PEPTIDE MENU

Treating People, Not Disease

ANTI-AGING / LONGEVITY

EPITHALON – SQ Injection daily for 10 days cycled every 6 months for cellular protection and anti-aging. . Synthetic version of Epitalamin from pineal gland. Stimulates telomerase production (an enzyme that helps cells to keep multiplying), which may slow down aging at the cellular level. Works as anti-oxidant as well by decreasing lipid oxidation. Suppresses cancer growth. Restores normal melatonin levels improving sleep. Used for anti-aging effects and stress reduction. Side Effects are rare and may include mild headaches.

FOX 04 DRI – SQ injection every 3 days for 4-6 weeks cycled twice annually. Senolytic peptide that antagonizes and selectively kills senescent/dying cells that accumulate in tissue as we age. It also provides testosterone support and improves spermatogenesis in late-onset male hypogonadism. Reduces chronic inflammation and tissue damage. Has been shown to improve kidney function. Enhances physical vitality and stamina. Promising for age-related tissue dysfunction, arthritis, and degenerative diseases. Most efficacious for mitochondrial support when the course follows MOTS-c or Humanin. NEVER USE LYOPHILIZED PRODUCT, MUST GET TFA-FREE.

GHK-CU – SQ injection 20 days per month OR Topical as cream or foam. Copper binding peptide with wide assortment of biologic activities that appear to counter age-associated metabolic imbalance. Helpful for connective tissue formation, antioxidant defense and cellular respiration. Benefits include anti-aging support, skin regeneration, improves skin elasticity, UV protection, hair growth, anti-inflammatory, neuroprotective, cognitive support and simulates wound healing. Recommend daily Zinc supplement to avoid Zc/Cu imbalance.

MOTS-C – SQ injection twice weekly. Targets metabolic signaling regulating muscle and fat physiology, mimics exercise and helps mitochondrial function. Potent anti-inflammatory. May extend healthy lifespan. Occurs naturally in muscle, brain and liver. Also involved in bone and cardiovascular health. Encoded by mitochondrial DNA and is crucial for energy production.

OS-01 – ORAL. Developed originally to counteract skin aging but now used systemically to decrease overall cellular senescence. Benefits include improved mitochondrial function, supports kin and connective tissue repair, modulate inflammation and promotes immune homeostasis, improved joint mobility and decreased soreness and enhances collagen synthesis.

PINEALIN – SQ injection 5 days per week. Belongs to a class of ultra-short peptides called bioregulators, studied for their roles in neuroprotection, anti-aging, and cellular rejuvenation. Unique in that it can directly penetrate cellular and nuclear membranes due to its small size, bypassing the need for surface receptors. Once inside the nucleus, Pinealon interacts with DNA, modulating gene expression related to cell survival, protection, and repair. This broad, non-receptor mechanism is believed to underlie Pinealon's neuroprotective and anti-apoptotic effects. Protects nerve cells from hypoxia (low oxygen), oxidative damage, and age-related degeneration. Improves memory retention, learning, and preserves cognitive function in models of stress or disease (e.g., prenatal hypoxia, diabetes). Supports cell survival and regeneration, with evidence for telomere lengthening and delayed cellular aging. Improves sleep quality.

RAPAMYCIN – ORAL. Not a peptide. Inhibits mTOR which is linked to cellular growth, metabolism and aging processes potentially increasing longevity and lifespan. Improves metabolic health. May delay wound healing. Can cause oral ulcers in high doses.

CARDIAC

CARDIOGEN – SQ injection 5 days per week. Dose: 1 mg daily. Short synthetic peptide developed to support cardiovascular function by enhancing heart tissue repair, improving blood flow, reducing inflammation, and modulating fibroblast activity. It acts mainly by modulating fibroblast activity, critical cells involved in tissue repair and scar formation, which helps support healthy heart tissue remodeling and regeneration after injury or stress. Improves endothelial function by stimulating nitric oxide production, leading to better blood flow and reduced vascular resistance. Has potentials to reduce inflammation and oxidative stress within cardiovascular tissues, which are major contributors to heart disease progression. May also influence lipid metabolism and overall metabolic health related to cardiovascular risk factors.

COGNITIVE / MENTAL HEALTH (DEMENTIA / ANXIETY / DEPRESSION / ADHD)

DIHEXA – Oral 5 days per week. 20-40mg. From angiotensin IV. It helps brain cells communicate better by enhancing acetylcholine (a molecule that helps brain cells talk to each other). This helps in learning and taking on new information, experiences, and skills. It also affects our memory recall and object recognition. May improve memory, learning, and cognitive performance. Benefit has been shown in Alzheimer's, Parkinson's and TBI. Side Effects can include mild headaches, nervousness and irritability.

HUMANIN – SQ injection daily 4 weeks on and 4 weeks off. Mitochondrial-derived peptide acting as a cytoprotective factor against stress, apoptosis, and age-related decline. Benefits include improved glucose uptake, insulin sensitivity, and fat oxidation (correlates inversely with HbA1c/triglycerides in humans), boosts healthspan in worms/mice via mitochondrial biogenesis and stress resistance; levels decline with age/disease, reduces damage of heart attack, fibrosis, and cardiomyocyte apoptosis post-ischemia. And lowers TNF-α/IL-6; potential in autoimmune/CVD models. Shows promise in Alzheimer's disease. May promote tumor growth in malignancies such as triple negative breast cancer.

METHYLENE BLUE – ORAL and Intravenous. Not a peptide. Versatile compound with nootropic and neuroprotective properties. Used to support brain health and mitochondrial function. Benefits include cognitive enhancement, neuroprotection. Mood stabilization, anti-aging effects, ADHD, chronic Lyme disease and long COVID. Protects neurons from oxidative stress. Serotonin syndrome possible at high doses. Do not use in G6PD deficiency or renal failure. Will cause urine discoloration.

PINEALIN – SQ injection 5 days per week. Belongs to a class of ultra-short peptides called bioregulators, studied for their roles in neuroprotection, anti-aging, and cellular rejuvenation. Unique in that it can directly penetrate cellular and nuclear membranes due to its small size, bypassing the need for surface receptors. Once inside the nucleus, Pinealon interacts with DNA, modulating gene expression related to cell survival, protection, and repair. This broad, non-receptor mechanism is believed to underlie Pinealon's neuroprotective and anti-apoptotic effects. Protects nerve cells from hypoxia (low oxygen), oxidative damage, and age-related degeneration. Improves memory retention, learning, and preserves cognitive function in models of stress or disease (e.g., prenatal hypoxia, diabetes). Supports cell survival and regeneration, with evidence for telomere lengthening and delayed cellular aging. Improves sleep quality.

SELANK – Intranasal 1-3 times daily. Nootropic peptide that modulates mood and anxiety by stabilizing blood enkephalins (peptides found in the brain that help with stress). Reduces stress, relieves anxiety, and improves cognitive function, attention, memory, and motivation without the sedative effects of most anxiety medications. Enhances the affect of GABA and increases BDNF, the fertilizer for the brain. Increases IL-6. Decreases blood sugar. Side Effects may include headache, drowsiness or dry mouth.

SEMAX – Intranasal 1-4 times daily. Nootropic peptide that mimics adrenocorticotropic hormone stimulating adrenal glands to release cortisol. Known for its ability to enhance cognitive function, improve memory and protect the brain from damage due to stroke or neurodegenerative diseases. Increases BDNF. Enhances focus, learning, and memory. Effective for ADHD. It also helps reduce stress. Side Effects may include headaches or burning sensation in your nose or unpleasant taste in your mouth.

SS-31 - synthetic peptide with strong mitochondrial protective and antioxidant effects, being actively studied for a range of chronic and acute disease states linked to mitochondrial dysfunction. Efficacy in animal and early human studies for cardiac, neurodegenerative, respiratory, renal, and aging-related disorders, with special attention to ischemia-reperfusion injury and atherosclerosis prevention. Selectively binds to cardiolipin in the inner mitochondrial membrane, stabilizing mitochondrial structure and function, enhancing ATP synthesis, and minimizing damaging reactive oxygen species (ROS). Directly scavenges free radicals, protects mitochondrial proteins, and reduces peroxidation and apoptosis in stressed cells.

BRAIN ULTRA – Sublingual daily. NAD 60mg + SELANK 0.5mg + SEMAX 0.5MG + BDNF 0.5mg + Oxytocin 0.1mg + Alpha GPC 24mg + huperzine 0.8mg + DiHexa 3mg / mL.

ENERGY / MITOCHONDRIAL SUPPORT / SIRTUIN SUPPORT

HUMANIN – SQ injection daily 4 weeks on and 4 weeks off. Mitochondrial-derived peptide acting as a cytoprotective factor against stress, apoptosis, and age-related decline. Benefits include improved glucose uptake, insulin sensitivity, and fat oxidation (correlates inversely with HbA1c/triglycerides in humans), boosts healthspan in worms/mice via mitochondrial biogenesis and stress resistance; levels decline with age/disease, reduces damage of heart attack, fibrosis, and cardiomyocyte apoptosis post-ischemia. And lowers TNF-α/IL-6; potential in autoimmune/CVD models. Shows promise in Alzheimer's disease. May promote tumor growth in malignancies such as triple negative breast cancer.

METHYLENE BLUE – ORAL and Intravenous. Not a peptide. Versatile compound with nootropic and neuroprotective properties. Used to support brain health and mitochondrial function. Benefits include cognitive enhancement, neuroprotection. Mood stabilization, anti-aging effects, ADHD, chronic Lyme disease and long COVID. Protects neurons from oxidative stress. Serotonin syndrome possible at high doses. Do not use in G6PD deficiency or renal failure. Will cause urine discoloration.

MOTS-C – SQ injection twice weekly. Targets metabolic signaling regulating muscle and fat physiology, mimics exercise and helps mitochondrial function. Potent anti-inflammatory. May extend healthy lifespan. Occurs naturally in muscle, brain and liver. Also involved in bone and cardiovascular health. Encoded by mitochondrial DNA and is crucial for energy production. Can also get compounded with AICAR, a potent activator of AMPK to increase endurance and promote optimal metabolism. AICAR also has some anti-cancer benefits.

NAD+ - SQ or intramuscular injection or intravenous infusion. DOES NOT WORK ORALLY. Not a peptide. Vital coenzyme for metabolic processes and energy production, DNA repair and cellular communication. Levels naturally decline with age decreasing cellular function and participate in the aging process. Benefits include boosted energy with less fatigue, enhanced cognitive function and mental clarity, improves muscle recovery and physical performance, promotes healthy skin and improves mood. Side effects include nausea, brain fog, cramping, headaches, fatigue, diarrhea and abdominal pain. Can be severe during too rapid infusion. For home use, can also get compounded with BDNF and Alpha GPC which provides cognitive enhancement improving memory, focus and learning in age-related decline. Alpha GPC may also improve athletic performance.

OS-01 – ORAL. Developed originally to counteract skin aging but now used systemically to decrease overall cellular senescence. Benefits include improved mitochondrial function, supports kin and connective tissue repair, modulate inflammation and promotes immune homeostasis, improved joint mobility and decreased soreness and enhances collagen synthesis.

SS-31 – SQ injection 3-5 days per week. Targets mitochondria with antioxidant and cytoprotective properties improving function and energy production. Enhances electron transport efficiency without disrupting normal cellular respiration. Reduces oxidative stress. Improves cardiac function in heart failure research models. Protects against neurodegeneration and ischemia-reperfusion injury.

GROWTH HORMONE MODULATORS / MUSCLE BUILDING

AOD-9604 – Subcutaneous injection 5 days per week in the morning on an empty stomach, Cycle 8-16 weeks on and 4 weeks off. Advanced Obesity Drug. Also called Lipotropin. Derived from human growth hormone, designed to retain the fat-reducing properties of GH without some of its other effects. Promotes fat loss, aids in weight management, and may improve muscle recovery. Side Effects: Headaches, dizziness. DOSE: 300-500mcg 5 days per week. Heavier individuals need higher dosing.

IGF-LR3 – SQ injection 5 days per week. Synthetic analog of IGF-1 with improved potency and longer half-life. Stimulated production of growth hormone allowing for fat loss and improved muscle mass. Reduces inflammation.

CJC 1295 - Subcutaneous injection 5 days per week at bedtime on an empty stomach. Synthetic analog of growth hormone releasing hormone. Unlike direct growth hormone administration, CJC-1295 works by binding to GHRH receptors in the pituitary, triggering the release of endogenous GH in a pulsatile and natural pattern, which preserves the body's feedback and hormone regulation systems. It has the longest lasting effect of the GH releasing peptides. It has been shown to increase lean muscle mass, enhance fat loss, improve recovery, and promotes anti-aging effects. It also promotes tissue repair, muscle growth, metabolism, immune modulation, and overall cellular regeneration. Most often used when combined with Ipamorelin for synergistic effect.

IPAMORELIN - Subcutaneous injection 5 days per week at bedtime on an empty stomach. Synthetic peptide that mimics ghrelin and acts as a growth hormone secretagogue (ghrelin receptor agonist) and also suppresses somatostatin. GH levels do exceed normal levels. Ipamorelin directly stimulates strong GH pulses for muscle gain and recovery. There is minimal effect on cortisol and thus does not cause hyperglycemia. It is the most specific growth hormone releasing peptide. Ipamorelin has been demonstrated to increase lean muscle mass and fat loss (specifically subcutaneous fat), improve sleep and accelerate post work out recovery. Ipamorelin is a prescription compounded medication available for very competitive pricing through Bargas Wellness. Most often used when combined with CJC1295 for synergistic effect.

MK-677 – ORAL at bedtime on an empty stomach, cycle 90 days on and 30 days off. Not a peptide. Also called Ibutamorelin. Orally bioavailable growth hormone secretagogue. Promotes release of GH. Decreases body fat by stimulating the production of insulin-like growth factor. Increases Ghrelin so does increase hunger. Benefits include improved physical performance, increased muscle mass, increased bone density, improved sex drive, neuroprotection, improved cognition and memory, increased IGF-1. Improves energy and promotes deep and REM sleep.

SERMORELIN - SQ injection 5 days per week. Mimics GHRH to stimulate the natural release of growth hormone from the pituitary gland. Unlike synthetic human growth hormone (HGH) injections, which introduce external GH directly into the bloodstream and can suppress natural production, sermorelin promotes your body's own GH secretion while preserving the natural feedback loops. This reduces the risk of hormone suppression or receptor desensitization. Sermorelin supports muscle growth, fat loss, and improves sleep. This is the weakest of the GH releasing peptides. Sermorelin gently restores natural GH rhythm and is favored for hormone balance and anti-aging. Also available compounded with Ipamorelin.

TESAMORELIN - Subcutaneous injection self administered at home 5 days per week. Synthetic analog of growth hormone releasing hormone that stimulates growth hormone release. It is used particularly to reduce visceral fat. It has been shown to reduce abdominal fat, improve metabolic function, and support muscle definition. It is similar to but more potent than sermorelin. Side Effects: Rash, nausea,

and joint pain. Tesamorelin is available compounded with ipamorelin (4X) and also with both ipamorelin and MGF, which plays an important role in tissue repair, especially muscle and cartilage regeneration.

4X – Subcutaneous injection self administered at home 5 days per week. GHRP-2 5mg + Tesamorelin 5mg + MGF 0.5mg + Ipamorelin 2.5mg.

NON-GHRP MUSCULOSKELETAL

CARTALAX - SQ injection, 5-10 mg per day for 10-20 days every 2-3 months. Short synthetic peptide aimed at supporting cartilage and connective tissue health by promoting collagen synthesis, reducing inflammation, and balancing fibroblast activity, potentially slowing tissue aging and improving joint function. Promotes collagen synthesis and tissue repair, improving structural integrity of joints and connective tissue. Reduces inflammation by modulating immune signaling and inhibiting enzymes (e.g., MMP-9) involved in cartilage breakdown. Helps balance fibroblast function, reducing cellular aging and apoptosis, potentially slowing tissue degeneration. May improve joint mobility and alleviate stiffness by enhancing cartilage resilience and extracellular matrix stability. Shows anti-aging properties by improving skin and musculoskeletal tissue health through better cellular proliferation and reduced degeneration.

IGF-1 LR3 – Insulin Like Growth Factor. Promotes cell growth and repair, particularly in muscle tissue. Enhances muscle growth, increases muscle repair and recovery, and supports fat loss. Side Effects: Hypoglycemia (low blood sugar), joint pain, and headaches.

IMMUNE / CHRONIC INFECTION

THYMOSIN ALPHA-1 (TA1) – SQ injection every 3 days. Natural senolytic. Mimics release of TA1 from the thymus gland stimulating production of T cells. Decreases cytokine production. Modulates the immune system and enhances the body's defense against infections and may reduce chronic inflammation. Good results with chronic Lyme disease. Side Effects can include flu like symptoms, elevated LFTs; rare. Branded non-US drug: Zadaxin used to treat HBV, HCV, HIV and cancer of the lung, liver and skin.

LL 37 – SQ Injection or nasal spray 5 days per week. Antimicrobial peptide that enhances immune defense and supports healing. Fights infections, reduces inflammation, and supports wound healing. Side Effects: Rare. Compounded with Quercetin and EGCG for added potent antioxidant effect.

METHYLENE BLUE – ORAL and Intravenous. Not a peptide. Versatile compound with nootropic and neuroprotective properties. Used to support brain health and mitochondrial function. Benefits include cognitive enhancement, neuroprotection. Mood stabilization, anti-aging effects, ADHD, chronic Lyme disease and long COVID. Protects neurons from oxidative stress. Serotonin syndrome possible at high doses. Do not use in G6PD deficiency or renal failure. Will cause urine discoloration.

INFLAMMATION / RECOVERY / HEALING

ARA 290 – SQ injection 3-5 days per week, cycle 4-12 weeks on and 4 weeks off. Also known as Cibinetide, it is a novel peptide derived from erythropoietin, focused on providing tissue protection, nerve repair, and anti-inflammatory effects without raising red blood cell counts, showing promise for neuropathy, autoimmune inflammation, and organ protection. Avoids risks like increased blood viscosity, hypertension, and clotting that can be seen with EPO. Designed for conditions involving chronic inflammation, nerve damage, ischemia, and autoimmune disease. Helps reduce symptoms and promotes regeneration of small fiber nerves in neuropathy. Modulates immune response by lowering inflammatory cytokines without broad immune suppression. Potential protective effects on kidneys, heart, liver, and lungs by reducing oxidative stress and inflammation. Improves overall quality of life by alleviating pain, fatigue, and autonomic dysfunction symptoms. Example protocol is 2.8 mg 3 days per week for 4-5 weeks.

BPC 157 – Dosed 5 days per week, can take SQ injection or oral 1-2 times per day. Accelerates wound healing, improves joint and muscle recovery, protects cartilage and joints, reduces inflammation and chronic pain, improves gut health, stimulates angiogenesis and decreases brain fog. It is cytoprotective, and thus maintains the mucosal lining of the intestinal tract to promote healing and decrease pain in the damaged areas of the gut. With IBS, in particular, it helps reduce swelling in the gut. It can also prevent or help heal stomach ulcers caused by NSAIDs like ibuprofen. Side Effects can include mild nausea, dizziness and rashes. Can add KPV to oral form to increase effectiveness.

GLUTATHIONE – Can do IM or SQ injection of IV push (in clinic). Most potent antioxidant in nature with key roles in detoxification, immune support and cellular protection. Though some sublingual preparations are legitimate, glutathione is never effective when used orally. Glutathione neutralizes free radicals and peroxides, regenerates vitamins C and E, and supports enzymes for DNA synthesis, protein building, and apoptosis (healthy cell death). It aids liver detoxification by conjugating toxins for excretion and protects mitochondria from oxidative damage, which declines with age, stress, or poor diet.

KPV – SQ injection or Oral. Anti-inflammatory peptide that promotes healing and reduces inflammation. Reduces inflammation and may be helpful in the treatment of inflammatory bowel disease. It may also speed wound healing and reduce infection. Most commonly used as a combined compound with BPC-157. Side Effects: Minimal.

LARAZOTIDE – ORAL. Binds to intestinal cells and prevents opening of tight junctions, aka: leaky gut. Treats celiac disease and restores intestinal barrier function.

GHK-CU – SQ injection 20 days per month OR Topical as cream or foam. Copper binding peptide with wide assortment of biologic activities that appear to counter age-associated metabolic imbalance. Helpful for connective tissue formation, antioxidant defense and cellular respiration. Benefits include anti-aging support, skin regeneration, improves skin elasticity, UV protection, hair growth, anti-inflammatory, neuroprotective, cognitive support and simulates wound healing. Recommend daily Zinc supplement to avoid Zc/Cu imbalance.

GI MODULATOR – SQ injection 5 days per week. 10 mg Quercetin + 10 mg resveratrol + 5mg Berberine + 1.5mg BPC-157 + 3mg KPV + 3.5mg Thymalin + 250mcg TA-1. Dosed 5 days per week; one vial = 5 doses.

GLOW BLEND – SQ injection 5 days per week. Tri-blend peptide combination consisting of BPC-157, Thymosin Beta 4 and GHK-Cu designed to target tissue regeneration, skin repair and systemic rejuvenation. Merges angiogenic, anti-inflammatory , antioxidant effects with cell migration, wound healing and skin remodeling. Promotes collagen production, vascular healing and fibroblast activation.

KLOW – SQ injection 5 days per week. Blended peptide combination consisting of BPC-157, Thymosin Beta 4, KPV and GHK-Cu designed to target tissue regeneration, skin repair and systemic rejuvenation. Merges angiogenic, anti-inflammatory , antioxidant effects with cell migration, wound healing and skin remodeling. Promotes collagen production, vascular healing and fibroblast activation.

THYMOSIN BETA 4 (TB4 or TB500) – SQ injection 5 days per week, 3 months on and 1 month off. Promotes healing by upregulating actin, a protein critical for tissue repair and cell movement. Speeds up recovery, reduces inflammation, and promotes healing of muscles, tendons, and ligaments. Decreases scar when put on wounds. Can promote hair growth. Used post-MI to help repair heart damage (RGN-352 injectable in Phase II trials). Can also improve dry-eye (RGN-259 by RegenRx Pharmaceuticals). Side Effects: Rare but may include tiredness.

WOLVERINE – SQ injection 2-5 times per week. Blend of BPC 157 and TB500. Accelerated musculoskeletal healing, enhanced angiogenesis and blood flow to damaged tissues, reduced systemic inflammation and oxidative stress, supports neurologic repair and neuroprotection.

BPC-157/TB500/MGF/KPV – BPC-157 5mg + TB500 2mg + MGF 1mg and KPV 1mg. SQ injection 5 days per week, 3 months on and 1 month off. See description of each peptide above. Advanced recovery peptide.

REPRODUCTIVE HEALTH / FERTILITY / SEXUAL WELLNESS

ENCLOMIPHENE – ORAL. Used to treat male hypogonadism as an alternative to testosterone when fertility preservation is desired. It is the active isomer of clomiphene with more targeted effects on testosterone production. Increases FSH and LH naturally increasing testosterone production with low risk of estrogenic side effects. Side effects may include acne, oily skin, increase in body hair, mood swings and sleep disturbance.

PT-141 (bremelanotide) – SQ injection 45 minutes before sex OR nasal spray 1-4 hours before sex, no more than once daily or 8 doses per month. Activates melanocortin receptors to enhance libido and sexual arousal. Treats sexual dysfunction in both men and women. Also affects melanocytes increasing skin pigment. Side Effects: Nausea, vomiting, headaches and flushing of the skin. Can temporarily raise BP. Branded as Vyleesi. Can also get compounded with Melanotan II and oxytocin.

FST 344 (Follistatin) -SQ injection weekly or every 2-3 days. Primary function is to bind and neutralize activin (regulates cell growth, apoptosis, and FSH secretion) and myostatin (inhibits muscle cell growth); this is crucial for muscle growth and regulation of reproduction. By modulating cell proliferation and differentiation, follistatin is essential in tissue remodeling and healing, especially following injury. Suppresses FSH secretion from the anterior pituitary, which affects ovarian follicle development and menstrual cycle progression. Important for ovarian function, follicle maturation, and regulation of reproductive hormones. Plays a crucial, multifaceted role in fertility—especially female reproductive physiology—by modulating hormone signaling, supporting ovarian and endometrial function, and participating in embryo implantation and placental development. Its actions are highly complex and dose-dependent, with both deficiency and excess linked to reproductive dysfunction. No studies in humans, dose not determined.

FOX 04 DRI – SQ injection every 3 days for 4-6 weeks cycled twice annually. Senolytic peptide that antagonizes and selectively kills senescent/dying cells that accumulate in tissue as we age. It also provides testosterone support and improves spermatogenesis in late-onset male hypogonadism. Reduces chronic inflammation and tissue damage. Has been shown to improve kidney function. Enhances physical vitality and stamina. Promising for age-related tissue dysfunction, arthritis, and degenerative diseases. Most efficacious for mitochondrial support when the course follows MOTS-c or Humanin. NEVER USE LYOPHILIZED PRODUCT, MUST GET TFA-FREE.

GONADORELIN – SQ injection 5 nights per week. Synthetic GnRH analog that stimulates pulsatile LH/FSH release from the pituitary, supporting the HPG axis in hypogonadotropic states. Induces ovulation in hypothalamic amenorrhea and boosts spermatogenesis in men with secondary hypogonadism, unlike exogenous Testosterone which suppresses it. Pulsatile dosing when used with testosterone replacementprevents testicular atrophy/fertility loss in men on long-term TRT. Preferred over HCG by some due to lower estrogenic effects and more physiologic stimulation, but requires nightly adherence. Rare side effect is headache.

KISSPEPTIN-10 – SQ injection 5 days per week; 100mcg. Neuropeptide that's involved in reproduction, sexual behavior, and sexual attraction. It helps increase activity in the brain associated with sexual attraction and arousal. Stimulates the hypothalamus to release gonadotropin-releasing hormone (GnRH), which in turn signals the pituitary gland to release LH and FSH. It may benefit men undergoing testosterone replacement therapy (TRT) who have experienced a drop in their LH or FSH levels due to excessive amounts of exogenous testosterone. Side Effects: none reported. Currently available as ENDO TEST compounded with Oxytocin. Dose is 100-200mcg.

MELANOTAN II – USE WITH EXTREME CAUTION. SQ injection 2 to 7 days per week. Protocols vary for indication. Stimulates melanin production, the pigment responsible for skin tanning. It provides a tan without sun exposure and provides some UV protection against skin damage. Limited studies suggest it may promote the growth of existing melanoma. Suppresses appetite, improves insulin sensitivity and delays gastric emptying promoting satiety and aiding in weight loss. Enhances libido and erectile function through the CNS and may therefore be most helpful in psychogenic erectile dysfunction.

OXYTOCIN – ORAL. Targets social bonding, stress modulation, and inflammation via central/peripheral oxytocin receptors. Benefits have been found in PTSD, depression, anxiety, autism (improves social cognition, eye contact and empathy), fibromyalgia and chronic visceral pain. Induces appetite suppression, insulin sensitivity, vasodilation for reduced blood pressure. It is cardioprotective post heart attack. Also shown benefit in sexual dysfunction, bone density, wound healing and sarcopenia.

WEIGHT MANAGEMENT

5-AMINO-1MQ – ORAL. Enhances fat loss and improves metabolic health. Enhances metabolic rate by reducing NNMT activity, complementing the appetite-suppressing effects of GLP-1s. Increases NAD^+ to support improved mitochondrial function and cellular energy. It helps preserve lean muscle mass during caloric restriction, which can be a concern with GLP-1 monotherapy. Synergistic use may accelerate fat loss, especially in patients with metabolic resistance or plateaued weight loss. Potential anti-aging and insulin-sensitizing effects further support long-term metabolic wellness when combined with GLP-1s.

CAGRILINITIDE - Subcutaneous injection weekly. This is a peptide that is used when weight loss has plateaued on a GLP1. It can jump start weight loss again when used concomitantly with a GLP1 but can also be used alone. It acts as a dual receptor agonist, stimulating both amylin receptors and calcitonin receptors. It enhances satiety signals, slows gastric emptying, and helps reduce food intake. It also helps regulate post-meal glucose spikes. This peptide interacts with calcitonin receptors, which may further support energy balance and amplify its effect on weight reduction. Side effects may include nausea, vomiting and constipation.

MELANOTAN II – USE WITH EXTREME CAUTION. SQ injection 2 to 7 days per week. Protocols vary for indication. Stimulates melanin production, the pigment responsible for skin tanning. It provides a tan without sun exposure and provides some UV protection against skin damage. Limited studies suggest it may promote the growth of existing melanoma. Suppresses appetite, improves insulin sensitivity and delays gastric emptying promoting satiety and aiding in weight loss. Enhances libido and erectile function through the CNS and may therefore be most helpful in psychogenic erectile dysfunction.

MK-677 – ORAL at bedtime on an empty stomach, cycle 90 days on and 30 days off. Not a peptide. Also called Ibutamorelin. Orally bioavailable growth hormone secretagogue. Promotes release of GH. Decreases body fat by stimulating the production of insulin-like growth factor. Increases Ghrelin so does increase hunger. Benefits include improved physical performance, increased muscle mass, increased bone density, improved sex drive, neuroprotection, improved cognition and memory and increased IGF-1 for better insulin sensitivity. Improves energy and promotes deep and REM sleep.

MOTS-C – SQ injection twice weekly. Targets metabolic signaling regulating muscle and fat physiology, mimics exercise and helps mitochondrial function. Potent anti-inflammatory. May extend healthy lifespan. Occurs naturally in muscle, brain and liver. Also involved in bone and cardiovascular health. Encoded by mitochondrial DNA and is crucial for energy production.

RETATRUTIDE (Triple G) - Subcutaneous injection self administered at home weekly. The newest of the GLP-1 agonist drug class. It is a novel triple hormone receptor agonist that targets three critical pathways involved in metabolism, blood sugar regulation, and appetite control. It activates GLP-1 (glucagon-like peptide-1), GIP (glucose-dependent insulinotropic polypeptide), and glucagon receptors simultaneously.

SLU-PP-332 – ORAL 3-5 days per week, 2 months on and one month off. Synthetic compound developed as an exercise mimetic, meaning it mimics some of the beneficial metabolic effects of physical exercise without the need for actual physical activity. Activates nuclear receptors involved in regulating energy metabolism, mitochondrial function, and aerobic capacity. It increases fat oxidation, glucose utilization, and thermogenesis (heat production), which boosts energy expenditure and supports weight loss. Promotes metabolic

pathways typically activated during endurance exercise, thus offering fitness and metabolic benefits even in sedentary individuals. Can get in an oral compound with GLP 1 (semaglutide).

SEMAGLUTIDE – Subcutaneous injection self administered at home weekly. GLP-1 Agonist. Brand names: Ozempic/Wegovy/Rebelsus. Helps regulate appetite, slow gastric emptying, and stimulate insulin production. Promotes weight loss (up to 15%) by reducing appetite and food intake. Helps control blood sugar levels and is beneficial for individuals with any level of metabolic dysfunction. It improves cardiovascular health by reducing the risk of cardiovascular events such as heart attack and stroke. Semaglutide is a prescription compounded medication available for very competitive pricing through Bargas Wellness.

TESOFENSINE – ORAL. Weight-loss drug that works as a triple monoamine reuptake inhibitor, increasing synaptic dopamine, norepinephrine, and serotonin. Originally developed for neurodegenerative disease (Parkinson's, Alzheimer's); early trials noted marked weight loss, leading to its repurposing for obesity. Common side effects include increased heart rate and blood pressure, dry mouth, insomnia, nausea, headache. Comes in compounded capsules with Dihexa or Dihexa plus BPC 157.

TIRZEPITIDE - Subcutaneous injection self administered at home weekly. GLP-1 plus GIP agonist. Brand names: Mounjaro/Zepbound. Offers comprehensive metabolic control by acting on both GLP-1 and GIP pathways. Accelerates fat loss, especially abdominal fat, and improves insulin sensitivity. Results in significant weight loss (up to 25%) in patients with obesity or metabolic dysfunction with typically less side effects than semaglutide. Tirzepitide is a prescription compounded medication available for very competitive pricing through Bargas Wellness.

<u>All the growth hormone peptides can also be considered when weight loss is the goal.</u>

SLEEP

Many of the GHRP can improve sleep.

DSIP – Delta Sleep-Inducing Peptide. SQ injection or intranasal 3-5 nights per week. Promotes delta wave sleep (deep sleep) and helps regulate sleep cycles. It improves sleep quality, reduces insomnia, and may help increase alertness. It also offers neuroprotection by increasing time spent in delta (slow-wave) sleep, which is critical for tissue repair, growth hormone release, immune function, and waking feeling refreshed. May upregulate growth hormone (GH), reduce cortisol, regulate ACTH, promote thermoregulation, and modulate melatonin levels. Side Effects: Drowsiness and lethargy. Dosed: 100-500mcg SQ OR 300mcg IN.

MK-677 – ORAL at bedtime on an empty stomach, cycle 90 days on and 30 days off. Not a peptide. Also called Ibutamorelin. Orally bioavailable growth hormone secretagogue. Promotes release of GH. Decreases body fat by stimulating the production of insulin-like growth factor. Increases Ghrelin so does increase hunger. Benefits include improved physical performance, increased muscle mass, increased bone density, improved sex drive, neuroprotection, improved cognition and memory and increased IGF-1 for better insulin sensitivity. Improves energy and promotes deep and REM sleep.

PINEALIN – SQ injection 5 days per week. Belongs to a class of ultra-short peptides called bioregulators, studied for their roles in neuroprotection, anti-aging, and cellular rejuvenation. Unique in that it can directly penetrate cellular and nuclear membranes due to its small size, bypassing the need for surface receptors. Once inside the nucleus, Pinealon interacts with DNA, modulating gene expression related to cell survival, protection, and repair. This broad, non-receptor mechanism is believed to underlie Pinealon's neuroprotective and anti-apoptotic effects. Protects nerve cells from hypoxia (low oxygen), oxidative damage, and age-related degeneration. Improves memory retention, learning, and preserves cognitive function in models of stress or disease (e.g., prenatal hypoxia, diabetes). Supports cell survival and regeneration, with evidence for telomere lengthening and delayed cellular aging. Improves sleep quality.

SKIN / HAIR

COLLAGEN PEPTIDES - Hydrolyzed collagen. Type I: Found in skin, bones, teeth, tendons, ligaments, blood vessels, and eyes. Commonly sourced from bovine or porcine bones, tendons, or lungs or fish bone, skin, scales, or chicken bones and eggshell membranes (ESM). Type II: cartilage and the spine. Commonly sourced from chicken cartilage. Type III: muscles and blood vessels. Commonly sourced from bovine tissues. May help increase bone density, decrease joint pain, improve cartilage health to decrease arthritis, boost muscle mass, decrease atherosclerosis.

GHK-CU – Topical face cream/serum or scalp foam. Copper binding peptide with wide assortment of biologic activities that appear to counter age-associated metabolic imbalance. Helpful for connective tissue formation, antioxidant defense and cellular respiration. Supports skin and hair regeneration by stimulating collagen and releasing synthesis in skin cells. It also blocks an enzyme that converts testosterone to DHT. Promote wound healing by decreasing inflammation post-tissue injury and by removing damaged and scar tissue to generate new, healthy tissue. Decreases acne scarring and breakouts. Side Effects: Mild skin irritation or redness. Retinol, vitamin C, and alpha-hydroxy acids (AHAs) in other skincare products can decrease the overall effectiveness of copper peptides so do not use together.

GLOW BLEND – SQ injection 5 days per week. Tri-blend peptide combination consisting of BPC-157, Thymosin Beta 4 and GHK-Cu designed to target tissue regeneration, skin repair and systemic rejuvenation. Merges angiogenic, anti-inflammatory , antioxidant effects with cell migration, wound healing and skin remodeling. Promotes collagen production, vascular healing and fibroblast activation.

KLOW – SQ injection 5 days per week. Blended peptide combination consisting of BPC-157, Thymosin Beta 4, KPV and GHK-Cu designed to target tissue regeneration, skin repair and systemic rejuvenation. Merges angiogenic, anti-inflammatory , antioxidant effects with cell migration, wound healing and skin remodeling. Promotes collagen production, vascular healing and fibroblast activation.

MELANOTAN II – USE WITH EXTREME CAUTION. SQ injection 2 to 7 days per week. Protocols vary for indication. Stimulates melanin production, the pigment responsible for skin tanning. It provides a tan without sun exposure and provides some UV protection against skin damage. Limited studies suggest it may promote the growth of existing melanoma. Suppresses appetite, improves insulin sensitivity and delays gastric emptying promoting satiety and aiding in weight loss. Enhances libido and erectile function through the CNS and may therefore be most helpful in psychogenic erectile dysfunction.

OS-01 – ORAL. Developed originally to counteract skin aging but now used systemically to decrease overall cellular senescence. Benefits include improved mitochondrial function, supports kin and connective tissue repair, modulate inflammation and promotes immune homeostasis, improved joint mobility and decreased soreness and enhances collagen synthesis.

ZINC THYMULIN – Topical QD or BID. Can add to GHK-Cu in a foam for scalp. Promotes hair growth and prevents hair loss. Extends the anagen (growing) phase. Simulates the differentiation of T-cells, which may support hair follicle health. Increases the number of intermediate and vellus hairs. Corrects zinc deficiency which causes hair loss. Blocks DHT. Strengthens existing hair. Improves endogenous hair pigmentation, potentially reducing gray hair. Side Effects: None reported.