation, cardiac protection, and immune support.

HOW IT WORKS

Promotes repair of damaged tissue and enhances blood supply (angiogenesis) to healing tissue.

BENEFITS

- ✓ Soft-tissue repair (tendon, ligament, muscle)
- ✓ Sports / athletic injury recovery
- ✓ Cardioprotective
- ✓ Immune support (alone or with Thymosin Alpha-1)
- ✓ Neuroinflammation / microglial inflammation
- ✓ Multiple sclerosis
- ✓ Ischemic stroke
- ✓ Spinal cord injuries
- ✓ TBI / concussion support (with BPC-157)
- ✓ Pressure and venous-stasis ulcers
- ✓ Eye disorders (diabetic retinopathy, dry eye, corneal injury)
- ✓ Hepatitis B and C, HIV/AIDS

AVAILABLE FORMS

Thymosin Beta-4 injectable

DOSING — PHYSICIAN-DIRECTED

ⓘ ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Standard

Inject 600 mcg SubQ daily

POTENTIAL SIDE EFFECTS

Injection-site reaction Rash Mild skin irritation (rare)

WHAT YOUR PROVIDER EVALUATES

- Injury type and history
- Immune or neurological diagnosis
- Goals and course length

💡 Clinical pearl. Often paired with BPC-157 for TBI / concussion support

💡 Clinical pearl. Course length varies: ~2 weeks for viral infection; 3 months or longer for complex immune cases

Generally safe with minimal side effects in therapeutic settings. Long-term safety data across populations are still limited. Physician-directed; used only under supervision.



Semaglutide

PRESCRIPTION • FDA-APPROVED GLP-1 RECEPTOR AGONIST

A GLP-1 therapy for medical weight management and cardiometabolic care.

WEIGHT-MANAGEMENT • METABOLIC • CARDIOVASCULAR

Semaglutide • SubQ weekly or oral daily

Semaglutide is a long-acting glucagon-like peptide-1 receptor agonist used in different FDA-approved products for chronic weight management, cardiovascular-risk reduction and type 2 diabetes. It helps regulate appetite, calorie intake, blood glucose and gastric emptying.

HOW IT WORKS

Activates GLP-1 receptors, increasing glucose-dependent insulin secretion, reducing inappropriate glucagon secretion, slowing gastric emptying and influencing appetite-regulation centers in the brain.

BENEFITS

- ✓ Long-term medical weight management
- ✓ Maintenance of weight reduction
- ✓ Improved glucose regulation
- ✓ Treatment of qualifying noncirrhotic MASH with moderate-to-advanced fibrosis under the Wegovy injection indication
- ✓ Reduced appetite and calorie intake
- ✓ Cardiovascular-risk reduction in qualifying adults with established cardiovascular disease
- ✓ May improve selected cardiometabolic risk markers

AVAILABLE FORMS

Semaglutide subcutaneous injection

FDA-approved Wegovy tablets

Other semaglutide products with indication-specific labeling

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Injection initiation	0.25 mg SubQ once weekly for weeks 1–4
Injection escalation	0.5 mg weekly for weeks 5–8; 1 mg weekly for weeks 9–12; 1.7 mg weekly for weeks 13–16
Weight-management maintenance	1.7 mg or 2.4 mg SubQ once weekly; 2.4 mg is the usual recommended maintenance dose
Higher-dose Wegovy option	For qualifying adults who tolerate 2.4 mg for at least 4 weeks and require additional weight reduction, the FDA-labeled maximum may be increased to 7.2 mg weekly
Wegovy tablets	1.5 mg orally daily for days 1–30, 4 mg daily for days 31–60, 9 mg daily for days 61–90, then 25 mg daily from day 91 onward

POTENTIAL SIDE EFFECTS

- Nausea
- Diarrhea
- Vomiting
- Constipation
- Abdominal pain
- Indigestion or reflux
- Abdominal bloating
- Headache
- Fatigue
- Dizziness
- Injection-site reaction
- Hair loss during substantial weight reduction

WHAT YOUR PROVIDER EVALUATES

- BMI and weight-related medical conditions
- Previous weight-management treatments
- Personal or family history of medullary thyroid carcinoma
- Multiple Endocrine Neoplasia syndrome type 2
- History of pancreatitis or gallbladder disease
- Severe gastrointestinal disease or gastroparesis
- Kidney function and dehydration risk
- Diabetes medications and hypoglycemia risk
- History of diabetic retinopathy
- Pregnancy, breastfeeding or pregnancy plans
- Upcoming surgery, anesthesia or deep sedation



Clinical pearl. Dose escalation is intentionally gradual to reduce gastrointestinal adverse effects



Clinical pearl. A dose increase may be delayed when the current dose is not well tolerated



Clinical pearl. Injection and oral formulations have different administration instructions and are not dose-for-dose interchangeable



Clinical pearl. Semaglutide-containing products should not normally be combined with another GLP-1 receptor agonist



Clinical pearl. Adequate protein intake, hydration, resistance training and nutritional monitoring may help protect lean mass during weight reduction



Clinical pearl. Approved branded dosing should not be converted into compounded-product units without confirming the exact concentration

Contraindicated with a personal or family history of medullary thyroid carcinoma or MEN 2. Important risks include pancreatitis, gallbladder disease, dehydration-related kidney injury, severe gastrointestinal reactions, hypersensitivity, diabetic-retinopathy complications and hypoglycemia when combined with insulin or insulin secretagogues. Discontinue weight-management treatment when pregnancy is recognized. Physician-directed; use only after individualized evaluation.



Tirzepatide

PRESCRIPTION • FDA-APPROVED DUAL GIP/GLP-1 RECEPTOR AGONIST

A dual-incretin therapy for weight management and metabolic health.

WEIGHT-MANAGEMENT • METABOLIC • SLEEP-APNEA

Tirzepatide • SubQ weekly

Tirzepatide is a once-weekly dual GIP and GLP-1 receptor agonist. Zepbound is indicated for chronic weight management and qualifying obesity-related obstructive sleep apnea, while Mounjaro is indicated for glycemic control in type 2 diabetes.

HOW IT WORKS

Activates both glucose-dependent insulintropic polypeptide and GLP-1 receptors. This supports glucose-dependent insulin release, reduces glucagon when glucose is elevated, slows gastric emptying and reduces appetite and food intake.

BENEFITS

- ✓ Long-term medical weight management
- ✓ Maintenance of weight reduction
- ✓ Treatment of moderate-to-severe obstructive sleep apnea in qualifying adults with obesity under the Zepbound indication
- ✓ Reduced appetite and calorie intake
- ✓ Improved glycemic control in type 2 diabetes under the Mounjaro indication
- ✓ May improve selected cardiometabolic risk markers

AVAILABLE FORMS

Zepbound single-dose pen or vial

Zepbound multi-dose presentation where available

Mounjaro single-dose pen or vial

Mounjaro multi-dose presentation where available

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Initiation	2.5 mg SubQ once weekly for 4 weeks
First escalation	Increase to 5 mg SubQ once weekly after 4 weeks
Further escalation	When clinically necessary and tolerated, increase in 2.5 mg increments after at least 4 weeks on the current dose
Weight-management maintenance	5 mg, 10 mg or 15 mg SubQ once weekly
Obstructive sleep apnea maintenance	10 mg or 15 mg SubQ once weekly
Maximum	15 mg SubQ once weekly

POTENTIAL SIDE EFFECTS

- Nausea
- Diarrhea
- Vomiting
- Constipation
- Abdominal pain
- Indigestion
- Decreased appetite
- Injection-site reaction
- Fatigue
- Burping
- Gastroesophageal reflux
- Hair loss during substantial weight reduction

WHAT YOUR PROVIDER EVALUATES

- BMI and qualifying weight-related conditions
- Type 2 diabetes and current glucose-lowering medications
- Obstructive sleep apnea diagnosis and treatment
- Personal or family history of medullary thyroid carcinoma
- Multiple Endocrine Neoplasia syndrome type 2
- History of pancreatitis or gallbladder disease
- Severe gastrointestinal disease or gastroparesis
- Kidney function and dehydration risk
- Diabetic-retinopathy history
- Oral contraceptive use
- Pregnancy, breastfeeding or pregnancy plans
- Upcoming surgery, anesthesia or deep sedation



Clinical pearl. The 2.5 mg dose is an initiation dose and is not an approved maintenance dose



Clinical pearl. Escalation should reflect response, tolerability and the treatment indication



Clinical pearl. Tirzepatide should not normally be combined with another tirzepatide-containing product or GLP-1 receptor agonist



Clinical pearl. Delayed gastric emptying may affect absorption of certain oral medications



Clinical pearl. Patients using oral hormonal contraceptives may require a non-oral or additional barrier method for 4 weeks after starting and after each dose escalation



Clinical pearl. Approved milligram doses must not be converted into compounded-product units without verifying concentration

Contraindicated with a personal or family history of medullary thyroid carcinoma or MEN 2. Important risks include severe gastrointestinal reactions, pancreatitis, gallbladder disease, dehydration-related kidney injury, hypersensitivity, diabetic-retinopathy complications and hypoglycemia when combined with insulin or insulin secretagogues. May reduce the effectiveness of oral hormonal contraceptives during initiation and dose escalation. Discontinue when pregnancy is recognized. Physician-directed only.



Liraglutide

PRESCRIPTION · FDA-APPROVED DAILY GLP-1 RECEPTOR AGONIST

A daily GLP-1 therapy for appetite regulation and medical weight management.

WEIGHT-MANAGEMENT · METABOLIC

Liraglutide · SubQ daily

Liraglutide is a GLP-1 receptor agonist administered once daily. Saxenda is used for chronic weight management in qualifying adults and adolescents, while Victoza is used for type 2 diabetes under separate prescribing information.

HOW IT WORKS

Activates GLP-1 receptors to increase glucose-dependent insulin secretion, reduce glucagon secretion, slow gastric emptying and improve appetite regulation and satiety.

BENEFITS

- ✓ Long-term medical weight management
- ✓ Improved satiety
- ✓ Improved glycemic control under the Victoza indication
- ✓ Reduced appetite and calorie intake
- ✓ Maintenance of weight reduction

AVAILABLE FORMS

Saxenda multi-dose injection pen

Victoza multi-dose injection pen

DOSING — PHYSICIAN-DIRECTED

ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Week 1	0.6 mg SubQ once daily
Week 2	1.2 mg SubQ once daily
Week 3	1.8 mg SubQ once daily
Week 4	2.4 mg SubQ once daily
Week 5 and onward	3 mg SubQ once daily for adult weight management

POTENTIAL SIDE EFFECTS

- Nausea
- Diarrhea
- Constipation
- Vomiting
- Abdominal pain
- Headache
- Indigestion
- Fatigue
- Dizziness
- Injection-site reaction
- Hypoglycemia when combined with certain diabetes medications

WHAT YOUR PROVIDER EVALUATES

- BMI and qualifying weight-related conditions
- Previous weight-management attempts
- Personal or family history of medullary thyroid carcinoma
- Multiple Endocrine Neoplasia syndrome type 2
- History of pancreatitis or gallbladder disease
- Severe gastrointestinal disease or gastroparesis
- Kidney function and hydration status
- Diabetes medications and hypoglycemia risk
- Pregnancy, breastfeeding or pregnancy plans
- Upcoming surgery, anesthesia or deep sedation

Clinical pearl. Liraglutide is administered daily rather than weekly

Clinical pearl. Gradual weekly escalation helps improve gastrointestinal tolerability

Clinical pearl. Adults who cannot tolerate the 3 mg Saxenda maintenance dose generally require treatment reassessment

Clinical pearl. Liraglutide-containing products should not be combined with another GLP-1 receptor agonist



Clinical pearl. Saxenda and Victoza contain the same active molecule but have different indications and dosing instructions

Contraindicated with a personal or family history of medullary thyroid carcinoma or MEN 2. Important risks include pancreatitis, gallbladder disease, increased heart rate, dehydration-related kidney injury, severe gastrointestinal reactions, hypersensitivity and hypoglycemia when used with insulin or insulin secretagogues. Discontinue when pregnancy is recognized. Physician-directed only.



Retatrutide

INVESTIGATIONAL · NOT FDA APPROVED

A triple-receptor metabolic peptide being evaluated in clinical trials.

WEIGHT-MANAGEMENT · METABOLIC · INVESTIGATIONAL

Retatrutide · Investigational SubQ weekly

Retatrutide is an investigational peptide designed to activate GIP, GLP-1 and glucagon receptors. It is being evaluated for obesity, type 2 diabetes and related cardiometabolic conditions, but it does not currently have an FDA-approved indication or prescribing schedule.

HOW IT WORKS

Combines GIP- and GLP-1-receptor activity affecting appetite and glucose regulation with glucagon-receptor activity that may influence energy expenditure and lipid metabolism.

BENEFITS

- ✓ Body-weight reduction under clinical investigation
- ✓ Glycemic improvement under clinical investigation
- ✓ Potential effects on obesity-related conditions remain under study
- ✓ Appetite regulation under clinical investigation
- ✓ Cardiometabolic-risk improvement under clinical investigation

AVAILABLE FORMS

Investigational subcutaneous injection used in authorized clinical trials

DOSING — PHYSICIAN-DIRECTED



ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Clinical use

No FDA-approved dose or routine clinical-use schedule. Administration should be limited to an authorized clinical trial.

POTENTIAL SIDE EFFECTS

- Nausea reported in trials
- Diarrhea reported in trials
- Vomiting reported in trials
- Constipation reported in trials
- Decreased appetite
- Altered skin sensation or dysesthesia reported in some trials
- Potential heart-rate increase
- Long-term safety profile remains under investigation

WHAT YOUR PROVIDER EVALUATES

- Formal clinical-trial eligibility
- BMI and metabolic diagnosis
- Diabetes status
- Cardiovascular history
- Gastrointestinal and pancreatic history
- Current medications
- Pregnancy potential
- Trial-specific exclusion criteria



Clinical pearl. Retatrutide is distinct from semaglutide and tirzepatide



Clinical pearl. It activates three metabolic-hormone receptors rather than one or two



Clinical pearl. Clinical-trial doses must not be interpreted as an approved treatment protocol



Clinical pearl. Products sold online as research-grade retatrutide should not be represented as approved medication

Retatrutide is investigational and is not FDA approved for routine prescribing, compounding or self-directed treatment. Its complete contraindications, adverse-event profile, drug interactions and long-term safety have not been established. Do not present research-grade or unauthorized products as medication for human use.



Cagrilintide + Semaglutide

INVESTIGATIONAL COMBINATION · NOT FDA APPROVED

An amylin-plus-GLP-1 combination being studied for obesity and metabolic disease.

WEIGHT-MANAGEMENT · APPETITE · INVESTIGATIONAL

Cagrilintide + Semaglutide · Investigational SubQ weekly

Often referred to during development as CagriSema, this investigational combination pairs the long-acting amylin analogue cagrilintide with the GLP-1 receptor agonist semaglutide. It is being evaluated for obesity and type 2 diabetes but does not currently have an FDA-approved prescribing schedule.

HOW IT WORKS

Cagrilintide activates amylin-related pathways involved in satiety and meal termination, while semaglutide activates GLP-1 receptors affecting appetite, insulin secretion, glucagon and gastric emptying.

BENEFITS

- ✓ Body-weight reduction under clinical investigation
- ✓ Appetite and satiety regulation under clinical investigation
- ✓ Glycemic improvement under clinical investigation
- ✓ Potential complementary amylin and GLP-1 effects remain under study

AVAILABLE FORMS

Investigational once-weekly subcutaneous combination used in clinical trials

DOSING — PHYSICIAN-DIRECTED

i ADMINISTERED UNDER PROVIDER SUPERVISION — NOT FOR SELF-USE

Clinical use

No FDA-approved dose or routine clinical-use schedule. Administration should be limited to an authorized clinical trial.

POTENTIAL SIDE EFFECTS

- Nausea reported in trials
- Vomiting reported in trials
- Diarrhea reported in trials
- Constipation reported in trials
- Abdominal discomfort
- Decreased appetite
- Injection-site reaction
- Long-term combination safety remains under investigation

WHAT YOUR PROVIDER EVALUATES

- Formal clinical-trial eligibility
- BMI and weight-related conditions
- Diabetes status
- Previous incretin therapy
- Gastrointestinal and pancreatic history
- Thyroid-cancer contraindications relevant to semaglutide
- Pregnancy potential
- Trial-specific exclusion criteria

💡 Clinical pearl. Cagrilintide is an amylin analogue rather than a GLP-1 agonist

💡 Clinical pearl. The combination should not be described as an approved enhanced version of semaglutide

💡 Clinical pearl. Clinical-trial titration schedules are not routine prescribing instructions

💡 Clinical pearl. Do not combine separate research products to recreate an investigational combination

Cagrilintide plus semaglutide remains investigational and has no FDA-approved indication or routine dosing schedule. The full contraindication, interaction and long-term safety profile of the combination has not been established. Use only within an authorized clinical trial.

HOW TO READ THIS GUIDE

Not a dosing manual

It's a map. Start with the basics, jump to your goal, then bring your questions to the room.



START HERE

The basics

What peptides are, and approved vs compounded.



CHOOSE BY GOAL

Your goal

Weight, recovery, skin, energy, libido, immune.



REFERENCE

23 Peptide and Advanced Treatment Profiles

BPC-157, GHK-Cu, Sermorelin, GLP-1 options, more.



FINISH STRONG

Before you book

Questions to ask and a safety checklist.

THE BASICS

What peptides actually are

Short chains of amino acids that act like small messages between cells — about repair, metabolism, hormone signaling, immunity, and skin renewal.

A SIMPLE ANALOGY

If your body is a city, peptides are the text messages between departments. Some are about repair, some about appetite, some about hormones, some about skin.

What patients come in for

More energy

Better recovery

Weight support

Skin rejuvenation

Healthy aging

Libido support

What your provider weighs

Medical history

Medications

Contraindications

Labs when needed

Source & quality

Follow-up plan

KNOW THE DIFFERENCE

Approved, off-label, or compounded

Some peptide medications are FDA-approved for specific uses. Many wellness peptides are compounded or used off-label — which is exactly why supervision matters.

CATEGORY	WHAT IT MEANS FOR YOU	HOW WE TALK ABOUT IT
FDA-approved medication	Approved for a specific condition, patient group, and label.	May be an option if you meet the medical criteria.
Off-label use	A licensed provider may prescribe outside the labeled use when it's medically appropriate.	We discuss whether it fits your case.
Compounded medication	Prepared by a pharmacy for an individual need — not FDA-approved.	Used only under medical supervision.
Online "research" peptides	Often unregulated, uncertain purity, unsafe to self-use.	Don't buy peptides online to self-inject.

Our safety-first promise. You get education, screening, appropriate pharmacy sourcing, and follow-up — not hype, pressure, or miracle claims.

THE HMW PROCESS

How therapy works here

Four steps.



01

Schedule

ONLINE OR PHONE



02

Medical review

HISTORY AND LABS



03

Personalized plan

BUILT FOR YOU



04

Follow-up

MONITORED AND ADJUSTED

START WITH YOUR GOAL

What do you want to achieve

Pick a goal to see the peptides inside it — then jump straight to the library, filtered.



5 PEPTIDES

Recovery & injury

Joints, tendons, and post-injury support



3 PEPTIDES

Weight & metabolism

Metabolic support and appetite signaling



6 PEPTIDES

Energy & sleep

Recovery, rest, and daytime energy



1 PEPTIDE

Skin & aging

Skin renewal and aesthetic support



1 PEPTIDE

Libido & sexual wellness

Desire and hormone evaluation



6 PEPTIDES

Immune resilience

Immune support, cautiously supervised



4 PEPTIDES

Cognition & brain

Memory, focus, and neural support



6 PEPTIDES

Longevity & anti-aging

Cellular aging, sleep, and vitality

BEFORE YOU BOOK

Questions worth asking

Bring these to your consultation. Good answers are a good sign.

Ask your provider

- ? Is this FDA-approved, off-label, or compounded — and why does that fit me?
- ? What are you hoping this changes, and how will we measure it?
- ? What are the realistic side effects and contraindications for me?
- ? Where is it sourced, and how is quality assured?
- ? What's the follow-up plan, and when do we reassess?

Your safety checklist

- ✓ I shared my full medication list and history.
- ✓ Relevant labs were reviewed or ordered.
- ✓ I understand this isn't a miracle or a shortcut.
- ✓ I'm not self-sourcing peptides online.
- ✓ I have a follow-up scheduled.

TALK TO A PHYSICIAN

Ready to see if peptides fit you?

Start with a consultation. We'll review your goals and biology, then tell you honestly whether therapy makes sense — in person in Miami Beach, or by telemedicine in FL, NY & CT.

 (888) 896-5577

 dr.koffler@hmwcenter.com

 1005 Kane Concourse #211, Miami Beach, FL 33154

 7954 Jericho Turnpike, Woodbury, NY 11797



Holistic Medical Wellness

PEPTIDE THERAPY GUIDE

Whole-person care that treats the person, not just symptoms — combining functional, integrative, and holistic medicine. Available in FL, NY & CT. We do not accept Insurance.

A LIVING REFERENCE • 23 PEPTIDE AND ADVANCED TREATMENT PROFILES

EXPLORE THE GUIDE

- The basics
- Approved vs compounded
- How therapy works
- Start with your goal
- Peptide library
- Before you book

BROWSE BY GOAL

- Recovery & injury
- Weight & metabolism
- Energy & sleep
- Skin & aging
- Libido & sexual wellness
- Immune resilience
- Cognition & brain
- Longevity & anti-aging

OUR SERVICES

- Functional Medicine
- Healthy Weight Loss
- Testosterone Replacement (TRT)
- Female Bioidentical HRT
- Peptide Therapy
- Holistic Pain Relief
- Sports Injury Rehab
- Stress & Anxiety Management
- Trigger Point Injections
- Cupping Therapy
- Medical Marijuana

VISIT OR REACH US

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This handbook is for patient education only. It is not medical advice, a dosing manual, or a recommendation to start any therapy. Peptide therapy may involve prescription, compounded, or off-label medications; whether any of it is appropriate depends entirely on your health history and is decided by your licensed provider. Do not buy or self-administer peptides sourced online. Statements here have not been evaluated to diagnose, treat, cure, or prevent any disease.

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