



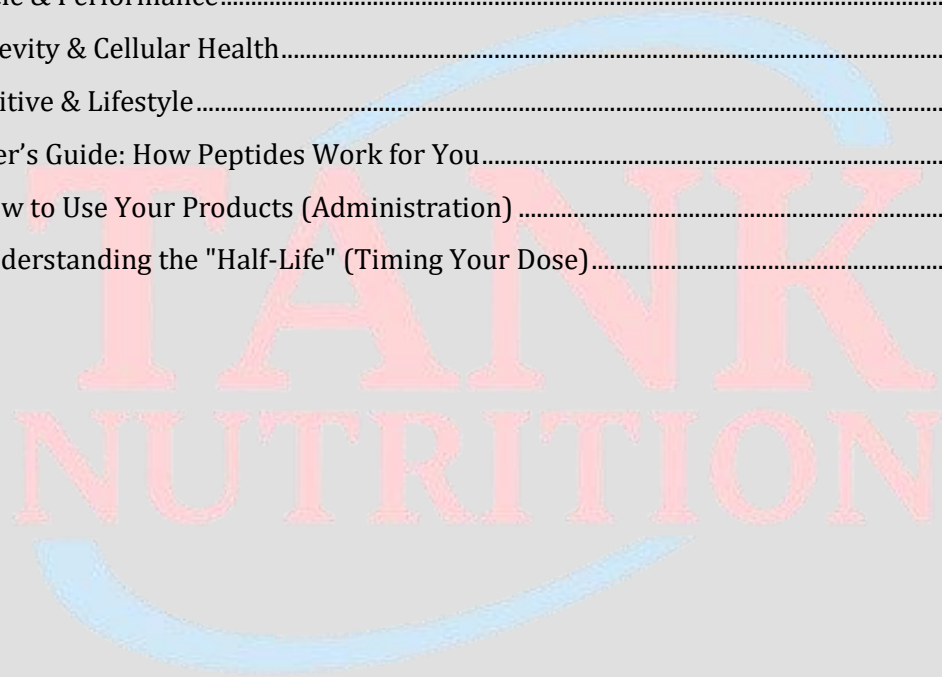
TANK NUTRITION

HANDBOOK VOL. 1

PEPTIDES

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Metabolic & Weight Loss Solutions

SEMAGLUTIDE

STRENGTH: High | HALF-LIFE: 7 Days

Mechanism of Action:

Semaglutide is a Glucagon-like Peptide-1 (GLP-1) receptor agonist that closely mimics the natural hormone released by the L-cells in the gastrointestinal tract after a meal. It acts centrally on the hypothalamus to decrease hunger and cravings while peripherally slowing gastric emptying, which keeps you feeling full for longer. Furthermore, it improves the pancreatic response to glucose, enhancing insulin secretion and suppressing glucagon, leading to more stable blood sugar levels throughout the day.

Comprehensive Benefits:

Users typically experience significant and sustainable weight loss primarily through profound appetite suppression and a reduction in 'food noise'—the constant mental preoccupation with food. Beyond weight loss, it significantly improves insulin sensitivity and glycemic control, making it a powerful tool for reversing metabolic dysfunction. Clinical data also suggests documented cardiovascular protection, including reduced risk of major adverse cardiac events in overweight individuals.

Protocol Synergy:

Commonly paired with Vitamin B12 to combat the fatigue often associated with caloric restriction, or BPC-157 to manage and soothe potential gastrointestinal side effects like nausea or bloating. It is also often utilized alongside a high-protein diet to ensure that the weight lost is primarily fat rather than lean muscle tissue.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 0.25mg - 2.4mg Weekly

TIRZEPATIDE

STRENGTH: Very High | HALF-LIFE: 5 Days

Mechanism of Action:

Tirzepatide is a pioneering dual agonist that targets both GLP-1 and GIP (Glucose-dependent Insulinotropic Polypeptide) receptors. While GLP-1 focuses on appetite and satiety, the addition of GIP agonism significantly enhances how the body metabolizes fats and sugars. GIP appears to work synergistically with GLP-1 to improve insulin sensitivity

more effectively and may actually help protect the brain and other tissues while fat is being metabolized.

Comprehensive Benefits:

Consistently provides superior weight loss results compared to single-receptor agonists. It is particularly effective at enhancing the breakdown of white adipose tissue and improving overall lipid profiles (cholesterol and triglycerides). Its dual action makes it the premier choice for individuals who have hit a plateau with other weight loss medications or who have significant metabolic resistance.

Protocol Synergy:

Usually used as a standalone powerhouse due to its high efficacy. However, it can be paired with TB-500 for connective tissue and joint support during rapid body composition changes to ensure the structural integrity of the body is maintained.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 2.5mg - 15mg Weekly

RETATRUTIDE

STRENGTH: Extreme | HALF-LIFE: 6 Days

Mechanism of Action:

Retatrutide is a 'triple agonist' targeting the GLP-1, GIP, and Glucagon receptors. This unique combination not only suppresses appetite and improves insulin response but the addition of glucagon agonism actively increases energy expenditure. By signaling the body to burn more fuel and increasing thermogenesis, it attacks fat from three distinct biological angles simultaneously.

Comprehensive Benefits:

Currently holds the record for the fastest and most significant documented weight loss in clinical research. It is exceptionally effective at resolving fatty liver issues (NAFLD) by encouraging the body to prioritize burning liver fat for fuel. It essentially turns up the body's internal 'furnace,' leading to fat loss even during periods of rest.

Protocol Synergy:

Due to its extreme potency, a high-protein diet is essential to preserve lean muscle mass. It is also frequently paired with BPC-157 to provide robust gut support and mitigate any potential digestive stress caused by the increased metabolic rate.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 1mg - 12mg Weekly

CAGRILINTIDE

STRENGTH: High | HALF-LIFE: 7-8 Days

Mechanism of Action:

Cagrilintide is a long-acting amylin analog. Amylin is a hormone co-secreted with insulin that regulates gastric emptying and signals satiety through a pathway distinct from GLP-1. By mimicking this hormone, Cagrilintide adds a second layer of appetite control that works in tandem with other metabolic peptides to reinforce the 'fullness' signal sent to the brain.

Comprehensive Benefits:

Significantly enhances satiety and further slows the rate at which food leaves the stomach. When used in combination therapy, it leads to vastly increased weight loss efficacy compared to using a GLP-1 agonist alone. It is especially useful for those who find their appetite returning before their next weekly dose.

Protocol Synergy:

Typically pre-blended or stacked with Semaglutide (a combination often referred to as Cagrisema) for a comprehensive approach to obesity management.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 0.5mg - 2.4mg Weekly

AOD-9604

STRENGTH: Moderate | HALF-LIFE: Short

Mechanism of Action:

AOD-9604 is a specific peptide fragment of the C-terminus of the human growth hormone (HGH) molecule. It has been isolated specifically for its ability to stimulate lipolysis (the breakdown of fat) and inhibit lipogenesis (the transformation of non-fatty foods into body fat). Crucially, it achieves this without affecting blood sugar levels or stimulating IGF-1 production.

Comprehensive Benefits:

Purely focuses on the mobilization of fat stores, particularly in stubborn areas like the midsection. Because it does not interfere with growth or insulin, it has an excellent safety profile and is ideal for those looking for fat loss without the systemic 'growth' effects of full HGH.

Protocol Synergy:

Pairs exceptionally well with BPC-157 for a protocol that focuses on both joint repair and localized fat loss. It is often used in the morning on an empty stomach to maximize the lipolytic effect.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 300mcg - 600mcg Daily

5-AMINO-1MQ

STRENGTH: High | **HALF-LIFE:** Short

Mechanism of Action:

An oral NNMT (Nicotinamide N-methyltransferase) inhibitor. NNMT is an enzyme that, when overexpressed, slows down fat metabolism and reduces cellular energy. By inhibiting this enzyme, 5-Amino-1MQ allows for an increase in intracellular NAD⁺ and SAM levels, which effectively 'restarts' a sluggish metabolism at the cellular level.

Comprehensive Benefits:

Significantly reduces fat mass while simultaneously increasing muscle contractile power and overall cellular energy. It has shown great promise in preventing the fat accumulation that typically occurs with age and metabolic decline, leading to a leaner, more energetic physique.

Protocol Synergy:

Frequently stacked with NAD⁺ or NAD⁺ precursors for total mitochondrial optimization and anti-aging benefits.

ADMINISTRATION: Oral Capsule | **SUGGESTED DOSAGE:** 50mg - 150mg Daily

SLU-PP-332

STRENGTH: High | **HALF-LIFE:** Medium

Mechanism of Action:

SLU-PP-332 is an Estrogen-Related Receptor (ERR) agonist, specifically targeting ERR α , ERR β , and ERR γ . These receptors are the primary regulators of metabolic pathways in muscle tissue. This peptide is known as an 'exercise mimetic' because it triggers the genetic

expression of endurance and fat-burning pathways usually only activated by intense physical training.

Comprehensive Benefits:

Triggers the body to burn fat for fuel and increase aerobic endurance as if the individual were performing intense cardiovascular exercise. It can enhance running capacity, improve insulin sensitivity, and promote the 'browning' of white adipose tissue for higher caloric burn.

Protocol Synergy:

Best used as part of a high-performance metabolic stack for those looking to maximize fat loss while maintaining or improving athletic performance.

ADMINISTRATION: Oral / Injectable | **SUGGESTED DOSAGE:** Consult Specifics

TRISEMA BLEND

STRENGTH: Extreme | **HALF-LIFE:** Variable

Mechanism of Action:

A high-potency, multi-pathway blend that typically combines Semaglutide or Tirzepatide with other synergistic metabolic agents. By hitting multiple receptors (GLP-1, GIP, and often Amylin or Glucagon pathways) in a single administration, it provides a comprehensive metabolic overhaul designed for maximum efficiency.

Comprehensive Benefits:

Engineered for maximum weight loss and metabolic efficiency in individuals who require a more aggressive intervention. It suppresses appetite to the highest degree while simultaneously mobilizing stubborn fat stores that have been resistant to diet and exercise alone.

Protocol Synergy:

Designed for maximum convenience, providing the synergy of multiple peptides in a single injection to simplify the user's protocol.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** Titrated per individual

Healing & Tissue Repair

BPC-157

STRENGTH: High | HALF-LIFE: 4-6 Hours

Mechanism of Action:

BPC-157 (Body Protection Compound) is a pentadecapeptide derived from a protein found in human gastric juice. It works by upregulating the expression of growth factor receptors and promoting angiogenesis—the formation of new blood vessels. This process is the foundation of tissue repair, as it allows oxygen and nutrients to reach damaged areas that typically have poor blood flow, such as tendons and ligaments.

Comprehensive Benefits:

Universally recognized as the 'gold standard' for healing soft tissue injuries, including tendonitis, ligament tears, and muscle strains. It is also remarkably effective at repairing the gut lining (Leaky Gut, IBD) and reducing systemic inflammation. Additionally, it offers neuroprotective benefits and can help balance neurotransmitters in the brain.

Protocol Synergy:

An essential component of the 'Wolverine Stack' when paired with TB-500. It also works well with GHK-Cu for comprehensive skin and tissue rejuvenation.

ADMINISTRATION: Sub / IM / Oral | SUGGESTED DOSAGE: 250mcg - 500mcg BID

TB-500

STRENGTH: High | HALF-LIFE: 7-10 Days

Mechanism of Action:

TB-500 is a synthetic version of Thymosin Beta-4, a naturally occurring protein that plays a vital role in cell migration and tissue repair. Its primary mechanism is 'actin sequestration,' which allows cells to move more easily to the site of an injury. It also promotes the growth of new blood vessels and reduces the production of pro-inflammatory cytokines.

Comprehensive Benefits:

Excels at reducing chronic inflammation and breaking down existing scar tissue, which significantly improves joint flexibility and range of motion. It is used extensively for rapid recovery from surgery or intense athletic training and has also been shown to improve hair growth and cardiovascular health.

Protocol Synergy:

Pairs perfectly with BPC-157 to provide both localized and systemic recovery, covering every aspect of the healing process from initial inflammation to final tissue remodeling.

ADMINISTRATION: Sub / IM Injection | **SUGGESTED DOSAGE:** 2mg - 5mg twice weekly

WOLVERINE STACK

STRENGTH: Very High | **HALF-LIFE:** Dual Phase

Mechanism of Action:

This specialized blend combines BPC-157 and TB-500 into a single protocol. By utilizing the fast-acting, localized healing properties of BPC-157 alongside the long-lasting, systemic regenerative signals of TB-500, this stack targets every phase of the body's repair cycle simultaneously.

Comprehensive Benefits:

Provides unmatched recovery speeds for athletes and individuals recovering from major surgery or traumatic injuries. It reduces downtime, prevents the accumulation of scar tissue, and ensures that repaired tissue is strong and flexible rather than brittle.

Protocol Synergy:

Provides the ultimate foundation for any healing protocol, often complemented by GHK-Cu or KPV for added anti-inflammatory support.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** Variable based on blend

GHK-CU

STRENGTH: Moderate | **HALF-LIFE:** Minutes

Mechanism of Action:

A naturally occurring copper complex that acts as a powerful regenerative signal throughout the body. It works by modulating the expression of thousands of genes toward a more 'youthful' state, promoting the synthesis of collagen and elastin while stimulating the activity of dermal fibroblasts.

Comprehensive Benefits:

Renowned for its ability to reverse skin aging, reduce wrinkles, and promote significant hair regrowth. It also speeds up the healing of surface wounds and has been shown to improve the health of the lungs and liver through its potent anti-oxidant and anti-inflammatory effects.

Protocol Synergy:

Often paired with BPC-157 for a total body rejuvenation protocol that addresses both internal tissue health and external aesthetic appearance.

ADMINISTRATION: Sub / Topical | **SUGGESTED DOSAGE:** 1mg - 2mg Daily

KPV

STRENGTH: Moderate | **HALF-LIFE:** Short

Mechanism of Action:

KPV is a C-terminal peptide fragment of Alpha-MSH. It is a potent anti-inflammatory that works by inhibiting pro-inflammatory signaling pathways (like NF- κ B) within cells. Unlike traditional anti-inflammatories, KPV does not suppress the entire immune system, making it a safer long-term option.

Comprehensive Benefits:

Particularly effective at reducing inflammation in the gut and skin. It is used to treat conditions like Eczema, Psoriasis, and Inflammatory Bowel Disease (IBD). It also possesses antimicrobial properties that can help fight off infections in compromised tissues.

Protocol Synergy:

An excellent addition to BPC-157 for advanced gut-health protocols or anyone dealing with chronic inflammatory skin conditions.

ADMINISTRATION: Sub / Oral | **SUGGESTED DOSAGE:** 200mcg - 500mcg Daily

Growth Hormone Secretagogues

CJC-1295 (NO DAC)

STRENGTH: Moderate | HALF-LIFE: 30 Minutes

Mechanism of Action:

A Growth Hormone Releasing Hormone (GHRH) analog that triggers the pituitary gland to produce natural, pulsatile bursts of growth hormone. Because it lacks the 'Drug Affinity Complex' (DAC), it provides a short, sharp pulse that mimics the body's natural circadian rhythm of GH release.

Comprehensive Benefits:

Promotes the development of lean muscle mass, facilitates systemic fat loss, and significantly improves deep-wave sleep quality. It is widely used for its anti-aging benefits, helping to maintain skin elasticity and overall vitality without overriding the body's natural hormonal balance.

Protocol Synergy:

Considered the 'gold standard' when paired with Ipamorelin to create a synergistic pulse that is far more powerful than either peptide used alone.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 100mcg - 200mcg Daily

IPAMORELIN

STRENGTH: Moderate | HALF-LIFE: 2 Hours

Mechanism of Action:

The gentlest and most selective growth hormone secretagogue (GHS) available. It mimics ghrelin to stimulate GH release but is highly specific, meaning it does not increase appetite, cortisol, prolactin, or aldosterone, which are common side effects of other GHRPs.

Comprehensive Benefits:

Provides a steady increase in growth hormone that aids in fat loss, muscle repair, and overall body composition. It is ideal for long-term use because of its incredible safety profile and lack of 'hunger' signaling, making it perfect for those on a strict diet.

Protocol Synergy:

Commonly stacked with CJC-1295 (No DAC) to maximize the intensity and duration of the growth hormone pulse.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 200mcg - 300mcg Daily

TESAMORELIN

STRENGTH: High | **HALF-LIFE:** 30 Minutes

Mechanism of Action:

A potent GHRH analog specifically designed to target deep visceral abdominal fat—the dangerous fat that surrounds the internal organs. It works by increasing the natural secretion of GH and subsequently raising IGF-1 levels, which are critical for lipolysis in the midsection.

Comprehensive Benefits:

Recognized as the most effective peptide for targeting stubborn midsection fat and reducing waist circumference. Beyond fat loss, it has been shown to improve cognitive function, focus, and memory in older adults, likely due to the increase in systemic IGF-1.

Protocol Synergy:

Pairs exceptionally well with Ipamorelin for a comprehensive protocol that optimizes total body composition while focusing heavily on the abdominal region.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 1mg - 2mg Daily

SERMORELIN

STRENGTH: Moderate | **HALF-LIFE:** Short

Mechanism of Action:

A long-established GHRH analog that works directly on the pituitary gland to encourage the natural production and release of growth hormone. It is often the first peptide prescribed for anti-aging and pituitary support due to its well-documented safety and effectiveness.

Comprehensive Benefits:

Slowly improves skin elasticity, muscle tone, and the depth of restorative sleep. It is excellent for individuals looking to maintain their vitality as they age, helping to reverse the gradual decline in GH production that naturally occurs over time.

Protocol Synergy:

Can be combined with GHRP-2 or GHRP-6 if a more intense growth hormone pulse is desired for specific muscle-building or recovery goals.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 200mcg - 500mcg Daily

GHRP-2 / GHRP-6

STRENGTH: High | **HALF-LIFE:** Short

Mechanism of Action:

Growth Hormone Releasing Peptides that stimulate strong, immediate pulses of GH from the pituitary. GHRP-6 mimics ghrelin and acts on the hypothalamus to significantly increase appetite, while GHRP-2 provides a cleaner pulse with much less effect on hunger.

Comprehensive Benefits:

GHRP-6 is a favorite for individuals in a 'bulking' phase who need to drastically increase their caloric intake. GHRP-2 is preferred for those who want a strong GH boost for recovery and fat loss without the overwhelming urge to eat.

Protocol Synergy:

Almost always paired with a GHRH like CJC-1295 to ensure the pituitary has a maximal signal to produce and release the highest amount of hormone possible.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 100mcg - 200mcg Daily

Muscle & Performance

HGH FRAGMENT 176-191

STRENGTH: Moderate | **HALF-LIFE:** Short

Mechanism of Action:

This is a stabilized analog of the fat-burning portion (C-terminus) of the human growth hormone molecule. It works by mimicking the way natural HGH regulates fat metabolism but without the adverse effects on blood sugar or the growth-promoting effects on other tissues.

Comprehensive Benefits:

Ideal for 'cutting' cycles as it induces pure lipolysis (fat breakdown). It allows the user to burn fat in a very targeted way while having no negative impact on insulin sensitivity. It is especially effective when used in a fasted state.

Protocol Synergy:

Pairs best with cardiovascular training to maximize the mobilization and oxidation of the fatty acids released by the peptide.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 250mcg - 500mcg Daily

IGF-1 LR3

STRENGTH: Very High | HALF-LIFE: 20-30 Hours

Mechanism of Action:

Insulin-like Growth Factor-1 with a Long R3 modification that prevents it from being bound by proteins in the blood. This gives it a much longer half-life and allows it to remain active in the body for over 20 hours, continuously signaling for muscle growth and repair.

Comprehensive Benefits:

Drives muscle hyperplasia—the actual creation of new muscle cells, rather than just the enlargement of existing ones. It also facilitates extreme nutrient shuttling, ensuring that the food you eat goes directly into repairing and building muscle tissue.

Protocol Synergy:

Often combined with Growth Hormone or GH secretagogues to create the ultimate anabolic environment for peak muscle development and recovery.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 20mcg - 50mcg Daily

MGF (MECHANO GROWTH FACTOR)

STRENGTH: High | HALF-LIFE: Short

Mechanism of Action:

A splice variant of IGF-1 that is produced naturally in the body in response to muscle damage or intense mechanical stress. It triggers the activation of muscle stem cells (satellite cells), which are then 'recruited' to fuse with and repair damaged muscle fibers.

Comprehensive Benefits:

Drastically accelerates the growth and repair of muscle fibers at the local level. It is highly effective for overcoming 'lagging' body parts or recovering from localized injuries to a specific muscle group.

Protocol Synergy:

Usually paired with IGF-1 LR3 as part of a comprehensive muscle-building protocol to cover both systemic and localized growth signals.

ADMINISTRATION: Intramuscular Injection | SUGGESTED DOSAGE: 200mcg post-workout

GROWTH HORMONE (HGH)

STRENGTH: Extreme | HALF-LIFE: Short

Mechanism of Action:

The full 191-amino acid master hormone produced by the pituitary gland. It regulates almost every aspect of human growth, metabolism, and cellular repair. It works by signaling the liver to produce IGF-1 and by directly interacting with receptors on fat cells and muscle tissue.

Comprehensive Benefits:

Provides a total body transformation: rapid fat loss, significant muscle growth, improved skin texture, and enhanced longevity. It is the most powerful tool available for completely reshaping the physique and reversing the signs of biological aging.

Protocol Synergy:

Used in advanced anabolic protocols alongside other performance-enhancing compounds for maximum body composition changes.

ADMINISTRATION: Sub / IM Injection | SUGGESTED DOSAGE: 2IU - 5IU Daily

Longevity & Cellular Health

NAD+

STRENGTH: Moderate | HALF-LIFE: Short

Mechanism of Action:

Nicotinamide Adenine Dinucleotide is a core coenzyme found in all living cells. It is essential for the production of ATP (cellular energy) and for the function of PARPs and Sirtuins, which are the primary enzymes responsible for DNA repair and cellular longevity.

Comprehensive Benefits:

Instantly helps to remove 'brain fog' and provides a significant boost in both physical and mental energy levels. By repairing cells at the DNA level, it acts as a foundational anti-aging therapy, protecting the body from the cumulative damage of stress and pollutants.

Protocol Synergy:

Works synergistically with 5-Amino-1MQ to maximize fat loss and mitochondrial health, or with Glutathione for a total-body detox.

ADMINISTRATION: Sub / IV Injection | SUGGESTED DOSAGE: 100mg - 500mg

EPITHALON

STRENGTH: High | HALF-LIFE: Short

Mechanism of Action:

A tetrapeptide derived from the pineal gland. Its most significant mechanism is the activation of the enzyme telomerase, which allows the body to lengthen telomeres—the protective caps on the ends of our DNA. As telomeres shorten, cells age and eventually die; Epithalon reverses this process.

Comprehensive Benefits:

Extends the functional lifespan of cells and significantly improves the depth and quality of restorative sleep by regulating melatonin production. It is also researched for its potent anti-cancer properties and its ability to rejuvenate the immune system.

Protocol Synergy:

Often paired with Thymalin for a comprehensive immune and longevity cycle, typically performed once or twice a year.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 5mg - 10mg Daily (Cycle)

MOTS-C

STRENGTH: High | **HALF-LIFE:** Short

Mechanism of Action:

A mitochondrial-derived peptide that acts as a key regulator of metabolic balance. It mimics the metabolic effects of exercise by signaling the body to shift its energy production toward fat oxidation and increasing the activity of AMPK, the body's 'master metabolic switch.'

Comprehensive Benefits:

Significantly improves insulin sensitivity and physical endurance while facilitating fat loss. It is excellent for individuals looking to maintain a youthful metabolism and prevent the weight gain and lethargy typically associated with aging.

Protocol Synergy:

Stacks perfectly with metabolic weight loss peptides like Tirzepatide to provide a more comprehensive approach to body fat management.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 5mg twice weekly

DSIP

STRENGTH: Moderate | **HALF-LIFE:** Medium

Mechanism of Action:

Deep Sleep Inducing Peptide is a naturally occurring compound that crosses the blood-brain barrier and modulates biological stress. It regulates the release of several hormones and neurotransmitters involved in the sleep-wake cycle and the body's stress response.

Comprehensive Benefits:

Promotes deep, restorative (Stage 4) sleep without the 'hangover' effect of traditional sedatives. It helps to stabilize hormones during periods of high stress and can improve the body's ability to recover from physical and mental exhaustion.

Protocol Synergy:

Pairs well with Epithalon for a sleep-focused longevity protocol that maximizes the body's natural repair mechanisms during the night.

ADMINISTRATION: Subcutaneous Injection | **SUGGESTED DOSAGE:** 100mcg - 250mcg

Cognitive & Lifestyle

SELANK

STRENGTH: Moderate | **HALF-LIFE:** Short

Mechanism of Action:

A synthetic nootropic peptide derived from the naturally occurring tetrapeptide Tuftsin. It works by modulating the expression of IL-6 (an inflammatory cytokine) and influencing the concentration of serotonin and other neurotransmitters in the brain, providing a calming effect.

Comprehensive Benefits:

Highly effective at relieving anxiety and stress without causing sedation or brain fog. It enhances memory, cognitive focus, and overall brain health, making it ideal for high-pressure environments where mental clarity is essential.

Protocol Synergy:

Commonly stacked with Semax to create a balanced 'Total Focus' protocol that provides both mental sharpness and emotional calm.

ADMINISTRATION: Sub / Nasal Spray | **SUGGESTED DOSAGE:** 250mcg - 500mcg

SEMAX

STRENGTH: High | HALF-LIFE: Short

Mechanism of Action:

A neuroprotective peptide analog of ACTH (Adrenocorticotrophic Hormone). It works by increasing levels of Brain-Derived Neurotrophic Factor (BDNF) and Nerve Growth Factor (NGF), which are essential for the survival and growth of neurons in the brain.

Comprehensive Benefits:

Sharpen memory, enhances the speed of learning, and protects brain cells from damage caused by oxidative stress or poor circulation. It is widely used by students and professionals for intense focus and neurological repair.

Protocol Synergy:

Pairs perfectly with Selank to ensure that the increased mental focus is matched by a stable and calm emotional state.

ADMINISTRATION: Sub / Nasal Spray | SUGGESTED DOSAGE: 200mcg - 600mcg

MELANOTAN II (MT2)

STRENGTH: Very High | HALF-LIFE: 30 Hours

Mechanism of Action:

An analog of alpha-melanocyte-stimulating hormone (α -MSH). It works by binding to melanocortin receptors (primarily MC1R and MC4R), which triggers the production of melanin in the skin and influences libido and appetite pathways in the brain.

Comprehensive Benefits:

Allows the user to achieve a deep, natural-looking tan with minimal exposure to harmful UV radiation. It also acts as a potent appetite suppressant and is well-known for its powerful aphrodisiac effects and ability to enhance sexual function.

Protocol Synergy:

Often used alongside PT-141 for a specialized sexual health and aesthetic protocol.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 250mcg - 500mcg

PT-141

STRENGTH: High | HALF-LIFE: Several Hours

Mechanism of Action:

Bremelanotide (PT-141) is a unique peptide that targets the central nervous system melanocortin receptors rather than acting directly on the vascular system. It triggers a natural arousal response in the brain, making it effective for both men and women.

Comprehensive Benefits:

An extremely effective treatment for erectile dysfunction and low libido. Unlike other medications, it addresses the 'mental' side of arousal, providing a more natural and profound experience without the cardiovascular stress of traditional ED pills.

Protocol Synergy:

Pairs well with Melanotan II for a combined tanning and libido-enhancing cycle.

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 1mg - 2mg

KISSPEPTIN-10

STRENGTH: High | HALF-LIFE: Short

Mechanism of Action:

A vital hormonal regulator that acts as the 'master switch' for the reproductive system. It signals the hypothalamus to release GnRH, which in turn triggers the natural production of Luteinizing Hormone (LH) and Follicle-Stimulating Hormone (FSH), ultimately leading to testosterone production.

Comprehensive Benefits:

Increases natural testosterone levels and fertility without causing the 'feedback suppression' or testicular shrinkage often associated with exogenous hormones. It is ideal for maintaining hormonal health and vitality.

Protocol Synergy:

Commonly used alongside HCG to provide comprehensive support for the HPTA (Hypothalamic-Pituitary-Testicular Axis).

ADMINISTRATION: Subcutaneous Injection | SUGGESTED DOSAGE: 100mcg - 500mcg

HCG / HMG

STRENGTH: High | HALF-LIFE: Long

Mechanism of Action:

Human Chorionic Gonadotropin (HCG) mimics LH, signaling the testes to produce testosterone. Human Menopausal Gonadotropin (HMG) contains both LH and FSH analogs, providing a more complete signal for both testosterone production and sperm maturation.

Comprehensive Benefits:

Essential for preventing testicular atrophy during testosterone-based cycles and for supporting overall fertility. These hormones ensure that the body's natural reproductive machinery remains active even when other compounds are present.

Protocol Synergy:

Often paired with Kisspeptin-10 for the most comprehensive fertility and hormonal maintenance protocols available.

ADMINISTRATION: Sub / IM Injection | SUGGESTED DOSAGE: 250IU - 1000IU

SNAP-8

STRENGTH: Moderate | HALF-LIFE: Short

Mechanism of Action:

An anti-wrinkle octapeptide that is an extension of the hexapeptide Argireline. It works by destabilizing the SNARE complex, which reduces the release of acetylcholine and effectively inhibits the muscle contractions that lead to expression lines and wrinkles.

Comprehensive Benefits:

Dramatically reduces the depth of fine lines and tightens the skin on the face and neck. It provides a 'Botox-like' smoothing effect but through a non-invasive topical or injectable application, making it a favorite for aesthetic maintenance.

Protocol Synergy:

Pairs exceptionally well with GHK-Cu for an advanced anti-aging aesthetic protocol that both smooths and regenerates the skin.

ADMINISTRATION: Sub / Topical | SUGGESTED DOSAGE: Variable

The User's Guide: How Peptides Work for You

To get the most out of your protocol, it is important to understand how these compounds enter your system and how your body processes them. This guide simplifies the "How" and "Why" behind your daily or weekly routine.

1. How to Use Your Products (Administration)

The way you take a peptide determines how quickly it starts working and how effectively your body can use it.

- **Subcutaneous (Sub-Q) Injection:** This is the most popular and effective method. A tiny needle is used to deliver the peptide into the fatty layer just under the skin (usually the stomach area). It's virtually painless and allows the peptide to be absorbed steadily into your system.
- **Intramuscular (IM) Injection:** Some performance-focused peptides work best when delivered directly into the muscle (like the shoulder or glute). This is used when a compound needs to reach your bloodstream faster or target a specific area of recovery.
- **Nasal Spray:** Perfect for those who prefer a non-injectable option. This method uses the thin lining of the nose to send peptides directly toward the brain. We use this specifically for "Brain Health" or "Focus" peptides to ensure they cross the blood-brain barrier effectively.
- **Oral (Capsules):** While many peptides are fragile, some are specially designed to survive your stomach acid. Capsules are a convenient way to support gut health or steady metabolic fat-burning throughout the day.
- **Topical (Creams & Gels):** Some peptides are designed to be absorbed directly through the skin. This is the preferred method for "Aesthetic" or "Anti-Aging" peptides like **Snap-8** or **GHK-Cu**. By applying a cream or gel directly to the face or a specific area of the body, the peptide can work exactly where it is needed most to tighten skin, reduce wrinkles, or speed up surface-level healing.

2. Understanding the "Half-Life" (Timing Your Dose)

In this handbook, you will see a "Half-Life" listed for every product. Think of this as the "**Fuel Gauge**" for your peptide. It tells us how long the compound stays active in your body before it starts to fade. Specifically, how long before exactly half of the dose has decayed.

- **Short-Acting Peptides (The "Daily Pulse"):** Some peptides only stay active for a few hours. To keep your results consistent, these usually require a quick daily dose. This keeps the "signal" for fat loss or healing turned "on" at all times.

- **Long-Acting Peptides (The "Weekly Baseline"):** Modern weight-loss peptides stay active for several days. Because they have a long half-life, you only need to dose once a week. Your body slowly uses the "fuel" over the next seven days.

Why Timing Matters: Staying consistent with your schedule prevents "gaps" in your progress. By following the suggested timing, you ensure your body stays in a constant state of repair, fat-burning, or optimization without the "rollercoaster" effect of missed doses.

