

UB WELLNESS

ULTRA BODY WELLNESS GUIDE
DISCOVER THE POWER OF PEPTIDES



UB

WELLNESS

WHAT SETS ULTRA BODY APART:

- 🇺🇸 **U.S.-BASED MANUFACTURING** – ALL PRODUCTS SOURCED AND TESTED IN CERTIFIED U.S. LABS.
- 🧪 **99%+ VERIFIED PURITY** – RESEARCH-GRADE PEPTIDES WITH FULL COA DOCUMENTATION.
- 🚚 **FAST FULFILLMENT** – EVERY ORDER SHIPS WITHIN 48 HOURS FOR PEAK FRESHNESS AND RELIABILITY.
- 🔬 **CLINICALLY BACKED FORMULAS** – TRUSTED BY MEDICAL PROFESSIONALS AND PERFORMANCE SPECIALISTS.
- 💬 **REAL SUPPORT** – KNOWLEDGEABLE TEAM READY TO GUIDE EVERY PROTOCOL.

BOLDTRUTH™: PRECISION. PURITY. PERFORMANCE.



Rapid Weight-Loss

Metabolism

Semaglutide (GLP-1)

Semaglutide revolutionized the weight loss world by targeting the brain's appetite and metabolic centers. It reduces cravings, stabilizes blood sugar, and supports consistent fat loss – helping clients lose weight while maintaining muscle and mental clarity.

Best for: Men and women struggling with cravings, stubborn fat, or metabolic slowdowns.

Highlights:

- Reduces appetite and promotes portion control
- Improves insulin sensitivity and blood sugar balance
- Encourages gradual, sustainable fat loss
- Maintains lean muscle during caloric deficit
- Enhances focus, mood, and overall metabolic health



Rapid Weight-Loss

Energy + Focus

Tirzepatide (GLP-1+ GIP)

What it does:

This dual-action peptide targets both hunger and energy metabolism, helping you lose fat faster while maintaining mental clarity and strength. It's a favorite among clients looking for maximum body transformation, steady energy, and long-lasting metabolic control.

Who it's best for:

Men and women who've plateaued on diet or Semaglutide programs, or anyone seeking faster, more efficient fat loss with fewer cravings and more stable daily energy. It's ideal for busy professionals, executives, and individuals seeking visible, sustainable change without extreme dieting.

Highlights:

- Reduces appetite and cravings faster than GLP-1 alone
- Improves insulin function and fat-burning efficiency
- Boosts mood, energy, and mental sharpness
- Preserves lean muscle while trimming fat
- Produces measurable results within the first month



Fastest Fat Loss

Sustained Energy

Retatrutide

The Triple-Pathway Metabolic Revolution

What it does:

By activating GLP-1, GIP, and Glucagon pathways, Retatrutide increases calorie expenditure while suppressing appetite and improving insulin function. It helps the body burn stored fat more efficiently, maintain muscle, and sustain energy without stimulant crashes.

Who it's best for:

Men and women looking for maximum transformation – faster fat loss, improved insulin health, and muscle preservation. Especially ideal for individuals who've plateaued on Semaglutide or Tirzepatide and want the most advanced metabolic reset available.

Highlights:

- Activates three key metabolic hormones (GLP-1, GIP, Glucagon)
- Significantly increases calorie burn and fat oxidation
- Reduces appetite and cravings with improved fullness response
- Preserves lean muscle during rapid fat loss
- Enhances daily energy, focus, and blood sugar stability



Fat Loss + Muscle

Recovery + Skin

CJC-1295 + Ipamorelin

The Gold Standard in Peptide Optimization

What it does:

CJC-1295 and Ipamorelin gently boost your body's own growth-hormone production – improving fat metabolism, muscle repair, skin tone, and sleep without synthetic hormones.

Who it's best for:

Men and women 30+ who feel recovery, energy, or body composition declining. Excellent for natural performance, muscle tone, and longevity.

Highlights:

- Boosts growth hormone naturally for lean mass & fat loss
- Improves sleep quality, energy, and mood
- Enhances skin, hair, and overall vitality
- Supports anti-aging and body composition balance
- Non-synthetic, clinically safe mechanism



Rapid Healing

Gut Health

BPC-157

The Body's Natural Healer – Accelerated.

For beginners:

BPC-157 is your body's repair peptide. It helps heal injuries, protect joints, reduce inflammation, and repair the gut lining – essentially speeding up everything your body struggles to fix on its own.

What it does:

It improves blood flow to damaged tissues, reduces inflammation, and enhances regeneration from the inside out.

Who it's best for:

Athletes, active professionals, or anyone with injury, chronic pain, or digestive issues.

Highlights:

- Accelerates healing of tendons, ligaments, and soft tissue
- Rapidly reduces inflammation and discomfort naturally
- Promotes gut lining repair and digestive balance
- Improves flexibility and joint mobility
- Works synergistically with TB-500



Rapid Recovery

Flexibility

TB-500 (Thymosin Beta-4)

Total Tissue Regeneration & Recovery

For beginners:

TB-500 helps your body heal itself faster. It supports new cell growth, circulation, and flexibility – helping you recover quickly from training, injury, or surgery.

What it does:

By increasing actin (a vital protein for cellular repair), it allows damaged tissue to regenerate efficiently and reduces inflammation throughout the body.

Who it's best for:

Athletes, high-intensity trainers, or anyone recovering from injuries, inflammation, or procedures.

Highlights:

- Enhances muscle & tissue regeneration
- Increases circulation & nutrient delivery
- Reduces inflammation & stiffness
- Improves recovery speed & mobility
- Stacks perfectly with BPC-157



Cellular Energy

Anti-Aging

MOTS-C

The Mitochondrial Energizer

What it does:

By turning on AMPK (the body's "energy switch"), MOTS-C helps convert stored fat into usable energy while protecting cells from metabolic stress. It's one of the most powerful longevity peptides available.

Who it's best for:

Professionals or athletes who feel drained or overtrained, and anyone seeking metabolic optimization without stimulants.

Highlights:

- Boosts mitochondrial efficiency and stamina
- Improves glucose utilization and fat oxidation
- Reduces fatigue and enhances focus
- Promotes long-term metabolic resilience
- Complements CJC-1295/Ipamorelin cycles



Cellular Energy

Convert Fat-to-Fuel

AOD-9604

The Fat-Burning Fragment

For beginners:

AOD-9604 is a specialized fragment of growth hormone that targets stubborn fat without affecting blood sugar or muscle mass. It signals the body to metabolize fat stores more efficiently.

What it does:

Unlike traditional GH therapy, AOD-9604 only activates the fat-metabolism pathway, making it safe, non-hormonal, and ideal for midsection fat reduction.

Who it's best for:

Men and women who maintain a healthy lifestyle but can't eliminate resistant fat areas – especially abdomen and thighs.

Highlights:

- Stimulates lipolysis (fat breakdown)
- Prevents formation of new fat cells
- Maintains lean muscle and energy
- Works synergistically with GLP-1 peptides
- No effect on blood sugar or cortisol



Extend Telomeres

Cellular Longevity

Epitalon

The Longevity Reset

For beginners:

Epitalon is a cellular age-reversal peptide. It activates telomerase – the enzyme that lengthens telomeres (the “caps” on DNA strands that shorten with age). Longer telomeres mean younger, more resilient cells.

What it does:

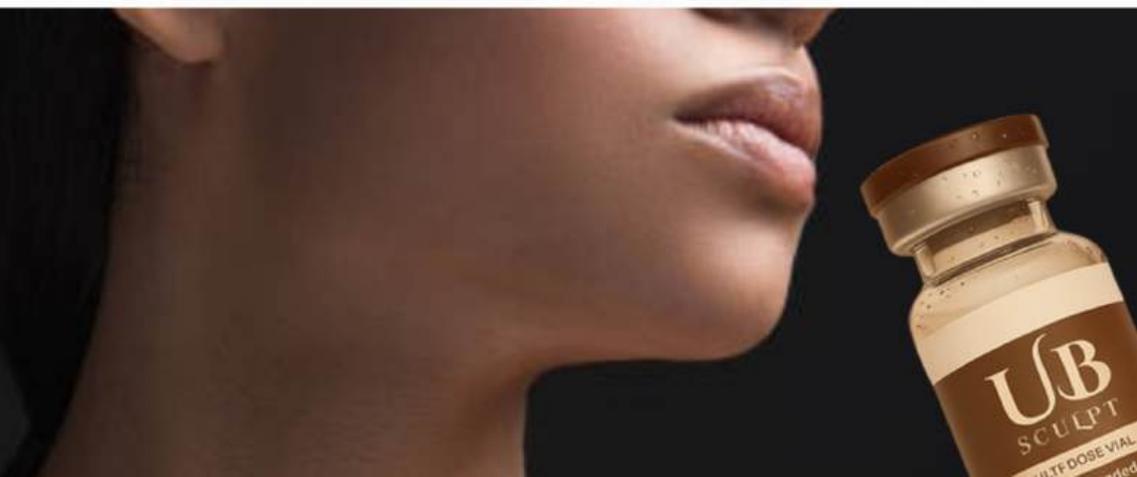
It supports circadian rhythm, immune balance, and tissue regeneration, often improving sleep and recovery in just weeks.

Who it's best for:

Executives, biohackers, or anyone focused on long-term healthspan, anti-aging, and sleep optimization.

Highlights:

- Activates telomerase to slow cellular aging
- Improves deep sleep and melatonin regulation
- Boosts immune and endocrine balance
- Reduces oxidative stress and fatigue
- Enhances overall vitality and lifespan markers



Skin Renewal

Scar Repair

GHK-Cu (Copper Peptide)

Regeneration from the Surface Inward

For beginners:

GHK-Cu is a skin- and tissue-renewal molecule that restores collagen, improves wound healing, and promotes hair growth. It's often used topically but also available in injectable or microneedling form.

What it does:

By delivering copper ions to cells, it triggers collagen production, reduces inflammation, and reverses visible signs of aging.

Who it's best for:

Anyone seeking improved skin texture, faster healing, or hair restoration – often paired with microneedling or PRP treatments.

Highlights:

- Increases collagen and elastin for firmer skin
- Reduces wrinkles, pigmentation, and scarring
- Enhances scalp circulation and hair regrowth
- Anti-inflammatory and antioxidant
- Works synergistically with topical skincare or exosomes



Sexual Desire

Arousal Support

PT-141

The Libido & Confidence Catalyst

For beginners:

PT-141 works by activating the brain's arousal centers – reigniting sexual desire and performance in both men and women. Unlike hormonal options, it works through the nervous system, not blood flow alone.

What it does:

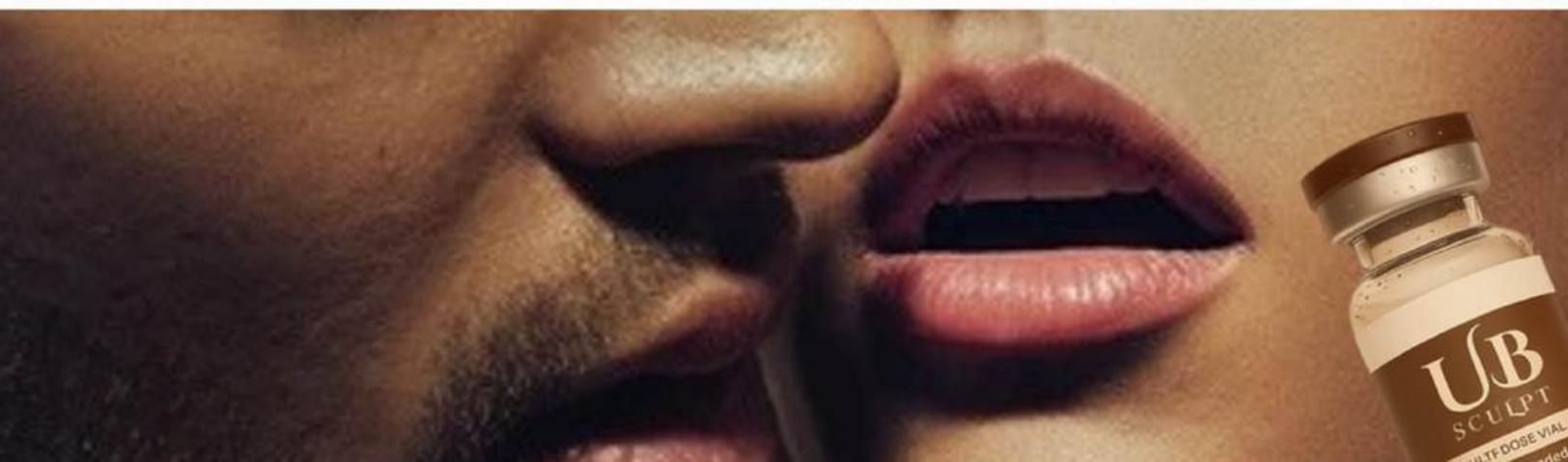
It enhances dopamine activity and sexual responsiveness while also supporting mood and connection.

Who it's best for:

Men with performance fatigue or low libido and women experiencing low desire due to stress or hormonal changes.

Highlights:

- Increases libido and sensitivity
- Improves mood, focus, and body confidence
- Works within hours; effects last up to 72 hours
- Suitable for both men and women
- Non-hormonal and non-vasodilating



Focus & Clarity

Anxiety & Stress

Selank

The Calm Focus Peptide

For beginners:

Selank helps you stay calm, clear, and productive under pressure. It's a natural anti-anxiety peptide derived from human proteins, offering a non-sedating alternative to pharmaceuticals.

What it does:

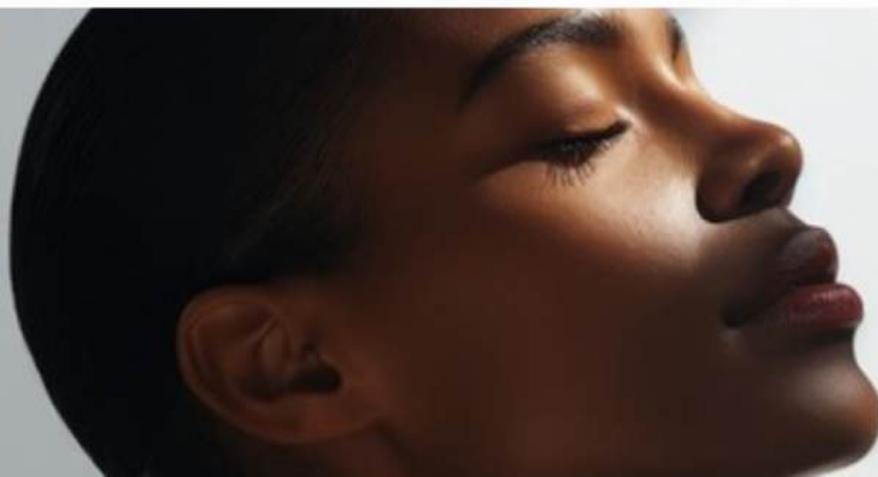
It increases serotonin and dopamine balance, reducing anxiety and brain fog while improving memory, motivation, and mental stability.

Who it's best for:

Executives, creatives, or anyone dealing with chronic stress, overwhelm, or performance anxiety.

Highlights:

- Reduces anxiety without sedation or dependency
- Enhances memory, focus, and mood
- Balances serotonin and dopamine levels
- Supports immune function under stress
- Improves sleep quality and mental recovery



Enhanced Focus

Productivity

Semax

The Mental Edge Compound

For beginners:

Semax is a brain-boosting peptide designed to sharpen focus, motivation, and cognitive resilience. It's popular among executives, entrepreneurs, and biohackers who need consistent mental performance.

What it does:

By increasing BDNF (Brain-Derived Neurotrophic Factor), Semax enhances neuroplasticity – your brain's ability to learn, adapt, and stay sharp under pressure.

Who it's best for:

High performers, students, and professionals seeking mental clarity, creativity, and resilience without stimulants.

Highlights:

- Boosts dopamine-driven motivation
- Enhances memory, focus, and learning capacity
- Improves stress tolerance and alertness
- Promotes long-term brain health via BDNF
- Non-addictive, fast-acting mental clarity support



Immune Strength

Resilience

Thymosin Alpha-1 (TA1)

The Immune Defense Peptide

For beginners:

Thymosin Alpha-1 is your body's immunity commander. It trains your immune system to recognize and destroy viruses, bacteria, and abnormal cells more efficiently.

What it does:

TA1 enhances immune response, reduces inflammation, and improves resistance to infection – making it a foundational peptide for overall wellness and recovery.

Who it's best for:

Anyone with weakened immunity, chronic fatigue, inflammation, or those looking to support recovery during illness or stress.

Highlights:

- Enhances immune surveillance & response
- Reduces systemic inflammation
- Aids in viral recovery and immune optimization
- Supports detox & liver function
- Works well with MOTS-C or Epitalon for longevity support



Cellular Energy

DNA Repair

NAD+

The Cellular Recharger

What it does:

NAD⁺ powers your mitochondria – the “engines” that drive every cellular process – while activating longevity pathways such as SIRT1 and SIRT3. The result is sharper mental clarity, smoother energy, improved mood, and better metabolic efficiency throughout the day.

Who it's best for:

Executives, high performers, and anyone experiencing burnout, brain fog, or chronic fatigue. Also ideal for anti-aging, detox, and recovery from stress, alcohol, or travel.

Highlights:

- Boosts mitochondrial function and energy production
- Enhances focus, mental clarity, and memory
- Activates sirtuin enzymes linked to lifespan extension
- Supports detoxification and liver recovery
- Reduces fatigue, jet lag, and post-stress exhaustion



Strategic Stacking Protocol Chart

PROTOCOL NAME / STACKS	PRIMARY COMPOUNDS	CORE GOAL	SUGGESTED DURATION	NOTES
The Sculptor	Semaglutide or Tirzepatide + AOD-9604	Maximal Fat Loss & Metabolism	12-20 Weeks	AOD-9604 helps target stubborn fat areas and works synergistically with GLP-1/GIP,
The Wolverine	BPC-157/TB-500 (Often pre-mixed)	Rapid Healing G Injury Repair	4-8 Weeks	The Gold Standard for accelerated recovery from joint, tendon, or muscle injury
The Revitalizer	CJC-1295/ Ipamorelin + MOTS-C	Cellular Energy, Deep Sleep, GH Release	8-12 Weeks	MOTS-C enhances cellular energy, complementing th GH release from CJC/ipa
The Longevity Protocol	NAD+ Epitalon	Anti-Aging, DNA Repair, Energy	Varies	Focuses on systemic cellular health and optimizing circadlam



TAKE THE **WAIT** OUT OF
WEIGHT LOSS

UB
WELLNESS

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AOD-9604 5mg

Reconstitution: 5mg + 2.5mLBAC water = 300mcg per 15 units.

Dosing: 15 units - 30 units, 5 days per week (SQ injection).

Duration: 3 months on, 1 month off.

Uses: Significantly increases metabolic uptick, helping with weight loss, joint and cartilage issues. Very little side effects.

BPC157 10mg

Reconstitution: 10mg vial +2mL BAC water = 500mcg per 10 units.

Dosing: 10 units daily (SQ injection).

Duration: 2 months on, 1 month break.

Uses: Primarily for joint and ligament injuries, accelerates wound healing, neuroprotective, works via angiogenesis (formation of new blood vessels). Also used for gut health improvements; helps with IBS, Chron's, leaky gut etc.

BPC157 / TB500 10/10mg

Reconstitution: 10/10mgvial+3mL BACwater=500mcg/500mcg per 15 units.

Dosing: 15 units 7 days per week (SQ injection).

Duration: 2 months on, 1 month off.

Uses: Combines the synergistic effects of TB500 and BPC157, helping with muscle, joint, ligament and tendon recovery. Also helps with soft tissue injuries/tears. BPC157 provides gut and colon support, while TB500 amplifies anti-inflammatory benefits.

CJC / Ipamorelin 5/5mg

Reconstitution: 5/5mg vial +2mL BACwater= 250mcg per 10 units.

Dosing: 10 units 5 days per week, 1-2 hrs before bed (SQ injection).

Duration: 6 months on, 2 months off.

Uses: Anti-aging and longevity, recovery, body composition, promotes deep sleep & a healthy sleep-wake cycle. Helps the body heal much more rapidly and increases metabolic uptick. Body composition changes take 2-3 months to show results.

CJC no DAC 10mg

Reconstitution: 10mgvial +2mL BACwater = 250mcg per 5 units.

Dosing: 5 units 1-2 times per day depending on desired goals (SQ injection).

Duration: 6 months on, 2 month break.

Uses: CJC without the drug affinity complex. Similar GH benefits, but a much shorter half-life. Often used in body building and fitness circles pre & post workout. Half life is about 30 minutes vs. CJC with DAC's half life of 6 days. It is still closely tied to deep sleep, metabolic uptick and protein synthesis.

CJC with DAC 10mg

Reconstitution: 10mg vial + 2mL BAC water=500mcg per 10 units.

Dosing: 10 units 2 days per week (SQ injection). **Duration:** 6 months on, 2 months off. **Uses:** Mimics natural

GH (growth hormone) secretion; closely tied to deep sleep, fat breakdown, protein synthesis and muscle recovery. Drug Affinity Complex (DAC) allows CJC to stay stable in the bloodstream for up to 8 days, sustaining a longer GH release, mimicking more natural GH secretion patterns over time.

Epithalon 10mg

Reconstitution: 10mg vial + 1mL BAC water = 5mg per 50 units.

Dosing: 50 units daily for 20 days straight (SQ injection).

Duration: Once every 6 months, 2 times max per year.

Uses: Longevity; associated with longer cellular life and potentially overall lifespan. Also improves skin elasticity, stimulates melatonin production, reduces oxidative stress and may have neuroprotective effects including practical applications for Alzheimer's and Parkinson's.

Epithalon 15mg

Reconstitution: 15mg vial + 1mL BAC water = 5mg per 33 units.

Dosing: 33 units daily for 20 days (SQ injection).

Duration: Once every 6 months, 2 times max per year.

Uses: activates telomerase, which lengthens telomeres. These are protective caps at the end of chromosomes that shorten with age. Longer telomeres are associated with longer cellular life and potentially overall lifespan. Improves skin elasticity. Stimulates melatonin production. Reduces oxidative stress. May have neuroprotective effects thus having practical applications for Alzheimer's and Parkinson's.

GHK-Cu 50mg

Reconstitution: 50mg vial + 3mL BAC water = 1.6mg per 10 units.

Dosing: 7 units-12 units daily (SQ injection).

Duration: Ongoing.

Uses: Popular beauty and anti-aging peptide, increases collagen production and skin elasticity, can stimulate new hair follicle and nail growth. Also nerve regenerative, accelerating wound healing.

GHK-Cu / BPC157 / TB500 50/10/10mg

Reconstitution: 50/10/10mg vial + 3mL BAC water = 1.67mg/330mcg/330mcg per 10 units.

Dosing: 10 units 7 days per week (SQ injection).

Duration: 2 months on, 1 month off.

Uses: Anti-aging, beauty, anti-inflammatory and accelerated recovery from injury and wound healing. Combines the synergistic effects of TB500 and BPC157 and GHK-Cu: Will help with muscle, joint, ligament and tendon recovery, and soft tissue injuries/tears. BPC157 provides gut and colon support while TB500 amplifies anti-inflammatory benefits, and GHK-Cu adds extra recovery benefits such as accelerated wound healing & nerve repair, as well as anti-aging and beauty benefits.

Glutathione 600mg

Reconstitution: 600mg vial + 2mL BAC water = 300mg per 100 units.

Dosing: 100 units, 2 days per week (Intramuscular injection - thigh or glute suggested). **Duration:** 2

months on, 1 month break. **Uses:** Liver support, supports detoxification of heavy metals, and works as

a powerful

antioxidant neutralizing free radicals and reducing oxidative stress. Improves overall cellular health. Also may reduce side effects from chemotherapy, potentially neuroprotective against degenerative brain diseases such as Alzheimer's & Parkinson's. Popular in some countries for skin brightening/lightening.

Ipamorelin 10mg

Reconstitution: 10mg + 2mL BAC water = 500mcg per 10 units.

Dosing: 10 units, 5 days per week (SQ injection).

Duration: 6 months on, 2 months off.

Uses: Anti-aging and longevity, recovery, body composition, promotes deep sleep & a healthy sleep-wake cycle. Helps the body heal. Less injection site side effects vs. CJC/Ipamorelin.

KPV / GHK-Cu / BPC157 / TB500 10/25/10/10mg

Reconstitution: 10/25/10/10mg vial + 3mL BAC water = 500mcg/1.25mg/500mcg/500mcg per 15 units (20 day vial).

Dosing: 15 units 7 days per week (subQ injection).

Duration: 2 months on, 1 month off.

Uses: This combination is designed to support healing, reduce inflammation, and promote tissue regeneration. Each peptide targets different but complementary biological pathways—making the blend synergistic for recovery, repair, and overall cellular health.

KPV 10mg

Reconstitution: 10mg vial + 2mL BAC water = 500mcg per 10 units.

Dosing: 10 units daily (SQ injection).

Duration: 2 months on, 1 month break.

Uses: Powerful anti-inflammatory, perfect for gut issues such as IBS, leaky gut and Crohn's. Works well for skin inflammatory diseases such as eczema. Also great for colon health.

LL37 4mg

Reconstitution: 4mg + 2mL BAC water = 250mcg per 12.5 units.

Dosing: 12 units–25 units 1–2 times daily, depending on severity of condition (SQ injection).

Frequency/Duration: 1 month straight followed by reassessment.

Uses: Potent anti-microbial, anti-fungal and anti-bacterial, works well for chronic infections or post-surgery to eliminate infection risk, accelerates wound healing.



Melanotan-1 10mg

Reconstitution: 10mg vial+ 2mL BACwater = 500mcg per 10 units.

Dosing: 10 units daily for 14 days, followed by 10 units-20 units once every 2 weeks for maintenance (SQ injection).

Duration: 6 weeks.

Uses: Gradual and natural looking tan, reduces the need for UV exposure.

Melanotan-2 10mg

Reconstitution: 10mgvial +2mLBAC water = 500mcg per 10 units.

Dosing: 5 units daily for 14 days (after 3 days, assess tolerance - if well tolerated move to 10 units) after the 14 days, take 20 units once every 2 weeks for maintenance (SQ injection).

Duration: 6 weeks.

Uses: Gradual and natural looking tan, reduces the need for UV exposure, can also increase libido and arousal.

MOTS-c 10mg

Reconstitution: 10mgvial + 1mLBAC water = 5mg per 50 units.

Dosing: First two weeks: 50 units 3 days per week. Second two weeks: 100 units 3 days per week (SQ injection).

Duration: Once every 6 months, 2 times max per year.

Uses: Reduces insulin resistance by promoting healthier blood sugar levels, increases metabolic rate, enhances aerobic and anaerobic exercise capacity (people say it "simulates exercise in the body)." Also increases bone density, anti-inflammatory, works to build new muscle and prevents muscle loss.

NAD+ 500mg

Reconstitution: 500mg+2mL BAC water = 125mg per 50 units.

Dosing: 40-60 units 2 days per week (Preferably injected intramuscularly (thigh or glute suggested), with subcutaneous injection as an alternative).

Duration: 6 months on, 1 month off.

Uses: Chronic fatigue reduction; increases energy and regulates sleep cycles. Significantly improves mental acuity, clarity, memory and focus.

NAD+ 1g

Reconstitution: 1G + 4mL BAC water = 125mg per 50 units (1 month vial).

Dosing: 40-60 units 2 days per week—preferably injected intramuscularly (thigh or glute suggested), with subcutaneous injection as an alternative)

Duration: 6 months on, 1 month off.

Uses: Chronic fatigue reduction; increases energy and regulates sleep cycles. Significantly improves mental acuity, clarity, memory and focus.

Pinealon 20mg

Reconstitution: 20mgvial+2mLBAC water = 1mg per 10 units.

Dosing: Week 1: 10 units/daily; Week 2 + 3: 20 units/daily (SQ injection).

Duration: 21 consecutive days, once every 6 months.

Uses: Neuroprotective, cognitive enhancer (memory, attention and learning), improves sleep quality stress reducer, and regulates gene expression.

PT-141 10mg

Reconstitution: 10mg vial +1mL BAC water = 1mg per 10 units.

Dosing: 10 units max dose for female, 20 units max dose for male as needed prior to sexual activity (SQ injection).

Duration: Maximum 8 times per month.

Uses: Increases arousal and libido. Created to treat hypoactive sexual desire disorder in premenopausal women, works well on males as well.

Retatrutide 12mg

Reconstitution: 12mg vial +1.5mL BAC water = 2mg per 25 units.

Dosing: 25 units starting dose once per week, increasing by 25 units up to 100 units as appetite is no longer suppressed. (SQ injection)—if exceeding 100 units, move up to 18mg vial.

Duration: Well tolerated for 52 weeks+.

Uses: Triple agonist GLP-1, GIP and glucagon weight loss medication. Helps with balancing out blood sugar levels and has reduced side effects, particularly hypoglycemia.

Retatrutide 20mg

Reconstitution: 20mg+ 2mL BAC water =2mg per 20 units.

Dosing: 20 units starting dose once per week, increasing by 20 units up to 100 units as appetite is no longer suppressed (subQ injection)—if exceeding 100 units, move up to 50mg vial.

Duration: Well tolerated for 52 weeks+.

Uses: Triple agonist GLP-1, GIP and glucagon weight loss medication. Helps with balancing out blood sugar levels and has reduced side effects, particularly hypoglycemia.

Retatrutide 50mg

Reconstitution: 50mg+ 3mL BACwater =2mg per 12 units

Dosing: 12 units starting dose once per week, increasing by 12 units up to 100 units as appetite is no longer suppressed (subQ injection).

Duration: Well tolerated for 52 weeks+.

Uses: Triple agonist GLP-1, GIP and glucagon weight loss medication. Helps with balancing out blood sugar levels and has reduced side effects, particularly hypoglycemia.

Selank 5mg

Reconstitution: 5mgvial +2mL BAC water = 250mcg per 10 units.

Dosing: 10 units starting dose daily, (morning dosing)—working up to 20 units (max dose) if needed. (SQ injection).

Duration: 21 days straight followed by 7 day break—repeat cycle.

Uses: Anti-anxiety, stress reduction, cognitive enhancement, mood improvement, neuroprotective.

Selank 10mg

Reconstitution: 10mgvial+2mL BAC water = 250mcg per 5 units.

Dosing: 5 units starting dose daily, (morning dosing)—working up to 10 units (max dose) if needed. (SQ injection).

Duration: 21 days straight, 7 day break—repeat cycle.

Uses: Anti-anxiety, stress reduction, cognitive enhancement, mood improvement, neuroprotective.

Semaglutide 10mg

Reconstitution: 10mgvial+2mLBAC water= .25 per 5 units.

Dosing: 5 units starting dose once per week, increasing by 5 units up to 50 units as appetite is no longer suppressed. (SQ injection).

Duration: Well tolerated for 52+ weeks.

Uses: First generation GLP-1 medication. Single agonist that makes you feel full longer, slowing digestion while drowning food noise.

Semaglutide 20mg

Reconstitution: 20mgvial+ 5mLBAC water = .25 per 6 units.

Dosing: 6 units starting dose once per week, increasing by 6 units up to 60 units as appetite is no longer suppressed. (SQ injection).

Duration: well tolerated for 52+ weeks.

Uses: first generation GLP-1 medication. Single agonist that makes you feel full longer and slows digestion whilst drowning out food noise.

Semorelin 10mg

Reconstitution: 10mg vial +3mL BAC water = 300mcg per 9 units.

Dosing: 9 units 5 days per week, 1-2 hr before bed (SQ injection).

Duration: 6 months on, 2 months off.

Uses: anti-aging and longevity- skin, nail and hair benefits. Deeper more restful sleep, injury recovery and muscle retention and muscle gain.

Semax 30mg

Reconstitution: 30mgvial+3mL BAC water = 500mcg per 5 units.

Dosing: 5 units daily (morning dosing) – (SQ injection).

Duration: 21 days on, 7 days off—repeat cycle.

Uses: Cognitive peptide, excellent for memory and focus and brain fog.

SS-31 10mg

Reconstitution: 10mgvial+ 1mL BAC water = 5mg per 50 units.

Dosing: Week 1: 50 units 3x per week / Week 2 & 3: 100mg 3x per week. (SQ injection).

Duration: 21 days straight, once every six months.

Uses: Mitochondrial repair peptide, anti-aging and longevity benefits. Cardiovascular and neuroprotective benefits, can also improve muscular performance.

TA-1 10mg

Reconstitution: 10mg vial + 1mL BAC water = 1.5mg per 15 units.

Dosing: 15 units 2 days per week.

Duration: 2 months on, followed by 1 month reassessment.

Uses: extremely well tolerated immunomodulating peptide. It has a wide variety of clinical applications and is prescribed in various countries for immune system support for ailments such as HIV and hepatitis. Well studied with a vast scope of literature and data. Increases T-cell count. Potent anti-inflammatory.

TB-500 10mg

Reconstitution: 10mg/vial +1mL BAC water = 2mg per 20 units.

Dosing: 20 units starting dose 2x per week / can increase up to 45 units (max dose) 2x per week depending on severity of condition. (SQ injection).

Duration: 2 months on, 1 month break.

Uses: Injury recovery and healing. Primarily used for soft tissue injuries such as muscle tears and strain, powerful anti-inflammatory, neuro/cardioprotective.

Tesamorelin 20mg

Reconstitution: 20mg+2mL BACwater = 1mg per 10 units.

Dosing: 10 units for women / 20 units for men / 5 days per week, 1-2 hrs before bed.

Duration: 6 months on, 2 months off.

Uses: The only FDA approved drug for targeting visceral belly fat. Similar uses to other GHRPs/GHRHs such as Ipamorelin and CJC, but effects are less pronounced.

Tesamorelin / Ipamorelin 10/5mg

Reconstitution: 15mg+ 3mLBAC water=1.5mgper30units(2weekvial).

Dosing: 30 units 5 days per week.

Frequency/Duration: 6 months on, 2 months off.

Uses: The only FDA approved drug for targeting visceral belly fat. Similar uses to other GHRPs/GHRHs such as Ipamorelin and CJC, but effects are less pronounced.

Tirzepatide 10mg

Reconstitution: 10mgvial +1mLBAC water = 1mg per 10 units.

Dosing: 25 units starting dose once per week, increasing by 25 units up to 100 units as appetite is no longer suppressed. (SQ injection)—if exceeding 100 units, move up to 30mg vial.

Duration: Well tolerated for 52 weeks+.

Uses: Dual agonist GLP-1 and GIP weight loss medication. Works by drowning out food noise as well as slowing digestion thus making you feel full longer.

Tirzepatide 30mg

Reconstitution: 30mgvial + 3mLBAC water = 1mg per 10 units.

Dosing: 25 units starting dose once per week, increasing by 25 units up to 100 units as appetite is no longer suppressed. (SQ injection) - if exceeding 100 units, move up to 60mg vial.

Duration: Well tolerated for 52 weeks+.

Uses: Dual agonist GLP-1 and GIP weight loss medication. Works by drowning out food noise as well as slowing digestion thus making you feel full longer.

Tirzepatide 60mg

Reconstitution: 60mgvial + 4mLBACwater = 2.5mg per 17 units.

Dosing: 17 units starting dose once per week, increasing by 17 units up to 100 units as appetite is no longer suppressed. (SQ injection).

Duration: Well tolerated for 52 weeks+.

Uses: Dual agonist GLP-1 and GIP weight loss medication. Works by drowning out food noise as well as slowing digestion thus making you feel full longer.



The Peptide Cheat Sheet

Learn Peptides A-Z:

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
Ipamorelin	Fat Loss	10 mg	3ml	300 mcg	9	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Tesamorelin	Fat Loss	10 mg	2ml	1mg	20	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off
AOD-9604	Fat Loss	5 mg	2ml	300mcg	11	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
Semaglutide	Fat Loss	3 mg	2ml	250mcg	17	AM	Once Per Week	8 weeks on, 8 weeks off
Tirzepatide	Fat Loss	10 mg	2ml	0.5mg	10	AM	3x per week	8 weeks on, 8 weeks off or until goal weight is reached
Retatrutide	Fat Loss	10 mg	2ml	0.5mg	10	AM	3x per week	8 weeks on, 8 weeks off or until goal weight is reached
MOTS-C	Fat Loss	10 mg	2ml	1mg	20	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
Ipamorelin/CJC-1295 No DAC	Fat Loss	5mg/5mg	2ml	250mcg/250mcg	10	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off



Precision Peptide Protocols

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
CJC-1295 No DAC	Longevity	10 mg	3ml	200mcg	6	PM	5 days on, 2 days off	8 weeks on, 8 weeks off
Epitalon	Longevity	20 mg	2 ml	2mg	20	PM	Every day	20 days in a row, 3x per year
Thyamlin	Longevity	20 mg	2 ml	2mg	20	PM	Every Day	20 days in a row, 3x per year
Melanotan 1	Cognitive Enhancement	10 mg	2 ml	250mcg	5	AM	2 days per week	8 weeks on, 8 weeks off
GHK-CU	Healing	50 mg	3 ml	1.7mg	10	AM	Every day	8 weeks on, 8 weeks off
Thymosin-Alpha 1	Immunity	10 mg	2 ml	1.5mg	30	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
LL-37	Immunity	5 mg	2 ml	125 mcg	5	AM	Every day	50 days straight, 4 weeks off
BPC-157	Healing	10 mg	2 ml	500 mcg	10	AM/PM	Every day	8 weeks on, 8 weeks off
TB-500	Healing	10 mg	2 ml	500mcg	10	AM	Every Day	8 weeks on, 8 weeks off



Precision Peptide Protocols

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
PT-141	Sexual Health	10 mg	2ml	500mcg	10	30 minutes before sexual activity	As needed	As needed
Oxytocin	Sexual Health	10 mg	10 ml	50mcg	5	AM	As needed	As needed
SS-31	Longevity	10 mg	2 ml	500mcg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
IGF-1 LR3	Muscle Building	1mg	1 ml	50mcg	5	AM	10 days in a row	10 days on, 4 weeks off
DSIP	Sleep	5 mg	2 ml	250mcg	10	1-3 hours before bed	5 days on, 2 days off	8 weeks on, 8 weeks off
Kisspeptin	Sexual Health	5 mg	2 ml	125mcg	5	1 hour before bed	Every day	30 days on, 30 days off
VIP	Immunity	5 mg	5 ml	50 mcg	5	AM/PM	Every day	8 weeks on, 8 weeks off
KPV	Immunity	10 mg	2 ml	500 mcg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
NAD+	Longevity	500mg	5 ml	100mg	100	AM	2-3 days per week	As needed
Semax OR NA Semax Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 weeks on, 8 weeks off
Selank or NA Selank Amidate	Cognition	30mg	3ml	1mg	10	AM	2-3 days per week	8 weeks on, 8 weeks off



Precision Peptide Protocols

Peptide	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
BPC-157/TB-500 5mg/5mg blend	Healing	5mg/5mg	2ml	250mcg/250mcg	10	AM/PM	Every Day	8 weeks on, 8 weeks off
ARA-290	Healing/Neuropathy	15mg	1 ml	1.5mg	10	AM	5 days on, 2 days off	8 weeks on, 8 weeks off
FOXO4-DRI	Longevity	10 mg	2 ml	1mg	20	AM	5 days on, 2 days off	2 weeks, repeat 2-3 times per year
L-Carnitine	Muscle Building	600mg/ml in a 20ML bottle	N/A	200-600mg	33-100	AM	Every Day	As much as you want or need
Cagrilintide	Appetite Suppression	5 mg	2 ml	250mcg	10	AM	3 days per week	8 weeks on, 8 weeks off or as needed for appetite suppression
Follistatin 344	Muscle Building	1mg	2 ml	50mcg	10	30 minutes pre workout IM (Intramuscular)	Training Days	8 weeks on, 8 weeks off
Tesamorelin/Ipamorelin Blend	Fat Loss/Muscle Building	6mg/2mg	2ml	300mcg/100mcg	10	AM/PM	5 days on, 2 days off	8 weeks on, 8 weeks off



Injectable BioRegulators

Bioregulator	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
Bronchogen	Lungs	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cardiogen	Heart	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cartalax	Joint Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Chonluten	Respiratory Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Cortagen	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Livagen	Liver Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Ovagen	Liver/Stomach Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Pancreagen	Pancreas Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Pinealon	Brain Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Prostamax	Prostate Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Testagen	Male Hormones	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year



Injectable BioRegulators

Bioregulator	Purpose	Amount In Vial	Amount of BAC Water To Reconstitute For Whole Vial	Recommended Dosage	Units on 1ml Insulin Syringe For One Dose	Timing	Frequency	Duration
Testagen	Male Hormones	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Thymagen	Immune Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vesugen	Blood Flow/Vascular Health	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vesilute	Bladder/Prostate Health Thymus	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year
Vilon	Health/Inflammation	20 mg	2ml	2mg	20	AM/PM	30 days in a row	1 month on, 2 months off, 2-3x per year

NOTE: It is not recommended to use more than 5 bioregulators together at once