

Peptide	Benefit	Vial Size	How Much BAC to Add	Dosing	Frequency	Cycle	Note
<u>Retatrutide</u> 	Weight Loss	10 mg	3 mL	0.5–3.0 mg	Microdose every Other Day	8 - 16 weeks	Triple agonist; microdose for fewer side effects
<u>Tirzepatide</u>	Weight Loss	10 mg	3 mL	500 mcg–15 mg	Microdose Or Weekly	8-16 weeks	Dual GIP/GLP-1 agonist
<u>"Lean" (Reta + Cagrilintide)</u>	Weight Loss	10 mg	3 mL	500 mcg–10 mg	Microdose Every Other Day	16 + weeks	Blend with benefits of Reta + Cagrilintide
Semaglutide	Weight Loss	18 mg pen	3ML or Pen	0.25–2.5 mg	Weekly	16 + weeks	Long-acting GLP-1
<u>5-Amino-IMQ</u> 	Weight + Fat Loss	1- 25 mg	3ml	1–5 mg	Daily	16 + weeks	Mitochondrial function; fat loss support
<u>Cagrilintide</u>	Weight Loss	10 mg	3 mL	0.25–0.5 mg	2–3×/week	8–12 weeks	Amylin analog; suppresses appetite
<u>AOD-9604</u>	Weight+Fat Loss	10 mg	2 mL BAC + 1ML acetic Acid	500 mcg	Daily	8 weeks	HGH fragment that promotes fat burning

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<u>Sermorelin</u>	Muscle Growth	5 mg	3 mL	500 mcg	2-3×/week	8 weeks	Growth hormone release
Hexarelin	Muscle Growth	2 mg	2 mL	100 mcg	1-2× daily	4 weeks on / 4 off	Strong GH release, desensitizes quickly (subQ)
<u>IGF-1 LR3</u>	Muscle Growth	1 mg	1 mL	20-50 mcg	Daily	3-4 weeks	Anabolic; promotes muscle growth (subQ/IM)
Mechano Growth Factor (MGF)	Muscle Growth	2 mg	1 mL	200-400 mcg	2×/week	4-6 weeks	Stimulates muscle repair post-exercise (subQ/IM)
PEG-MGF	Muscle Growth	2 mg	1 mL	200-400 mcg	2×/week	4-6 weeks	Supports muscle repair post-workout (subQ/IM)
GHRP-6	Muscle Growth	5 mg	3 mL	100-200 mcg	1-2× daily	8-12 weeks	Stimulates GH release and appetite

Protide Favorites 

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GHRP-2	Muscle Growth	5 mg	3 mL	100–200 mcg	1–2× daily	8–12 weeks	GH release, less hunger than GHRP-6
<u>Tesamorelin</u> 	Fat Loss / Muscle	10 mg	3 mL	500 mcg's – 2 mg	5 days on / 2 days off	8–12 weeks	Reduces visceral fat, improves metabolism
CJC-1295 (with DAC)	Fat Loss / Muscle	2 mg	2 mL	1–2 mg	Weekly	8–12 weeks	Long-acting GHRH analog steady GH
<u>CJC-1295 (No DAC)</u>	Fat Loss / Muscle	10 mg	3 mL	100–250 mcg	5 days on / 2 days off	8–12 weeks	Short-acting GHRH analog for GH pulses
<u>SLU-PP-332</u> 	Fat Loss / Muscle	Capsules	N/A	250 mcg to 1.5 mg	5 days on / 2 days off	8–12 weeks	Reduces fat, increase endurance
<u>Iпамorelin</u>	Fat Loss / Muscle	10 mg	3 mL	300 mcg	5 days on / 2 days off (night, two hours fasted)	8–12 weeks	GH secretagogue with minimal side effects

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<u>BPC-157</u> 	Recovery & Repair	10 mg	3 mL	250–500 mcg	Everyday	Take as much as needed	Accelerates tissue healing
<u>TB-500</u>	Recovery & Repair	10 mg	3 mL	1–2 mg	Every 2 days	4–6 weeks	Regenerates tissue, reduces inflammation
<u>Cartalax</u>	Recovery & Repair	20 mg	3 mL	100–300 mcg	Daily	20 to 40 days	Joint health, repair and regeneration
ARA-290	Recovery & Repair	10 mg	3 mL	100 mcg - 300mcg	Daily	4–12 weeks	Improves nerve repair, reduces pain
<u>Thymosin Alpha-1</u> 	Immune & Gut	10 mg	2 mL	1.5 mg's	Weekly (2x)	6–12 weeks	The BPC-157 of immunity. Great for immune system
<u>LL-37</u>	Immune & Gut	5 mg	2 mL	100 mcg	Daily	4–6 weeks	Antimicrobial and healing peptide (subQ)

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<u>KPV</u> 	Immune & Gut	10 mg	2 mL	200–500 mcg	5 days on / 2 days off	8 weeks	Anti-inflammatory, gut repair (subQ)
Thymalin	Immune & Gut	20 mg	2 mL	10 mg	Daily	5–10 days	Restores immune balance (subQ)
VIP	Immune & Gut	5 mg	3 mL	50–100 mcg	Daily	2–3 months	Regulates inflammation
Vilon	Immune & Gut	5 mg	3 mL	5 mg	Daily	10–20 days	Mild immunomodulator (subQ)
<u>Epithalon</u> 	Longevity & Anti-Aging	10 mg	3 mL	1–5 mg	Daily	20 consecutive days	Telomerase activator, used in cycles
FOXO4-DRI	Longevity & Anti-Aging	10 mg	3 mL	2–10 mg	Bi-weekly	4 weeks	Experimental senolytic; rare and costly
Humanin	Longevity & Anti-Aging	10 mg	3 mL	10 mg	1–2×/week	4–6 weeks	Cell protective mitochondrial peptide

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<u>MOTS-C</u> 	Longevity & Anti-Aging	10 mg	3 mL	500 mcg to 5 mg	2×/week	4 weeks	Metabolic regulator, mimics exercise
<u>NAD+</u>	Longevity & Anti-Aging	500/1000 mg	5-7 mL	50-100 mg	2-3 days per week	Ongoing	Cell energy coenzyme
<u>SS-31</u> 	Longevity & Anti-Aging	10 mg	3 mL	500 mcg to 5 mg	Daily	4-8 weeks	Mitochondrial support
<u>Vesugen</u>	Longevity & Anti-Aging	20 mg	3 mL	1-5 mg	Daily	4 weeks	Supports vascular health
<u>GHK-Cu</u>	Longevity & Anti-Aging	50/100 mg	3-4 mL	2 mg	5 days on / 2 days off	6-8 weeks	Enhances skin regeneration
<u>GLOW</u> and <u>KLOW</u> 	Longevity & Anti-Aging	Blends of 35mg+	3-5 mL	1 to 3 mg (use GHK-Cu to calculate)	5 day on / 2 off	6-8 weeks	Skin and repair
<u>Glutathione</u>	Longevity & Anti-Aging	600 mg	5 mL	100 mg	2 to 3× weekly	8-12 weeks	Detox, inflammation, skin

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<u>NMN</u> 	Longevity & Anti-Aging	Capsules	N/A	500 mg to 1000 mg	Daily	8 weeks	Precursor for NAD and mitochondria function
<u>Kisspeptin</u>	Sexual Health	5 mg	3 mL	100 mcg	Daily	4 weeks on / 4 weeks off	Boosts GnRH and fertility
<u>PT-141</u> 	Sexual Health	10 mg	3 mL	500–1000 mcg	As needed	As needed	Boosts libido via MC-4R
Oxytocin	Sexual Health	10 mg	2 mL	20–50 mcg	As needed	As needed	Enhances bonding/intimacy
<u>Melanotan 2</u>	Skin and Sexual Health	10 mg	3 mL	250–500 mcg	Daily (initial)	2–4 weeks	Induces tanning, UV protection
<u>Melanotan 1</u>	Skin and UV Protection	10 mg	3 mL	250–500 mcg	Daily (initial)	2–4 weeks	Induces tanning, UV protection
<u>DSIP</u> 	Sleep and Anti-Aging	5 mg	3 mL	100–300 mcg	Nightly	4–8 weeks	Alternative to DSIP; enhances deep sleep

