Peptide Cheat Sheet

An Overview and Quick Reference Guide to Popular Peptides

Peptides are short chains of amino acids, typically containing between 2 and 50 amino acids, linked by peptide bonds. They are smaller than proteins but play a significant role in many biological processes. Peptides function as signaling molecules in the body, influencing a variety of systems—hormonal, immune, neurological, and metabolic. Due to their diverse range of actions, peptides are increasingly studied and used in medicine, sports, and cosmetic applications.

What Are Peptides?

Peptides are naturally occurring biological molecules. More specifically, they are fragments of proteins that the body produces to serve as messengers, instructing cells on what actions to perform. Some act as hormones (such as insulin), some as neurotransmitters, and others as parts of the immune response. As research has advanced, scientists have synthesized and modified peptides to enhance specific benefits or to create new therapies.

How Peptides Work

Peptides exert their effects by binding to receptors on the surface of cells and initiating signaling cascades inside the cell. The specificity of each peptide for its receptor means that each can have unique effects—ranging from increasing muscle growth to improving cognitive function, healing injuries, or supporting fat loss. Because they are made of amino acids, peptides are generally well-tolerated, although their effectiveness and safety profiles vary.

Alphabetical Peptide Reference

Below is a brief, alphabetically organized list of some of the most commonly used peptides, their primary functions, and typical standard dosing protocols. Note: Dosing can vary based on individual goals, medical supervision, and product purity. This cheat sheet is for informational purposes—always consult a professional before using any peptide.

5AMINO1MQ

- **Function**: Known for its role in promoting fat loss and improving metabolic health. It works by inhibiting the enzyme NNMT (nicotinamide N-methyltransferase), which is involved in the regulation of energy metabolism and fat storage.
- **Standard Dosing Injection**: Typically, 1 to 25 mg a day, depending on goal and individual needs
- **Standard Dosing Capsule**: The typical dosing protocol for 5-Amino-1MQ is 50-100 mg per day, taken orally.
- **Cycle Length**: The recommended cycle length for 5-Amino-1MQ is 4 to 8 weeks, followed by a break or reassessment.
- 5 AMINO 1MQ

ADIPOTIDE

- **Function:** A peptide known for its function in promoting fat loss. It works by targeting and reducing the blood supply to fat cells, leading to their death and subsequent reduction in body fat.
- **Standard Dosing**: .25-2 mg once daily injection, Subcutaneous injection, usually abdominal area.
- **Cycle Length**: Typically, 3 to 4 weeks followed by a break or reassessment.
- Adipotide

AOD-9604

- **Function**: Fat loss peptide, fragment of human growth hormone (HGH) that stimulates lipolysis (fat breakdown) without affecting blood sugar.
- **Standard Dosing**: 250 to 500 mcg once daily, usually in the morning or before exercise, administered subcutaneously.
- **Cycle Length**: 4 to 12 weeks depending on goals
- AOD-9604

ARA-290

- **Function**: ARA-290 is known for its role in promoting anti-inflammatory and neuroprotective effects. It works by binding to the innate repair receptor (IRR), which helps in reducing inflammation and promoting tissue repair. Investigated for treating conditions like neuropathic pain, chronic inflammation and nerve injury.

- **Standard Dosing**: The typical dosing protocol for ARA-290 is 4 mg once daily, administered subcutaneously.
- **Cycle Length**: The recommended cycle length for ARA-290 is 4 weeks, followed by a break or reassessment.
- ARA 290

BAM 15

- **Function**: BAM15 is a mitochondrial uncoupling agent that selectively dissipates the mitochondrial proton gradient, significantly increasing cellular energy expenditure. Unlike traditional mitochondrial uncouplers, BAM15 demonstrates higher specificity and safety, making it a promising candidate for metabolic regulation and obesity treatment. It enhances metabolic function, facilitates fat loss, and potentially combats obesity and metabolic disorders. BAM15 selectively increases mitochondrial proton leak without significantly affecting mitochondrial membrane potential or causing excessive production of reactive oxygen species (ROS). This unique action significantly boosts cellular energy expenditure, effectively promoting fat burning, reducing fat storage, and enhancing overall metabolic efficiency.
- **Standard Dosing**: The typical dosing protocol for BAM15 is still under investigation, but it is often administered in a controlled setting to ensure safety and efficacy. The exact dosage may vary based on individual needs and response.
- **Cycle Length**: As an investigational compound, the recommended cycle length for BAM15 is not yet established. It is important to follow the guidance of a healthcare professional or researcher when using this compound.
- BAM 15

BPC-157

- **Function:** "Body Protection Compound" known for its healing properties, especially for tendons, ligaments, muscle, and gut tissue.
- **Standard Dosing**: 200-500 mcg once or twice daily, subcutaneously or orally.
- **Cycle Length**: Depending on needs but typically 2-6 weeks, for acute injuries (like muscle or tendon strain) 4-8 weeks may be sufficient.
- BPC-157

BPC-157 / TB500 (Wolverine Blend)

- **Function:** Promotes rapid healing of muscles, tendons, ligaments, joints, and gut lining. Reduces systemic inflammation and oxidative stress. Enhances tissue regeneration, mobility, and shortens recovery time. Supports cardiovascular and nervous system healing.
- **Standard Dosing:** Typically, 250-500 mcg daily, usually injected subcutaneously or near the injury.
- **Cycle Length**: Common cycle length is around 4 to 8 weeks. Loading phase may last the first 3-4 weeks, with a maintenance or tapering phase afterward. Longer cycles (6-8 weeks) yield better tissue remodeling and recovery, especially with chronic injury or post-surgical healing.
- This blend is ideal for athletes, those recovering from injury or surgery, or anyone looking to reduce chronic inflammation and support long-term tissue health with a well-structured peptide regimen.

BROMANTANE

- **Function**: Bromantane is known for its role in enhancing cognitive function and reducing anxiety. It works by modulating the activity of neurotransmitters in the brain, promoting neuroprotection, and enhancing synaptic plasticity.
- **Standard Dosing**: The typical dosing protocol for Bromantane is 10 to 30 mg per day, taken orally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for Bromantane is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its cognitive balance and prevent desensitization to the peptide.
- BROMATANE

CJC-1295 (with or without DAC)

- **Function**: Growth hormone releasing hormone analog, stimulates natural HGH production, used for anti-aging, fat loss, and muscle growth.
- **Standard Dosing**: With DAC: 2 mg once weekly; Without DAC: 100 mcg 1-3 times per day, subcutaneously.
- **Cycle**: 8-12 weeks followed by a break or reassessment.
- CJC-1295

CJC-1295 / Ipamorelin

- **Function:** CJC-1295 is a growth hormone-releasing hormone (GHRH) analog that stimulates the pituitary gland to release more GH, leading to increased IGF-1 which promotes muscle growth, fat metabolism, and cellular repair. Ipamorelin is a growth hormone secretagogue that mimics ghrelin, selectively stimulating GH release from the pituitary without significantly raising cortisol or prolactin. It promotes lean muscle growth, fat loss, enhanced recovery, improved sleep, and anti-aging benefits.
- **Standard Dosing**: Typical dosing for the blend: 100-300 mcg daily
- **Cycle Length**: Common cycle duration is 8 to 12 weeks. Some extend cycles to 16-20 weeks for longevity or injury recovery.

DIHEXA

- **Function**: Dihexa is known for its role in promoting cognitive enhancement and neuroprotection. It works by enhancing synaptic connectivity and stimulating the growth of new neurons, which can improve memory, learning, and overall cognitive function.
- **Standard Dosing**: The typical dosing protocol for Dihexa is 10 to 30 mg per day, taken orally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for Dihexa is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its cognitive balance and prevent desensitization to the peptide.
- DIHEXA

DSIP (Delta Sleep Inducing Peptide)

- **Function**: Promotes deep, restful sleep and reduces anxiety; may aid in recovery.
- **Standard Dosing**: 100-300 mcg 30-60 minutes before bedtime, subcutaneously.
- **Cycle**: Commonly 2-4 weeks to assess effectiveness, some use it as needed rather than every night, Continuous long term is less common.
- DSIP

EPITHALON

- **Function:** Anti-aging peptide increases telomerase activity which may extend cell lifespan; supports healthy sleep and immune function.
- **Standard Dosing**: 5-10 mg daily for 10-20 days, repeated every 3-6 months, subcutaneously.
- EPITHALON

FOX04-DRI

- **Function:** FOXO4-DRI is an anti-aging peptide that selectively targets and eliminates senescent (“zombie”) cells which accumulate with age and promote inflammation and tissue damage. By forcing these dysfunctional cells into apoptosis, FOXO4-DRI helps reduce inflammation, restore tissue health, improve organ function, enhance physical stamina, and support cognitive health.
- **Standard Dosing:** FOXO4-DRI is typically administered via intravenous (IV) therapy in cycles. Protocols vary; for example, a common approach is an IV every 5 days for a total of 3 treatments (about 15 days).

- **Dosing continued:** Commonly recommended dose is around 3 mg injected subcutaneously every other day for a total of about 6 days.
- **Cycle Length:** 10 to 30 days per cycle with breaks recommended.

GHK-CU

- **Function**: GHK-Cu is a copper peptide known for its role in promoting wound healing, reducing inflammation, and stimulating collagen production. It is also used in cosmetic applications for its anti-aging properties.
- **Standard Dosing**: The typical dosing protocol for GHK-Cu is 2-5 mg per day, administered subcutaneously.
- **Cycle Length**: The recommended cycle length for GHK-Cu is 4-6 weeks, followed by a break or reassessment. For topical skin/hair use daily for 8-12 weeks.
- GHK-CU

GHRP-2 (Growth Hormone Releasing Peptide-2)

- **Function**: Stimulates natural growth hormone release; used for muscle gain, fat loss, and recovery.
- **Standard Dosing**: 100-300 mcg 2-3 times daily, subcutaneously. Best taken on empty stomach. Morning (fasted), Post Workout, before bed(fasted) (no carbs/fats 30 min before or after.
- **Cycle Length**: The recommended cycle length is typically 8 to 12 weeks, followed by a break or reassessment.
- GHRP-2

GHRP-6 (Growth Hormone Releasing Peptide-6)

- **Function**: Similar to GHRP-2 but may increase appetite more significantly.
- **Standard Dosing**: 100-300 mcg 2-3 times daily, subcutaneously. Best taken on empty stomach. Morning (fasted), Post Workout, before bed (fasted) (no carbs/fats 30 min before or after.
- **Cycle Length**: The recommended cycle length is typically 8 to 12 weeks, followed by a break or reassessment.
- GHRP-6

GLOW

- **Function: GHK-Cu (Copper Peptide)**: Known for its remarkable anti-aging and collagen-stimulating effects. It helps in improving skin elasticity, promoting healthier hair growth, and accelerating wound healing.

- **BPC-157 (Body Protective Compound)**: A peptide that promotes tissue regeneration, accelerates tendon and ligament repair, and reduces inflammation.
- **TB-500 (Thymosin Beta-4)**: Facilitates rapid cellular migration to injured areas, reduces scar tissue formation, and enhances the strength and flexibility of repaired tissues.
- **Dosing**: The Glow Blend is typically administered in a 5:1:1 ratio of GHK-Cu: BPC-157: TB-500.
- A common dosing protocol is to inject 15 units once daily, which delivers approximately 2.5 mg of GHK-Cu, 0.5 mg of BPC-157, and 0.5 mg of TB-500.
- **Cycle Length**: The recommended cycle length for Glow Blend is 8-12 weeks. This allows the body to benefit from the regenerative and anti-aging effects of the peptides while preventing desensitization.
- This combination is designed for optimal healing and regeneration, making it a popular choice for skin rejuvenation, anti-aging, and whole-body wellness.
- GLOW

GW-501516 (Cardarine)

- **Function**: GW-501516, also known as Cardarine, is a selective agonist of the PPARδ receptor. It is known for its role in enhancing endurance, promoting fat loss, and improving metabolic health. By activating the PPARδ receptor, GW-501516 increases the expression of genes involved in energy expenditure and fatty acid oxidation, making it a popular choice for athletes and those looking to improve their physical performance.
- **Standard Dosing**: The typical dosing protocol for GW-501516 is 10 to 20 mg per day, taken orally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.

  Cycle Length: The recommended cycle length for GW-501516 is 8 to 12 weeks, followed by a break or reassessment. This allows the body to maintain its metabolic balance and prevent desensitization to the compound.
- GW-501516

HEXARELIN

- **Function**: Hexarelin is a growth hormone-releasing peptide (GHRP) that stimulates the release of natural growth hormone. It is used for muscle gain, fat loss, and recovery.
- **Standard Dosing**: The typical dosing protocol for Hexarelin is 100-200 mcg, administered subcutaneously, 2-3 times per day.
- **Cycle Length**: The recommended cycle length for Hexarelin is 8-12 weeks, followed by a break or reassessment.
- HEXARELIN

HCG

- **Function**: HCG is a hormone produced during pregnancy. It is used in various medical treatments, including fertility treatments for both men and women. In men, HCG stimulates the production of testosterone and sperm. In women, it can help induce ovulation. Additionally, HCG is sometimes used in weight loss protocols, although this use is more controversial.
- **Standard Dosing**: The typical dosing protocol for HCG varies depending on the purpose of use. For fertility treatments, the dosing can range from 5,000 to 10,000 IU per injection, administered subcutaneously or intramuscularly. For weight loss, the dosing is usually much lower, around 125 to 200 IU per day, administered subcutaneously.
- **Cycle Length**: The recommended cycle length for HCG also varies based on its use. For fertility treatments, the cycle length is determined by the treatment protocol and medical supervision. For weight loss, HCG is typically used for a cycle of 3 to 6 weeks, followed by a break or reassessment.
- HCG

HGH Frag 176-**191**

- **Function:** HGH Frag 176-191 is a peptide fragment derived from human growth hormone (HGH). It is known for its role in promoting fat loss. This peptide works by stimulating lipolysis (fat breakdown) and inhibiting lipogenesis (fat formation), making it a popular choice for those looking to reduce body fat without affecting blood sugar levels.
- **Standard Dosing:** The typical dosing protocol for HGH Frag 176-191 is 250 to 500 mcg once daily, usually administered subcutaneously. It is often taken in the morning or before exercise to maximize its fat-burning effects.
- **Cycle Length:** The recommended cycle length for HGH Frag 176-191 is 4 to 12 weeks, depending on individual goals and response to the peptide. After completing a cycle, it is advisable to take a break or reassess before starting another cycle
- HGH FRAG 176-191

HUMAMIN

- **Function:** Humanin is a mitochondrial-derived peptide that primarily acts as a cytoprotective agent. It protects cells from oxidative stress, inflammation, and apoptosis (programmed cell death). It supports longevity, brain health, insulin sensitivity, and metabolic function by promoting cell survival pathways and enhancing mitochondrial health. It is notable for its neuroprotective effects and potential anti-aging benefits.
- **Standard Dosing:** Typical humanin peptide dosing ranges from 1 to 5 mg per day, often administered via subcutaneous injection.

- **Cycle Length:** Cycles generally last 4 to 8 weeks. Due to its role in cellular protection rather than stimulation, longer cycles may be possible, but breaks are suggested every few months to maintain receptor sensitivity and assess progress.

IGF-1 LR3

- **Function**: IGF-1 LR3 (Insulin-like Growth Factor-1 Long R3) is a synthetic peptide that mimics the natural IGF-1 hormone in the body. It is known for its role in promoting muscle growth, enhancing recovery, and improving overall physical performance. IGF-1 LR3 works by binding to IGF-1 receptors on muscle cells, stimulating protein synthesis and muscle cell proliferation.
- **Standard Dosing:** The typical dosing protocol for IGF-1 LR3 is 20 to 100 mcg per day, administered subcutaneously or intramuscularly. It is often taken in the morning or post-workout to maximize its anabolic effects**.**
- **Cycle Length:** The recommended cycle length for IGF-1 LR3 is 4 to 6 weeks, followed by a break or reassessment. Due to its potent effects, it is advisable to start with a lower dose and gradually increase it based on individual response and tolerance.
- IGF-1 LR3

IPAMORELIN

- **Function**: Selective growth hormone secretagogue, promotes HGH release, used for muscle gain and fat loss.
- **Standard Dosing**: 200-300 mcg 1-3 times per day, subcutaneously.
- **Cycle Length**: The recommended cycle is typically 8 to 12 weeks, followed by a break or reassessment.
- IPAMORELIN

Kisspeptin-10

- **Function**: Kisspeptin-10 is a peptide that plays a crucial role in regulating the reproductive system. It stimulates the release of gonadotropin-releasing hormone (GnRH), which in turn triggers the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH). This cascade of hormonal events is essential for reproductive health, including the regulation of the menstrual cycle in women and spermatogenesis in men.
- **Standard Dosing**: The typical dosing protocol for Kisspeptin-10 is 100 to 200 mcg per day, administered subcutaneously. It is often taken in the evening to align with the body's natural hormonal rhythms.
- **Cycle Length**: The recommended cycle length for Kisspeptin-10 is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain hormonal balance and prevent desensitization to the peptide.

- KISSPEPTIN-10

Klow

- **Function**:
- GHK-Cu: Stimulates tissue regeneration, wound healing, and skin rejuvenation.
- BPC-157: Promotes rapid injury recovery, supports gut health, and accelerates muscle and tendon healing.
- TB-500 (Thymosin beta-4 fragment): Improves muscle recovery and repair, supports nerve and tendon health, and reduces inflammation.
- KPV: Potent anti-inflammatory peptide; reduces systemic and intestinal inflammation, calms immune overactivation, and aids in skin and gut healing.
- Dosing: The Klow Blend is typically administered in a 5:1:1:1 ratio of GHK-Cu: BPC-157: TB-500: KPV.
- A common dosing protocol is to inject 15 units once daily, which delivers approximately 2.5 mg of GHK-Cu, 0.5 mg of BPC-157, and 0.5 mg of TB-500 0.5 mg of KPV
- Cycle Length: The recommended cycle length for Klow Blend is 8-12 weeks. This allows the body to benefit from the regenerative and anti-aging effects of the peptides while preventing desensitization.
- KLOW is designed for research, recovery, anti-inflammatory support, tissue repair, and immune modulation.
- KLOW

KPV

- **Function**: KPV is known for its anti-inflammatory and antimicrobial properties. It works by modulating the immune response and reducing inflammation, making it useful for conditions such as inflammatory bowel disease, skin conditions, and other inflammatory disorders.
- **Standard Dosing**: The typical dosing protocol for KPV is 200 to 400 mcg per day, administered subcutaneously or topically. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for KPV is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its immune balance and prevent desensitization to the peptide.
- KPV

L CARNITINE

- **Function**: L-Carnitine is an amino acid derivative that plays a crucial role in energy production. It helps transport fatty acids into the mitochondria, where they are burned for energy. This makes L-Carnitine popular for its potential benefits in enhancing athletic performance, promoting fat loss, and improving overall metabolic health.

- **Standard Dosing**: The typical dosing protocol for L-Carnitine injections is 500 to 2,000 mg per day, administered intramuscularly or intravenously. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for L-Carnitine can vary based on individual goals and response. It can be taken continuously for general health benefits, but for specific purposes like athletic performance or fat loss, a cycle of 8 to 12 weeks followed by a break or reassessment is often recommended.
- L CARNITINE

L Glutathione

- **Function**: L-Glutathione is a powerful antioxidant that plays a crucial role in protecting cells from oxidative stress and maintaining the body's immune function. It helps detoxify harmful substances in the liver, supports skin health, and can improve overall well-being. L-Glutathione is also known for its potential anti-aging properties and its ability to lighten skin by inhibiting melanin production.
- **Standard Dosing**: The typical dosing protocol for L-Glutathione varies depending on the form and purpose of use. For general health and antioxidant support, a common dose is 500 to 1000 mg per day, taken orally. For skin lightening, higher doses of 1000 to 2000 mg per day may be used, often in combination with vitamin C to enhance absorption.
- **Cycle Length**: The recommended cycle length for L-Glutathione can vary based on individual goals and response. For general health, it can be taken continuously, while for skin lightening, a cycle of 3 to 6 months is often recommended, followed by a break or reassessment.
- L GLUTATHIONE

LL-37

- **Function**: LL-37 is an antimicrobial peptide that plays a crucial role in the body's immune response. It helps to fight off infections by disrupting the membranes of bacteria, fungi, and viruses. Additionally, LL-37 has anti-inflammatory properties and can promote wound healing by attracting immune cells to the site of injury and stimulating tissue repair.
- **Standard Dosing**: The typical dosing protocol for LL-37 is 5-10 mg per week, administered subcutaneously. It is often taken in the morning or before bedtime to align with the body's natural immune rhythms.

- **Cycle Length**: The recommended cycle length for LL-37 is 4 on, 4weeks off, followed by a break or reassessment. This allows the body to maintain its immune balance and prevent desensitization to the peptide.
- LL-37

MELANOTAN I

- **Function**: Melanotan 1 is a synthetic peptide that stimulates melanin production in the skin, leading to a tanned appearance. It is primarily used for its tanning effects and is also known to provide some protection against UV radiation. Additionally, it may have potential benefits in reducing the risk of skin cancer by promoting a natural tan without the need for excessive sun exposure.
- **Standard Dosing**: The typical dosing protocol for Melanotan 1 is 0.25 to 1 mg per day, administered subcutaneously. The dose can be adjusted based on individual response and desired level of tanning. It is often started at a lower dose and gradually increased to minimize side effects.
- **Cycle Length**: The recommended cycle length for Melanotan 1 varies depending on individual goals and response. It can be used continuously until the desired level of tanning is achieved, followed by maintenance doses taken less frequently to sustain the tan. A common approach is to use it for 2 to 4 weeks initially, followed by maintenance doses as needed.
- MELANOTAN

MELANOTAN II

- **Function**: Melanotan 2 is a synthetic peptide that stimulates melanin production in the skin, leading to a tanned appearance. It is primarily used for its tanning effects and is also known to provide some protection against UV radiation. Additionally, Melanotan 2 may increase libido by acting on melanocortin receptors in the brain.
- **Standard Dosing**: The typical dosing protocol for Melanotan 2 is 0.25 to 1 mg every other day, administered subcutaneously. The dose can be adjusted based on individual response and desired level of tanning. It is often started at a lower dose and gradually increased to minimize side effects.
- **Cycle Length**: The recommended cycle length for Melanotan 2 varies depending on individual goals and response. It can be used continuously until the desired level of tanning is achieved, followed by maintenance doses taken less frequently to sustain the tan. A common approach is to use it for 2 to 4 weeks initially, followed by maintenance doses as needed.
- MELANOTAN II

MK-677

- **Function**: MK-677, also known as Ibutamoren, is a growth hormone secretagogue. It stimulates the release of growth hormone (GH) and increases insulin-like growth factor 1 (IGF-1) levels in the body. This can lead to benefits such as increased muscle mass, improved bone density, enhanced recovery, and better sleep quality.
- **Dosing**: The typical dosing protocol for MK-677 is 10 to 25 mg per day, taken orally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for MK-677 is 8 to 12 weeks, followed by a break or reassessment. Some users may choose to use it for longer periods, but it is essential to monitor for any potential side effects and adjust the dosage accordingly.
- MK-677

MOTS-C

- **Function**: MOTS-c is a mitochondrial-derived peptide that plays a crucial role in regulating metabolic functions. It helps in improving insulin sensitivity, promoting fat loss, and enhancing energy production. Additionally, MOTS-c has been studied for its potential benefits in combating age-related metabolic decline and improving overall metabolic health.
- **Dosing**: The typical dosing protocol for MOTS-c is 5 to 10 mg per day, administered subcutaneously. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for MOTS-c is 4 to 6 weeks, followed by a break or reassessment. Some users may choose to use it for longer periods, but it is essential to monitor for any potential side effects and adjust the dosage accordingly.
- MOTS-C

NAD+

- **Function**: NAD+ (Nicotinamide Adenine Dinucleotide) is a coenzyme found in all living cells. It plays a crucial role in energy metabolism and mitochondrial function. NAD+ is involved in redox reactions, carrying electrons from one reaction to another, and is essential for the production of ATP, the energy currency of the cell. It also plays a role in DNA repair and gene expression.
- **Standard Dosing**: The typical dosing protocol for NAD+ varies depending on the form and purpose of use. For general health and anti-aging benefits, a common dose is 100 mg 2-3 times a week but start off at a lower dose to access tolerance.
- **Cycle Length**: The recommended cycle length for NAD+ can vary based on individual goals and response. It can be taken continuously for general health benefits, but for specific therapeutic purposes, a cycle of 4 to 8 weeks followed by a break or reassessment is often recommended.

- NAD+

NOOPEPT

- **Function**: Noopept is a nootropic peptide known for its cognitive-enhancing properties. It is used to improve memory, learning, and overall cognitive function. Noopept works by modulating the activity of neurotransmitters in the brain, promoting neuroprotection, and enhancing synaptic plasticity.
- **Standard Dosing**: The typical dosing protocol for Noopept is 10 to 30 mg per day, taken orally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for Noopept is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its cognitive balance and prevent desensitization to the peptide.
- NOOPEPT

O-304(ATX-304)

- **Function**: ATX-304 (O-304) is a peptide known for its role in promoting metabolic health and improving insulin sensitivity. It works by activating AMPK (AMP-activated protein kinase), which plays a crucial role in cellular energy homeostasis. This activation helps in regulating glucose uptake, fatty acid oxidation, and overall energy balance in the body.
- **Standard Dosing (Oral Form)**: The typical dosing protocol for ATX-304 in its oral form is 50 to 100 mg per day, but in clinical trials the dosing was 120-240 mg.
- **Cycle Length**: The recommended cycle length for ATX-304 is 8 to 12 weeks, followed by a break or reassessment. This allows the body to maintain its metabolic balance and prevent desensitization to the peptide.
- O-304(ATX-304)

OXYTOCIN

- **Function**: Oxytocin is a hormone and neuropeptide that plays a crucial role in social bonding, sexual reproduction, childbirth, and the period after childbirth. It is often referred to as the "love hormone" because it is released during hugging, touching, and orgasm, promoting feelings of love and connection. Oxytocin also helps stimulate uterine contractions during labor and milk ejection during breastfeeding.
- **Standard Dosing**: The typical dosing protocol for Oxytocin varies depending on its use. For labor induction, it is usually administered intravenously with a starting dose of 0.5 to 1 milliunits per minute, gradually increasing as needed. For other uses, such as enhancing social bonding or reducing anxiety, the dosing can vary widely and should be determined by a healthcare professional.

- **Cycle Length**: The cycle length for Oxytocin also varies based on its use. For labor induction, it is used until delivery. For other therapeutic uses, the cycle length should be determined by a healthcare professional based on individual needs and response.
- OXYTOCIN

PINEALON

- **Function**: Pinealon is a peptide known for its role in promoting cognitive function and neuroprotection. It works by regulating gene expression and protein synthesis in the brain, which helps in improving memory, learning, and overall brain health.
- **Standard Dosing:** The typical dosing protocol for Pinealon is 10 mg per day, administered subcutaneously**.**
- **Cycle Length**: The recommended cycle length for Pinealon is 10 days, followed by a break or reassessment.
- PINEALON

PT-141 (Bremelanotide)

- **Function**: Used to enhance libido in both men and women; acts as a melanocortin receptor agonist.
- **Standard Dosing**: Typical effective dose 1-2 mg as needed, but starting dose .5mg subcutaneously, 45 minutes before sexual activity (not for daily use).
- **Cycle Length**: Not for daily use, some do not exceed 8 doses per month.
- PT-141

SELANK

- **Function**: Anxiolytic and nootropic peptide, supports mood, focus, and cognitive performance.
- **Standard Dosing**: 250-500 mcg 1-2 times per day, intranasally.
- **Cycle Length**: The recommended cycle length for Selank is 4 to 8 weeks, followed by a break or reassessment.
- SELANK

SEMAX

- **Function**: Semax is a peptide known for its nootropic and neuroprotective properties. It is used to improve cognitive function, enhance memory, and protect the brain from oxidative stress and damage. Semax works by modulating the activity of neurotransmitters and promoting the expression of brain-derived neurotrophic factor (BDNF), which supports neuronal growth and survival.

- **Standard Dosing**: The typical dosing protocol for Semax is 250 to 500 mcg per day, administered intranasally. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for Semax is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its cognitive balance and prevent desensitization to the peptide.
- SEMAX

SERMORELIN

- **Function**: Sermorelin is a peptide that stimulates the release of growth hormone (GH) from the pituitary gland. It is used to promote muscle growth, improve recovery, and enhance overall physical performance. Sermorelin works by mimicking the action of growth hormone-releasing hormone (GHRH), which naturally stimulates the production and release of GH in the body.
- **Standard Dosing**: The typical dosing protocol for Sermorelin is 200 to 300 mcg per day, administered subcutaneously. It is often recommended to take it in the evening to align with the body's natural GH release cycle.
- **Cycle Length**: The recommended cycle length for Sermorelin is 8 to 12 weeks, followed by a break or reassessment. This allows the body to maintain its hormonal balance and prevent desensitization to the peptide.
- SERMORELIN

SLU PP 332

- **Function**: SLU-PP-332 is an investigational compound designed to mimic the effects of aerobic exercise at the cellular level, even without physical activity. It targets special proteins in the body called estrogen-related receptors (ERRα, ERRβ, and ERRγ), which are not the same as hormone estrogen receptors. SLU-PP-332 turns on specific genes that improve energy use, fat burning, and muscle endurance. This compound is known for increasing how efficiently your body burns fat for fuel, boosting the number and function of mitochondria (your energy powerhouses), and improving endurance and energy use, even at rest.
- **Standard Dosing**: The typical dosing protocol for SLU-PP-332 is still under investigation, but it is often administered in a controlled setting to ensure safety and efficacy. The exact dosage may vary based on individual needs and response but usually starts at 250-500mcg per day.
- **Cycle Length**: As an investigational compound, the recommended cycle length for SLU-PP-332 is not yet established. It is important to follow the guidance of a healthcare professional or researcher when using this compound.
- SLU PP 332

SLU-PP-332 / BAM 15

- **Function**: SLU-PP-332 is a synthetic peptide that mimics exercise by activating estrogen-related receptors (ERR), enhancing energy metabolism, mitochondrial

function, fat loss, and muscle endurance. BAM 15 is a mitochondrial uncoupler that promotes fat burning by increasing metabolic rate at the cellular level.

- **Standard Dosing**: 1-2 capsules a day and could be split twice a day.
- **Cycle Length**: Generally, 4 to 8 weeks of continuous use followed by a break to avoid receptor desensitization.

SS-31

- **Function**: SS-31 (also known as Elamipretide) is a peptide known for its role in protecting and improving mitochondrial function. It works by targeting the inner mitochondrial membrane, where it helps to reduce oxidative stress and improve energy production. This peptide is used for its potential benefits in treating conditions related to mitochondrial dysfunction, such as age-related diseases and metabolic disorders.
- **Standard Dosing**: The typical dosing protocol for SS-31 is 5 to 10 mg per day, administered subcutaneously. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for SS-31 is 4 to 8 weeks, followed by a break or reassessment. This allows the body to maintain its mitochondrial health and prevent desensitization to the peptide.
- SS-31

TESAMORELIN

- **Function**: Tesamorelin is a synthetic peptide that stimulates the release of growth hormone (GH) from the pituitary gland. It is primarily used to reduce excess abdominal fat in HIV-infected patients with lipodystrophy. Tesamorelin works by mimicking the action of growth hormone-releasing hormone (GHRH), which naturally stimulates the production and release of GH in the body.
- **Standard Dosing**: The typical dosing protocol for Tesamorelin is.5- 2 mg once daily, administered subcutaneously. It is usually injected into the abdomen.
- **Cycle Length**: The recommended cycle length for Tesamorelin can vary based on individual goals and medical supervision. It is often used continuously for several months, followed by a break or reassessment.
- TESAMORELIN

TB-500 (Thymosin Beta-4)

- **Function**: Promotes healing and recovery, especially for injuries to connective tissue.
- **Standard Dosing**: 2-2.5 mg twice per week for 4-6 weeks, subcutaneously.

- **Cycle Length**: The recommended cycle length for TB-500 is typically 4 to 6 weeks, followed by a break or reassessment.
- TB-500

Thymalin

- **Function**: Immunomodulatory peptide, supports immune system function, often used for anti-aging and immune rejuvenation.
- **Standard Dosing**: 10 mg daily for 10 days, subcutaneously.
- **Cycle Length**: The recommended cycle length for Thymalin is 10 days.

THYMOSIN ALPHA 1

- **Function**: Thymosin Alpha 1 is known for its immunomodulatory properties. It helps to enhance the immune system by stimulating the production and activity of T-cells, which are crucial for the body's defense against infections and diseases. Thymosin Alpha 1 is often used to support immune function, particularly in individuals with weakened immune systems or chronic infections.
- **Standard Dosing**: The typical dosing protocol for Thymosin Alpha 1 is 1.6 mg to 3.2 mg per week, administered subcutaneously. It is often recommended to start at a lower dose and gradually increase it based on individual response and tolerance.
- **Cycle Length**: The recommended cycle length for Thymosin Alpha 1 is 4 to 12 weeks, followed by a break or reassessment. This allows the body to maintain its immune balance and prevent desensitization to the peptide.
- THYMOSIN ALPHA 1

Conclusion

Peptides offer a diverse toolkit for supporting wellness, muscle growth, fat loss, recovery, cognitive function, and more. However, they are not magic bullets and must be used responsibly, ideally under medical supervision. Dosage, quality, and administration protocols are critical, and personal responses can vary widely. This cheat sheet provides a foundational overview, but further research and responsible practice are essential for safety and effectiveness.