PREMIUM HEALTH Care

RETAIL & COMPOUND PHARMACY

# PEPTIDE/COMPOUND DOSING MANUAL

# TIRZEPATIDE (PEPTIDE)

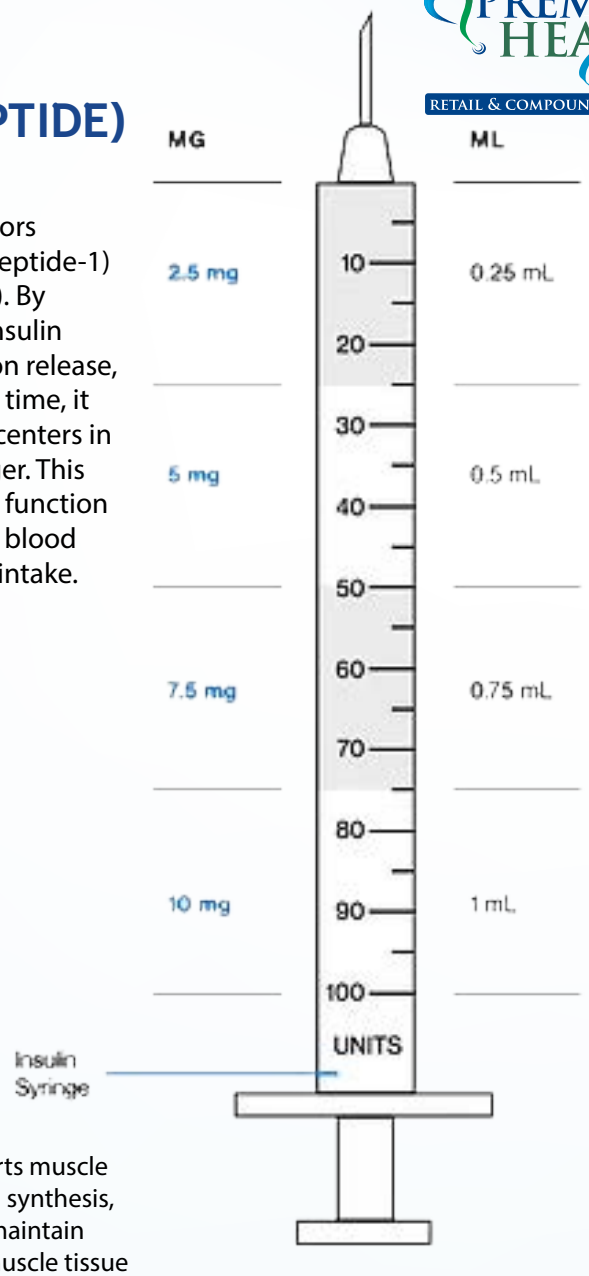
Tirzepatide works by activating two key hormone receptors involved in metabolic regulation: GLP-1 (glucagon-like peptide-1) and GIP (glucose-dependent insulinotropic polypeptide). By stimulating these receptors, tirzepatide helps enhance insulin secretion when blood sugar is elevated, reduces glucagon release, and improves overall blood glucose control. At the same time, it slows gastric emptying and acts on appetite-regulating centers in the brain, leading to increased satiety and reduced hunger. This dual-pathway mechanism supports improved metabolic function and significant weight loss by helping the body regulate blood sugar more efficiently while naturally decreasing caloric intake.

## Available Strengths

| Vial Total (mg) | Concentration | Volume (mL) |
|---|---|---|
| 10 mg | 10 mg/mL | 1 mL |
| 20 mg | 10 mg/mL | 2 mL |
| 30 mg | 10 mg/mL | 3 mL |
| 40 mg | 10 mg/mL | 4 mL |
| 50 mg | 10 mg/mL | 5 mL |
| 75 mg | 25 mg/mL | 3 mL |

## Combination Formula

50 mg Tirzepatide + 10 mg Glycine
Total volume: 5 mL




## Why Glycine

Glycine is often added alongside tirzepatide because it supports muscle preservation during weight loss. Glycine plays a role in protein synthesis, collagen production, and nitrogen balance, all of which help maintain lean muscle mass as calorie intake decreases. By supporting muscle tissue and recovery, glycine may help offset lean mass loss that can occur with rapid weight loss, allowing patients to lose fat more efficiently while preserving strength and metabolic health.

## SUGGESTED DOSING SCHEDULE:

INJECTION:
Month 1: Inject 25 units (2.5 mg) subcutaneously once weekly for 4 weeks
Month 2: Inject 50 units (5 mg) subcutaneously once weekly for 4 weeks
Month 3: Inject 75 units (7.5 mg) subcutaneously once weekly for 4 weeks
Month 4: Inject 100 units (10 mg) subcutaneously once weekly for 4 weeks
Month 5: Inject 125 units (10 mg) subcutaneously once weekly for 4 weeks
Month 6: IInject 150 units (15 mg) subcutaneously once weekly

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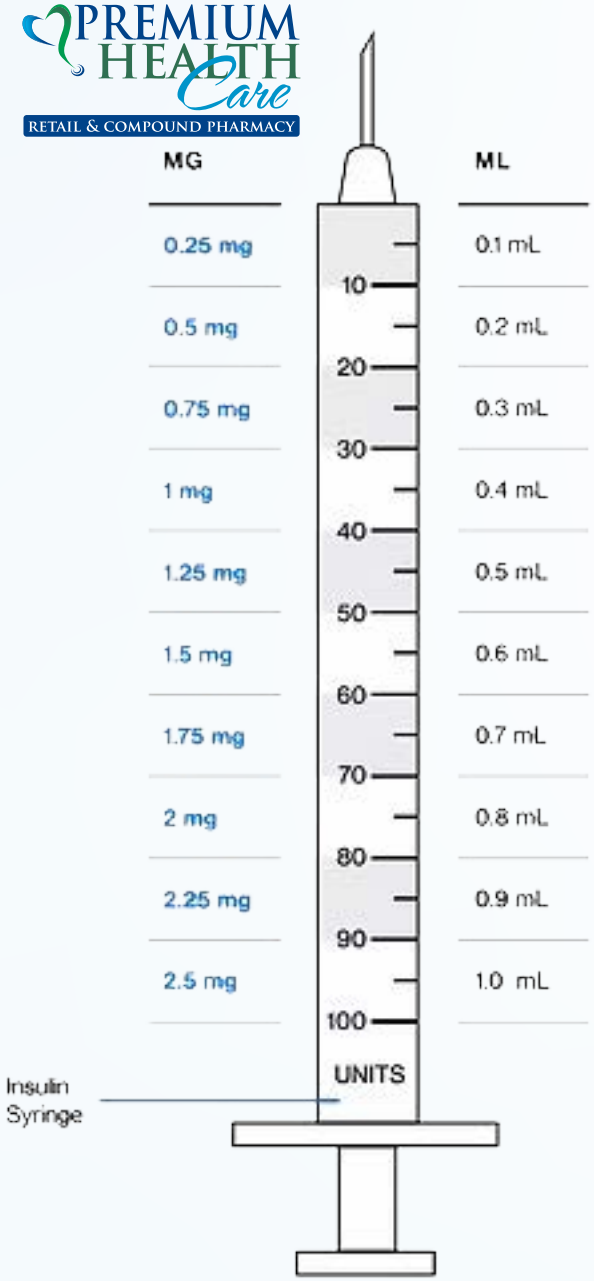


# SEMAGLUTIDE (PEPTIDE)

Semaglutide is a GLP-1 receptor agonist, meaning it mimics a natural hormone released after eating. It signals the brain to reduce appetite and cravings, helping patients feel full sooner and stay full longer, while slowing gastric emptying so food leaves the stomach more gradually. It also supports blood sugar control by increasing insulin release when blood sugar is elevated and reducing excess glucagon, helping prevent glucose spikes. The combined effect is reduced calorie intake, improved glucose regulation, and gradual, sustainable weight loss when paired with nutrition and lifestyle changes.

## Available Strengths

| Vial Total (mg) | Concentration | Volume (mL) |
|---|---|---|
| 2.5 mg | 2.5 mg/mL | 1 mL |
| 5 mg | 2.5 mg/mL | 2 mL |
| 7.5 mg | 2.5 mg/mL | 3 mL |
| 10 mg | 2.5 mg/mL | 4 mL |
| 12.5 mg | 2.5 mg/mL | 5 mL |

## Combination Formula

| Active Ingredients | Volume |
|---|---|
| Semaglutide 12.5 mg + Methylcobalamin (B12) 1 mg | 5 mL |

## Why B12

Vitamin B12 (methylcobalamin) is added to support energy, metabolism, and nervous system function during weight loss. It may help reduce fatigue as appetite and calorie intake decrease and can support lean muscle preservation, overall well-being, and treatment tolerance while using semaglutide.


## SUGGESTED DOSING SCHEDULE:

INJECTION:
Month 1: Inject 10 units (0.25 mg) subcutaneously once weekly for 4 weeks
Month 2: Inject 20 units (0.5 mg) subcutaneously once weekly for 4 weeks
Month 3: Inject 40 units (1 mg) subcutaneously once weekly for 4 weeks
Month 4: Inject 60 units (1.5 mg) subcutaneously once weekly for 4 weeks
Month 5: Inject 80 units (2 mg) subcutaneously once weekly for 4 weeks
Month 6: Inject 100 units (2.5 mg) subcutaneously once weekly

# 5 AMINO 1 MQ (COMPOUND)


5-Amino-1MQ is a small-molecule compound that works by inhibiting an enzyme called NNMT (nicotinamide N-methyltransferase). NNMT plays a role in how the body regulates metabolism, energy balance, and fat storage.

When NNMT activity is high, it can interfere with normal metabolic signaling and reduce the body's ability to efficiently burn fat. By blocking NNMT, 5-Amino-1MQ helps shift the body toward a more favorable metabolic state, supporting improved energy utilization and fat metabolism.

Rather than acting as a stimulant or appetite suppressant, 5-Amino-1MQ works at the cellular and metabolic level, influencing how the body processes and stores energy.

### How It Works in the Body

5-Amino-1MQ helps:

- Reduce NNMT activity in fat tissue
- Support healthier cellular energy signaling
- Improve metabolic efficiency
- Encourage fat cells to store less energy

This mechanism makes it especially interesting in metabolic and body-composition–focused protocols.

### Potential Benefits

Possible benefits may include:

- Support for fat loss and body recomposition
- Improved metabolic efficiency
- Enhanced energy utilization
- Support for insulin sensitivity
- Reduced fat storage signaling
- May complement weight-management or metabolic wellness programs

## SUGGESTED DOSE:

AVAILABLE: 50 mg Capsule &
300 mcg/mL vial 10mL (3000 mcg total)

CAPSULE:
50 mg once daily in the morning for 5 days a week

INJECTION:
SQ: Inject 30 -100 units (90mcg-300mcg) in morning 5-6 days a week

## TYPICAL USE NOTES:

- Often taken once daily
- Commonly used in short cycles (for example, several weeks on, followed by a break)
- Frequently paired with dietary, metabolic, or lifestyle programs

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# AMLEXANOX (COMPOUND)

Amlexanox is a small-molecule compound originally developed for its anti-inflammatory and immunomodulatory properties. More recently, it has gained interest in metabolic and wellness-focused settings due to its effects on cellular signaling involved in inflammation and energy regulation.

## How Amlexanox Works in the Body

Amlexanox works primarily by inhibiting two key inflammatory signaling proteins: TBK1 and IKKε. These proteins are often overactive in states of chronic inflammation and metabolic dysfunction.

By inhibiting TBK1 and IKKε, amlexanox helps:

- Reduce chronic, low-grade inflammation
- Improve cellular insulin signaling
- Support healthier metabolic communication between cells
- Effects are driven by anti-inflammatory and signaling modulation, not appetite suppression

Rather than acting as a stimulant or hormone, amlexanox works at the signaling and cellular level, helping restore balance in inflammatory and metabolic pathways.

## Possible Benefits

Potential benefits associated with amlexanox may include:

- Support for metabolic health
- Improved insulin sensitivity
- Reduction in chronic inflammatory signaling
- Support for glucose regulation
- Enhanced energy utilization
- Potential support for weight and body composition goals
- May complement metabolic or wellness-focused treatment protocols


## SUGGESTED DOSE:

AVAILABLE: 20 mg & 40 mg Capsules

CAPSULE:
40 mg once daily at bedtime, typically taken with food
or
20 mg twice daily (morning and evening)

Some clinicians choose to start at 20 mg once daily for a short period and increase as tolerated.

## TYPICAL USE NOTES:

- Often taken with meals to improve tolerability
- Commonly used in time-limited courses (e.g., several weeks, then reassessed)
- Often discussed in metabolic or inflammation-focused protocols

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# ELAMIPRETIDE (SS-31) (PEPTIDE)

Elamipretide, also known as SS-31, is a synthetic peptide designed to support mitochondrial health and function. Unlike many therapies that act on hormones or receptors, SS-31 works directly at the mitochondrial level, targeting the cell's energy-producing structures.
It has been studied for its ability to improve cellular energy production and reduce oxidative stress, particularly in tissues with high energy demands such as muscle, heart, and nerve cells.

## How Elamipretide (SS-31) Works in the Body

SS-31 selectively binds to cardiolipin, a key lipid found in the inner mitochondrial membrane that is essential for efficient energy production. When cardiolipin is damaged or dysfunctional, mitochondrial performance declines.

By stabilizing cardiolipin, SS-31 helps:
- Improve mitochondrial efficiency
- Support ATP (cellular energy) production
- Reduce excess oxidative stress
- Protect mitochondria from structural damage

Rather than stimulating the body, SS-31 helps cells function more efficiently at a foundational level, supporting healthier energy metabolism.

## Possible Benefits

Potential benefits associated with elamipretide (SS-31) may include:

- Support for cellular energy production
- Improved mitochondrial efficiency
- Reduced oxidative stress
- Support for muscle performance and recovery
- Enhanced fatigue resistance
- Support for metabolic and cardiovascular health
- May assist with aging-related cellular decline
- Potential benefit in wellness and recovery-focused protocols

## Key Notes

- Works at the cellular and mitochondrial level, not hormonal pathways
- Not a stimulant or appetite suppressant
- Often discussed in performance, recovery, longevity, and metabolic optimization context


## SUGGESTED DOSE:

AVAILABLE: 40 mg/mL vial 5 mL

INJECTION:
SQ: Inject 12.5 -100 units (5mg-40mg) once daily

## TYPICAL USE NOTES:

- Often administered once daily
- Not typically dosed over 40 mg
- Frequently used in time-limited cycles (e.g., several weeks, then reassess)
- Commonly incorporated into mitochondrial, recovery, performance, or longevity-focused protocols

# GHK–CU (PEPTIDE)

GHK-Cu works at the cell signaling level, influencing gene expression related to healing and regeneration. When bound to copper, the peptide becomes biologically active and helps regulate processes involved in tissue repair.

GHK-Cu helps:
- Signal cells to repair and regenerate tissue
- Support collagen and elastin synthesis
- Promote angiogenesis (formation of new blood vessels)
- Reduce excessive inflammation
- Protect cells from oxidative stress

Unlike stimulants or hormones, GHK-Cu works by supporting the body's natural repair mechanisms rather than forcing a response.

## Possible Benefits

Potential benefits of GHK-Cu may include:
- Improved skin firmness and elasticity
- Support for wound healing
- Reduction in the appearance of fine lines and wrinkles
- Enhanced collagen and extracellular matrix production
- Support for hair growth and scalp health
- Anti-inflammatory and antioxidant effects
- Support for tissue regeneration and repair
- May aid recovery in skin, soft tissue, and connective tissue


## SUGGESTED DOSE:

AVAILABLE: CREAM & FOAM

CREAM:
Apply a thin layer nightly preferably at bedtime, to clean, dry skin.

FOAM:
Apply 1–2 pumps of foam to the affected areas of the scalp once preferably nightly at bedtime. Massage gently into the scalp until fully absorbed. Allow the product to dry completely before styling hair or going to bed. Wash hands thoroughly after application.

# GONADORELIN (PEPTIDE)

Gonadorelin is a synthetic peptide hormone that is structurally identical to the body's natural Gonadotropin-Releasing Hormone (GnRH). GnRH is produced by the hypothalamus and plays a central role in regulating the reproductive and sex hormone axis.

### What it does & how it works

In the body, gonadorelin acts on the pituitary gland, signaling it to release luteinizing hormone (LH) and follicle-stimulating hormone (FSH). These two hormones then act on the gonads (testes in men, ovaries in women) to stimulate the production of sex hormones such as testosterone, estrogen, and progesterone, as well as support sperm and egg development.

Because gonadorelin mimics the body's natural signaling rather than replacing hormones directly, it is often described as a way to support or restore normal hormone signaling within the hypothalamic-pituitary-gonadal (HPG) axis.

### Possible Benefits

While individual outcomes vary and use should always be guided by a provider, potential benefits that are commonly discussed include:

- Supporting natural testosterone production in men
- Helping maintain fertility while addressing hormone imbalance
- Supporting LH and FSH release in patients with suppressed signaling
- Assisting with hormonal balance in both men and women
- Offering an alternative to direct hormone replacement in certain protocols
- Supporting overall reproductive and endocrine health


## SUGGESTED DOSE:

AVAILABLE: 2 mg vial 5 mL (400 mcg/mL)

INJECTION:
SQ: Inject 12.5 - 25 units (50–100 mcg) twice a week, depending on protocol and clinical goals.

## TYPICAL USE NOTES:

- Supports natural hypothalamic-pituitary-gonadal (HPG) axis signaling
- Stimulates endogenous release of LH and FSH
- Commonly administered in low, pulsatile doses to mimic physiologic GnRH secretion
- Often used when preservation of natural hormone production and fertility is a goal
- May be incorporated into hormone optimization or endocrine support protocols

# HEXARELIN (PEPTIDE)

Hexarelin is a synthetic peptide classified as a growth hormone–releasing peptide (GHRP). It is designed to stimulate the body's natural production of growth hormone (GH) by acting on specific receptors involved in GH release.

## What it does & how it works

Hexarelin works by binding to the ghrelin (GHS-R) receptor in the hypothalamus and pituitary gland. This signaling prompts the pituitary to release growth hormone in a pulsatile, physiologic manner, rather than supplying growth hormone directly.

Unlike exogenous HGH, hexarelin relies on the body's own endocrine pathways. It also has a strong affinity for GH release compared to some other GHRPs, which is why it is often discussed in performance, recovery, and anti-aging contexts.

## Possible Benefits

Potential benefits commonly discussed in clinical or wellness settings include:

- Increased natural growth hormone secretion
- Support for lean muscle mass development
- Enhanced recovery from exercise or injury
- Support for fat metabolism
- Improved tissue repair and healing
- Support for bone density
- Potential improvements in sleep quality (via GH-related pathways)
- Anti-aging and cellular regeneration support

Hexarelin is typically considered a potent GH secretagogue, and its use is generally guided by a healthcare professional with attention to dosing strategy, cycling, and overall hormonal balance


## SUGGESTED DOSE:

AVAILABLE: 5 mg vial 5 mL (1 mg/mL)

INJECTION:
SQ: Inject 10-30 units (100–300 mcg) 5 times a week.

## TYPICAL USE NOTES:

- Often selected for recovery, body composition, tissue repair, and anti-aging support
- Often administered on an empty stomach, commonly morning and/or before bedtime to align with natural GH pulses.
- Frequently cycled due to potency rather than used continuously
- May be combined with a GHRH (e.g., CJC-1295) in certain protocols to enhance GH signaling
- Dosing and duration are typically individualized based on goals and tolerance

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# IPAMORELIN + SERMORELIN (PEPTIDES)


Ipamorelin + Sermorelin is a peptide combination used to support the body's natural growth hormone (GH) production by stimulating normal pituitary signaling rather than supplying growth hormone directly. The two peptides work through complementary mechanisms, making the combination popular for balanced, physiologic GH support.

## What it is & how it works

Sermorelin is a growth hormone–releasing hormone (GHRH) analog. It mimics the body's natural GHRH signal, prompting the pituitary gland to release growth hormone in a regulated, pulsatile manner.

Ipamorelin is a growth hormone–releasing peptide (GHRP) that works by activating the ghrelin (GHS-R) receptor, further stimulating GH release while having minimal effect on cortisol and prolactin.

When combined, sermorelin provides the primary signal for GH release, while ipamorelin enhances and amplifies that signal. This results in more consistent, physiologic growth hormone secretion that aligns closely with the body's natural rhythms.

## Possible benefits

Potential benefits commonly discussed include:

- Increased endogenous growth hormone production
- Support for lean muscle development and strength
- Enhanced fat metabolism and body composition
- Improved recovery and tissue repair
- Support for sleep quality and REM sleep
- Anti-aging and cellular regeneration support
- Improved energy and exercise recovery
- Support for bone, joint, and connective tissue health

## SUGGESTED DOSE:

AVAILABLE : 15mg/15mg vial 10 mL

SQ: Inject 20-33 units (300-500 mcg) once nightly, preferably at bedtime without food

## TYPICAL USE NOTES:

Ipamorelin / Sermorelin is commonly used daily for 8–12 weeks, followed by a 2–4 week break. Some providers opt for 5 days on / 2 days off weekly during the cycle, while others use it 7 days per week, depending on goals and patient response. Cycling helps maintain receptor sensitivity and supports sustained effectiveness over time.

- Supports physiologic growth hormone (GH) release by stimulating natural pituitary signaling
- Combines a GHRH analog (sermorelin) with a GHRP (ipamorelin) for synergistic GH stimulation
- Designed to enhance endogenous GH production rather than provide exogenous HGH
- Commonly used for recovery, body composition, sleep, and longevity support
- Typically administered once daily at bedtime to align with natural GH pulses

# LARAZOTIDE (PEPTIDE)

Larazotide (Larazotide Acetate) is a synthetic peptide that has been studied primarily for its role in intestinal barrier function, often referred to as "gut permeability" or "leaky gut." It is best known for its investigation in gastrointestinal and immune-related conditions.

## What it is & how it works

Larazotide works by regulating tight junctions in the intestinal lining. Tight junctions are protein structures that control what passes between intestinal cells and into the bloodstream. When these junctions are overly "open," larger particles can cross the gut barrier, potentially triggering inflammation and immune activation.

Larazotide acts as a zonulin antagonist, meaning it helps block the effects of zonulin, a protein that increases intestinal permeability. By doing so, larazotide helps maintain the integrity of the gut lining and limits the passage of unwanted substances into systemic circulation.

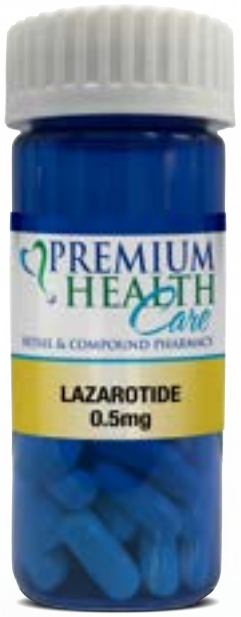
Rather than suppressing the immune system, larazotide focuses on restoring gut barrier control, which is why it is often discussed in gut-health and immune-modulation contexts.

## Possible Benefits

Potential benefits commonly discussed or studied include:

- Support for intestinal barrier integrity
- Reduction in excessive gut permeability ("leaky gut")
- Support for gastrointestinal comfort and function
- Reduced immune activation related to gut barrier dysfunction
- Support for inflammatory balance originating in the gut
- Potential benefit in gluten-related or autoimmune-associated gut conditions
- Improved overall gut-immune communication

Larazotide is typically viewed as a gut-focused peptide that works upstream by addressing barrier function rather than downstream symptoms.




## SUGGESTED DOSE:

AVAILABILITY: 0.5 mg Capsules

CAPSULE:
1 Capsule (0.5 mg) 1–3 times daily, often taken 15–30 minutes before meals

## TYPICAL USE NOTES:

- Used to support intestinal barrier integrity ("gut lining" support)
- Functions as a zonulin antagonist, helping regulate tight junctions in the gut
- Commonly taken before meals to support barrier control during digestion
- Often discussed in gut health, immune balance, and inflammatory support protocols
- Focuses on addressing gut permeability, not symptom suppression

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# MET-ENKEPHALIN
## (PEPTIDE)

Met-enkephalin is a naturally occurring opioid peptide (an endogenous neuropeptide) produced by the body. It belongs to the enkephalin family and plays a role in pain modulation, immune regulation, and neuroendocrine signaling.

### What it does & how it works

Met-enkephalin is derived from the precursor protein proenkephalin and acts primarily by binding to opioid receptors, especially delta (δ) opioid receptors, with some activity at mu (μ) receptors. Unlike pharmaceutical opioids, met-enkephalin functions as part of the body's internal signaling system and is released in response to stress, pain, and immune activity.

Beyond pain signaling, met-enkephalin is involved in immune system communication, influencing immune cell activity and inflammatory signaling. It also interacts with the nervous system to help regulate stress responses, mood, and neuroendocrine balance.

Because it is endogenously produced and rapidly broken down, its effects are short-acting and regulatory, rather than suppressive or intoxicating.

### Possible Benefits

Potential benefits commonly discussed in clinical and research contexts include:

- Support for natural pain modulation
- Immune system regulation and signaling support
- Anti-inflammatory pathway modulation
- Support for stress and mood balance
- Neuroprotective and neuromodulatory effects
- Support for gut-brain-immune communication
- Possible role in cellular regulation and tissue homeostasis

Met-enkephalin is often described as a regulatory peptide, helping the body maintain balance across the nervous and immune systems rather than forcing a single downstream effect.


## SUGGESTED DOSE:

AVAILABLE: 2 mg/mL- 5 mL (10 mg total) Vial

INJECTION:
SQ: Inject 10-40 units daily or 5 days a week
50-100 units 3-5 days a week
IV: Infuse 2.5-5 mL in 500 mL 0.9% Normal Saline bag weekly

## TYPICAL USE NOTES:

- Effects are short-acting and regulatory, not suppressive
- Often incorporated into immune-support, gut-immune, or neuromodulation protocols
- Commonly used daily for 6–10 weeks
- Followed by a 2–4 week break before reassessment
- Some providers prefer 5 days on / 2 days off weekly during active cycles
- Cycling helps support receptor responsiveness and sustained regulatory effects

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# METHYLENE BLUE
## (COMPOUND)

Methylene Blue is a long-standing pharmaceutical compound with a wide history of medical use and growing interest in cellular energy, cognitive support, and mitochondrial health. At low, controlled doses, it is commonly discussed for its role in supporting cellular function and oxidative balance.

### What it is & how it works

Methylene Blue works primarily at the mitochondrial level, where it helps support efficient cellular energy production. It acts as an electron carrier in the mitochondrial electron transport chain, which can improve how cells generate ATP (energy). By helping electrons move more efficiently, methylene blue may reduce oxidative stress and support overall cellular resilience.

It also has activity in the nervous system, where it influences neurotransmitter pathways and cellular signaling, and has mild antioxidant and redox-modulating properties. Unlike many antioxidants, methylene blue can both accept and donate electrons, allowing it to work dynamically within cells.

### Possible Benefits

Potential benefits commonly discussed in clinical, wellness, and research settings include:

- Support for mitochondrial function and cellular energy
- Cognitive and brain health support, including focus and mental clarity
- Neuroprotective and neuronal signaling support
- Support for memory and cognitive performance
- Antioxidant and oxidative stress modulation
- Support for cellular resilience and longevity pathways
- Potential mood and energy support
- Support for overall metabolic efficiency

Methylene Blue is often viewed as a mitochondrial and neuro-support compound, with effects that are dose-dependent and best guided by a knowledgeable healthcare provider.


## SUGGESTED DOSE:

AVAILABLE IN 10mg/mL Vial
5MG, 10MG, 15MG, 25MG CAPSULES

INJECTION:
SQ & IM: Not recommended
IV: 10 units-100 units (1 mg-10 mg) in D5W once weekly.
NOT compatible with Normal Saline.

CAPSULE:
Taken once daily X 5 days weekly

## TYPICAL USE NOTES:

- Used to support mitochondrial function and cellular energy production
- Commonly used daily for 4–8 weeks
- Followed by a 1–2 week break before reassessment
- Some providers prefer 5 days on / 2 days off weekly during active use
- Acts as a redox modulator and electron carrier, supporting efficient ATP generation
- Commonly discussed for cognitive support, mental clarity, and neuroprotection
- May support oxidative stress balance at low, controlled doses
- Effects are dose-dependent, making provider oversight important

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# PE 22–28 (PEPTIDE)

PE-22-28 is a synthetic neuropeptide fragment derived from glucagon-like peptide-1 (GLP-1). Unlike full GLP-1 agonists, PE-22-28 is studied primarily for its effects on central nervous system signaling, particularly pathways involved in appetite regulation, satiety, and reward behavior.

## What it is & how it works

PE-22-28 represents a specific segment (amino acids 22–28) of the GLP-1 molecule. Rather than acting as a classic GLP-1 receptor agonist throughout the body, this fragment is thought to influence brain-based signaling related to hunger, cravings, and food-seeking behavior.

Research suggests PE-22-28 may modulate reward and motivation pathways in the brain, helping reduce the drive to eat for pleasure rather than true hunger. It appears to work upstream of calorie intake by affecting neural appetite control, not by slowing digestion or directly altering insulin secretion like traditional GLP-1 medications.

Because of this mechanism, PE-22-28 is often discussed in the context of behavioral appetite regulation rather than metabolic hormone replacement.

## Possible Benefits

Potential benefits commonly discussed or explored include:

- Support for appetite control and satiety
- Reduction in food cravings and reward-driven eating
- Support for mindful or regulated eating behaviors
- Complementary support alongside metabolic or weight-management programs
- Central (brain-based) appetite signaling support
- Potential benefit for patients who struggle with cravings rather than hunger

PE-22-28 is generally viewed as a neuro-regulatory peptide, focusing on appetite signaling in the brain rather than peripheral metabolic effects.


## SUGGESTED DOSE:

AVAILABLE: 20 mg Nasal Spray

1–2 sprays intranasally once to twice daily, typically before meals

## TYPICAL USE NOTES:

- Neuropeptide fragment studied for central (brain-based) appetite and craving regulation
- Commonly used daily for 6–10 weeks
- Followed by a 2–4 week break before reassessment
- Some protocols use 5 days on / 2 days off weekly during active cycles
- Works on reward and satiety signaling, not by slowing digestion or acting like traditional GLP-1 agonists
- Often used to support appetite awareness, portion control, and reduced food cravings
- Commonly administered intranasally for rapid CNS signaling
- Frequently taken before meals to support satiety and mindful eating

# PENTADECAPEPTIDE ARGINATE (BPC)

Pentadeca Arginate Peptide (often referred to as BPC-157 arginate) is a synthetic peptide complex derived from a naturally occurring peptide found in gastric juice. It is formulated with arginine salts (arginate) to enhance stability, solubility, and absorption. This peptide is best known for its role in tissue repair, gut integrity, and regenerative signaling.

### What it is & how it works

Pentadeca Arginate Peptide works by interacting with multiple cellular repair and signaling pathways involved in healing and regeneration. It has been shown to influence angiogenesis (formation of new blood vessels), collagen production, and cellular migration—key processes required for tissue repair.

It also appears to modulate nitric oxide (NO) pathways, which play a role in blood flow, inflammation control, and tissue healing. Through these mechanisms, the peptide supports repair at the musculoskeletal, gastrointestinal, and connective tissue levels. Unlike pain-relief agents, it does not mask symptoms; instead, it supports the body's intrinsic healing processes.

### Possible Benefits

Potential benefits commonly discussed in clinical and wellness contexts include:

- Support for tendon, ligament, and muscle repair
- Enhanced recovery from physical injury or strain
- Support for gut lining integrity and gastrointestinal health
- Promotion of healthy blood flow and angiogenesis
- Support for wound healing and tissue regeneration
- Anti-inflammatory pathway modulation
- Support for joint and connective tissue health
- May assist in recovery from overuse or athletic stress

Pentadeca Arginate Peptide is often described as a foundational regenerative peptide, valued for its broad repair-support profile across multiple body systems.


## SUGGESTED DOSE:

AVAILABLE: 2 mg/mL 5 mL (10 mg total)

INJECTION:
SQ: Inject 10-25 units (200–500 mcg) once to twice a day

## TYPICAL USE NOTES:

- Acts on cellular pathways involved in tissue regeneration, angiogenesis, and collagen support
- Commonly utilized for musculoskeletal recovery, including tendons, ligaments, joints, and muscle
- Commonly used daily for 4–8 weeks
- Some protocols extend to 8–12 weeks for chronic or more significant tissue support
- Followed by a 2–4 week break before reassessment
- In acute injury settings, shorter cycles may be used with reevaluation
- Cycling helps support sustained effectiveness and physiologic balance
- Often incorporated into injury recovery, rehabilitation, and performance-support protocols

# PINEALON (PEPTIDE)

Pinealon is a synthetic tripeptide (a short chain of three amino acids) originally studied for its effects on the central nervous system, brain aging, and neuroprotection. It is derived from peptides associated with the pineal gland, which plays a role in circadian rhythm, aging, and neuroendocrine regulation.

### What it is & how it works

Pinealon works at the cellular and genetic level within neurons. Research suggests it helps regulate gene expression related to brain cell survival, stress resistance, and repair. Rather than acting as a stimulant or neurotransmitter, Pinealon supports the brain's adaptive and protective mechanisms, especially under conditions of aging, oxidative stress, or neurological strain.

It is believed to influence neuronal metabolism, antioxidant defenses, and synaptic signaling, helping protect brain cells from damage and supporting healthy communication between neurons. Because of this mechanism, Pinealon is often described as a neuroregulatory and neuroprotective peptide.

### Possible Benefits

Potential benefits commonly discussed in clinical and research contexts include:

- Support for cognitive function and mental clarity
- Neuroprotective support against age-related decline
- Support for memory and learning processes
- Antioxidant and oxidative stress modulation in brain tissue
- Support for neuronal repair and resilience
- May assist with stress adaptation and nervous system balance
- Potential longevity and healthy brain-aging support

Pinealon is typically viewed as a brain-focused longevity peptide, aimed at supporting long-term neurological health rather than producing immediate symptomatic cognitive enhancement. Therefore, immediate noticeable effects may not seen.


## SUGGESTED DOSE:

AVAILABLE: 4 mg/mL 5 mL (20 mg total)

INJECTION:
SQ: Inject 25-50 units (1-2 mg) daily or 5 days a week

## TYPICAL USE NOTES:

- Commonly used in cognitive support, brain health, and longevity-focused protocols
- Benefits are often gradual and associated with consistent use over time
- Typically used in defined cycles rather than continuously
- Common approach: daily use for 10–20 days
- Some protocols extend use up to 4–6 weeks based on goals
- Followed by a 1–3 month break before repeating
- Cycling supports ongoing cellular responsiveness and effectiveness
- Repeat cycles are individualized and provider-guided

# PT-141 (PEPTIDE)

# (BREMELANOTIDE)


PT-141 (Bremelanotide) is a synthetic peptide derived from melanocortin peptides and is best known for its role in sexual desire and arousal signaling. Unlike medications that act on blood flow or hormones, PT-141 works primarily through the central nervous system.

## What it is & how it works

PT-141 acts on melanocortin receptors (MC3R and MC4R) in the brain, which are involved in regulating sexual desire, arousal, and motivation. By activating these receptors, PT-141 influences neurotransmitter pathways related to libido and sexual response.

Importantly, PT-141 does not work by increasing testosterone, estrogen, or blood flow directly. Instead, it enhances brain-based sexual signaling, which is why it may be effective even when vascular or hormonal therapies are insufficient.

Because it works centrally, PT-141 can support sexual desire in both men and women, independent of hormone levels.

## Possible Benefits

Potential benefits commonly discussed in clinical and wellness contexts include:

- Increased sexual desire (libido)
- Enhanced sexual arousal and responsiveness
- Support for sexual satisfaction
- Central (brain-based) mechanism independent of blood flow
- May benefit individuals who do not respond to traditional ED medications
- Can be used in both men and women
- May support sexual confidence and motivation

PT-141 is often described as a desire-activating peptide, focusing on the neurological component of sexual health rather than purely physical mechanisms.

## SUGGESTED DOSE:

AVAILABLE: 10 mg/mL 2 mL (20 mg)
50 mg Nasal Spray

INJECTION:
SQ: Inject 20 units (2 mg) as needed, typically 30–60 minutes before anticipated sexual activity

NASAL SPRAY:
1–2 sprays intranasally (0.1 mL per spray) as needed, typically 30–60 minutes prior to desired effect, providing 0.5–1 mg per dose.

## TYPICAL USE NOTES:

- Used on an as-needed basis to support brain-based sexual desire and arousal
- Acts through central melanocortin receptors, not through hormones or blood flow
- Intended for intermittent use, not daily administration
- Effects are typically situational, rather than cumulative
- Commonly incorporated into sexual wellness protocols for both men and women
- Best results are often seen when doses are spaced out
- Typical pattern includes no more than 1–2 uses per week
- Periodic breaks are recommended to maintain responsiveness and tolerance

# SERMORELIN (PEPTIDE)

Sermorelin is a synthetic peptide that is structurally similar to the body's natural growth hormone–releasing hormone (GHRH). It is used to support the body's own production of growth hormone (GH) by stimulating normal pituitary signaling rather than providing growth hormone directly.

## What it is & how it works

Sermorelin works by binding to GHRH receptors in the pituitary gland, signaling the pituitary to release growth hormone in a pulsatile, physiologic manner. This mirrors how the body naturally secretes GH, particularly during deep sleep.

Because sermorelin stimulates endogenous GH production, it helps maintain the integrity of the hypothalamic-pituitary axis and allows the body's regulatory feedback systems to remain intact. Unlike exogenous HGH, sermorelin encourages the body to do the work itself, which is why it is often favored for longer-term hormone support and wellness-focused protocols.

## Possible Benefits

Potential benefits commonly discussed in clinical and wellness settings include:

- Increased natural growth hormone production
- Support for lean muscle mass and strength
- Improved fat metabolism and body composition
- Enhanced recovery and tissue repair
- Support for deeper, more restorative sleep
- Anti-aging and cellular regeneration support
- Improved energy levels and vitality
- Support for bone density, joint, and connective tissue health

Sermorelin is often viewed as a foundational GH-support peptide, valued for its balanced, physiologic approach to growth hormone optimization under the guidance of a licensed healthcare provider.


## SUGGESTED DOSE:

AVAILABLE: 2 mg/mL 7.5 mL (15 mg)

INJECTION:
SQ: Inject 15-25 units (300-500 mcg) once nightly, preferably at bedtime without food or at least 90 min of last meal

## TYPICAL USE NOTES:

- Most commonly administered once daily at bedtime to align with natural GH secretion during sleep
- Intended for longer-term GH support rather than short, aggressive stimulation
- Effects are typically gradual and cumulative, supporting overall wellness, recovery, and vitality
- Often incorporated into anti-aging, sleep, body composition, and recovery-focused protocols
- Commonly used daily for 3–6 months
- Some providers reassess at 8–12 weeks with labs and clinical response
- Short breaks (e.g., 2–4 weeks off) may be incorporated periodically based on provider preference

PREMIUM HEALTH Care
RETAIL & COMPOUND PHARMACY

# SLU-PP-332 (COMPOUND)


SLU-PP-332 (often written SLUPP-332) is an l small-molecule compound that has been studied for its ability to activate estrogen-related receptors (ERRs) involved in energy metabolism and mitochondrial function. It's sometimes described as an "exercise-mimetic"–type compound because of how it influences metabolic pathways similar to those activated by physical activity.

### What it is & how it works

SLU-PP-332 works by activating ERRα, ERRβ, and ERRγ, which are nuclear receptors that regulate genes involved in mitochondrial biogenesis, fatty acid oxidation, and energy utilization. These receptors play a major role in tissues with high energy demand, such as skeletal muscle, heart, and liver.

By stimulating these receptors, SLU-PP-332 promotes increased mitochondrial activity and metabolic efficiency, shifting the body toward greater use of fatty acids for fuel and improved cellular energy handling. Importantly, it does not act as a stimulant and does not directly affect hormones like testosterone or estrogen.

### Possible Benefits

Potential benefits discussed in research and experimental contexts include:

- Support for mitochondrial function and energy metabolism
- Increased fatty acid oxidation
- Improved metabolic efficiency in muscle tissue
- Support for endurance-like metabolic adaptations
- Potential benefit for metabolic health and body composition
- Exercise-mimetic signaling without direct cardiovascular stimulation
- Support for energy utilization in high-demand tissues

SLU-PP-332 is generally viewed as a metabolic signaling compound, focusing on how cells generate and use energy rather than directly altering appetite, hormones, or nervous system signaling.

## SUGGESTED DOSE:

AVAILABLE: 250 mcg, 1000 mcg  Caps

CAPSULE:
Take 1 Capsule in morning and 1 in the afternoon

## TYPICAL USE NOTES:

- Typically incorporated into metabolic and energy-support protocols rather than used as a standalone therapy
- Commonly paired with nutrition and activity programs to complement metabolic goals
- Commonly used in defined cycles of 8–12 weeks
- Followed by a 2–4 week break before reassessment
- Cycling is used to support continued receptor responsiveness and metabolic adaptation
- Repeat cycles are determined by tolerance, response, and clinical objectives, under provider guidance

# SIROLIMUS (COMPOUND)

Sirolimus (also known as rapamycin) is a small-molecule immunomodulatory and metabolic regulator that has been widely studied for its effects on cell growth, immune signaling, aging pathways, and longevity biology. It is not a peptide or hormone.

### What it is & how it works

Sirolimus works by inhibiting a key cellular pathway called mTOR (mechanistic target of rapamycin). mTOR acts as a central "nutrient and growth sensor" in the body, regulating cell growth, protein synthesis, metabolism, and immune activity.

When mTOR activity is reduced, cells shift from a growth-focused state to a repair, maintenance, and stress-resilience mode. This shift is associated with enhanced autophagy (cellular cleanup and recycling), reduced unnecessary cell proliferation, and improved cellular efficiency.

Rather than acting as a stimulant or replacement therapy, sirolimus works upstream at the cellular signaling level, influencing how cells age, repair, and respond to stress.

### Possible Benefits

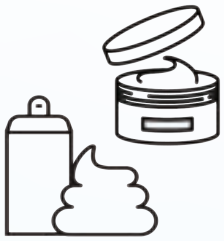
Potential benefits commonly discussed in clinical, research, and longevity-focused contexts include:

- Support for cellular repair and autophagy
- Modulation of immune system activity
- Support for healthy aging and longevity pathways
- Reduction of excessive cellular growth signaling
- Support for metabolic efficiency and cellular stress resistance
- Potential neuroprotective and anti-inflammatory effects
- Support for tissue homeostasis and cellular balance

Sirolimus is often described as a longevity and cellular-regulation compound, focusing on optimizing how cells function over time rather than producing immediate symptomatic effects. Its use is typically carefully guided and monitored by a licensed healthcare provider due to its powerful pathway-level effects.


## SUGGESTED DOSE:

AVAILABLE: 0.2% Topical Cream and Foam



CREAM OR FOAM:
Apply a thin layer to the affected area once daily

## TYPICAL USE NOTES:

- Commonly incorporated into dermatology or longevity-focused skin protocols to support cellular regulation and skin barrier health
- Intended for localized use, targeting skin-level pathways rather than systemic effects
- Frequently used in structured cycles, such as 6–12 weeks of use
- Followed by a 2–4 week break before reassessment
- Some providers recommend intermittent cycling to maintain pathway responsiveness
- Duration and repeat cycles are individualized based on skin response and clinical goals
- Ongoing use should be provider-guided and periodically evaluated

PREMIUM HEALTH Care
RETAIL & COMPOUND PHARMACY

# TESOFENSINE (PEPTIDE)


Tesofensine is a small-molecule compound originally researched for neurological conditions and later studied for its effects on appetite regulation, energy balance, and weight management. It is not a peptide or hormone.

## What it is & how it works

Tesofensine works centrally in the brain by inhibiting the reuptake of three key neurotransmitters:
serotonin, norepinephrine, and dopamine. These neurotransmitters play major roles in appetite control, satiety, motivation, and energy expenditure.

By increasing the availability of these neurotransmitters in specific brain regions, tesofensine helps reduce hunger signals, enhance feelings of fullness, and may increase metabolic drive. Its primary action is central (brain-based), rather than acting directly on digestion, insulin, or gut hormones like GLP-1 medications.

Because it influences appetite signaling and energy regulation simultaneously, tesofensine is often discussed in weight-management and metabolic support contexts.

## Possible Benefits

Potential benefits commonly discussed in clinical and research settings include:

- Reduced appetite and hunger signaling
- Increased satiety and portion control
- Support for weight management and fat loss
- Enhanced metabolic drive and energy expenditure
- Reduced cravings and reward-driven eating
- Central (brain-based) appetite regulation
- May complement lifestyle and nutritional programs

Tesofensine is generally viewed as an appetite and metabolic signaling compound, with effects that are dose-dependent and best used under the guidance of a licensed healthcare provider.

## SUGGESTED DOSE:

AVAILABLE: 500 mcg Capsule

CAPSULE:
1 Capsule (500 mcg) once a day

## TYPICAL USE NOTES:

- Commonly incorporated into structured weight-management or metabolic programs rather than used in isolation
- Intended to support appetite awareness, portion control, and consistency with nutrition plans
- Often used alongside dietary guidance, lifestyle changes, and provider monitoring
- Effects are generally central and behavioral, supporting adherence rather than acting as a stimulant
- Best outcomes are typically seen with consistent daily use during active cycles
- Frequently used in defined cycles of 8–12 weeks
- Followed by a 2–4 week break before reassessment
- Cycling helps maintain responsiveness of appetite-regulating pathways
- Repeat cycles are individualized based on tolerance, progress, and clinical goals

PREMIUM HEALTH Care
RETAIL & COMPOUND PHARMACY

# VIP (Vasoactive Intestinal Peptide)

Vasoactive Intestinal Peptide (VIP) is a naturally occurring neuropeptide hormone produced in the nervous system, gut, lungs, and immune tissues. It plays a key role in regulating inflammation, blood flow, immune signaling, and gut function, and acts as an important communication molecule between the nervous, immune, and gastrointestinal systems.

## What it is & how it works

VIP works by binding to VIP receptors (VPAC1 and VPAC2) located throughout the body, including in immune cells, smooth muscle, and epithelial tissues. Through these receptors, VIP helps regulate vasodilation (blood vessel relaxation), modulate immune responses, and support healthy gut and lung function.

At the cellular level, VIP influences cytokine signaling, helping balance inflammatory and anti-inflammatory pathways. It also supports smooth muscle relaxation, which affects blood flow, airway tone, and gastrointestinal motility. Rather than acting as a stimulant or suppressor, VIP functions as a regulatory peptide, helping maintain homeostasis across multiple systems.

## Possible Benefits

Potential benefits commonly discussed in clinical and research contexts include:

- Support for immune system balance and regulation
- Anti-inflammatory pathway modulation
- Improved blood flow and vasodilation
- Support for gut integrity and gastrointestinal function
- Support for lung and airway function
- Neuroprotective and nervous system support
- Support for hormonal and circadian signaling balance
- May assist in recovery from chronic inflammatory or immune-related stress

VIP is often described as a master regulatory peptide, valued for its broad systemic effects and its role in maintaining balance between the nervous, immune, and gastrointestinal systems.


## SUGGESTED DOSE:

AVAILABLE: 6 mg in 5 mL vial (1.2 mg/mL)

INJECTION:
SQ: Inject 10-50 units (120–600 mcg) 5 days a week.

## TYPICAL USE NOTES:

- Often incorporated into protocols addressing gut, lung, and neuro-immune communication
- Functions as a regulatory peptide, helping restore physiologic signaling rather than forcing effects
- May be selected when systemic balance, recovery, or resilience is a primary goal
- Response can be gradual, with benefits building through consistent, provider- guided use
- Commonly used daily for 6–10 weeks
- Followed by a 2–4 week break before reassessment
- Some protocols use lower-frequency dosing later in the cycle based on response
- Cycling supports continued receptor sensitivity and regulatory balance
- Repeat cycles are individualized and determined by clinical response and provider guidance