



Regenerative Education

QUICK DOSING SHEET



35+ PEPTIDES

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5-Amino-1-MQ

Overview

- 5-Amino-1-MQ is an oral peptide that is most commonly used to help reduce fat
- It mostly targets white adipose tissue by inhibiting the NNMT enzyme, leading to higher levels of NAD+, which has a cascade of benefits, one being weight loss.
- High levels of NNMT enzyme have been linked to obesity, type 2 diabetes, and overall, several metabolic complications.

Cycling & Dosing

- 50-150 mg, taken all at once or split up
- It is essential to take with food due to 5-Amino-1-MQ being oil-solubility
- It is ideal to take it in the morning to prevent sleep disturbances
- Best to do cycles between 3-6 weeks long, with 1-2 week breaks in between to maximize potency

ARA-290

Overview

- ARA-290 is a peptide designed off a segment of the hormone erythropoietin
- Its main mechanism of action focuses on tissue repair and protection
- Commonly used for patients with diabetes or suffering neuropathy (damage of nerves)

Cycling & Dosing

- 4mg/day through a subcutaneous injection
- 30-day cycles
- Based on the patient's response

AOD-9604/Frag-176-191

Overview

- Anti-Obesity Drug-9604 (AOD-9604) is a synthetic growth hormone amino acid fragment.
- It contains similar but more potent fat-burning effects than growth hormone.

- Frag-176-191 is less stable and less effective than AOD-9604. Many peptide companies will market these in the same way.

Cycling & Dosing

- 250-300 mcg, 1-2x daily through a subcutaneous injection
- It can be taken for 6 weeks or up to 6 months at a continuous dose
- It is best to take this peptide on an empty stomach in the morning or before a workout to maximize the fat-burning effects
- Some theorize injecting to the area where you want to reduce fat for more local benefits.

BPC-157

Overview

- BPC-157 stands for body-protective compound. It was discovered in the human gastric juice
- Often called the “wolverine” peptide
- It is one of the most well-used and well-researched peptides, as it offers a wide range of healing benefits
- BPC-157 is neuroprotective (brain), cardioprotective (heart), gastroprotective (stomach), and musculoskeletal protective (joints, ligaments, and muscles)

Cycling & Dosing

- General use: 400-600 mcg
- Oral use: 500-1000 mcg
- Injury: Split the dose into 200-300 mcg and inject around the area
- Cycle length depends on the health status and response to treatment

Cerebrolysin

Overview

- Cerebrolysin is a neuropeptide that comes from young pig brains
- It consists of many neuroactive vitamins, amino acids, and building blocks that support neuronal growth and function in and outside the brain.
- Cerebrolysin has a low molecular weight, allowing it to cross the blood-brain barrier readily

- Cerebrolysin has been around since the 1950s. It is an approved medication in 44 countries (not yet in the US)

Cycling & Dosing

- 5-10 ml (215 mg/ml) through a subcutaneous injection
- 10–20-day cycles
- Dosing intensity and frequency will vary with the subjects health status

CJC-1295

Overview

- CJC-1295 is a GHRH (Growth Hormone Releasing Hormone)
- Contain DAC (drug affinity complex)
- Stays in the body for 6-8 days
- Enhances endogenous growth hormone in the body

Cycling & Dosing

- 100 mcg per injection (more is not better)
- Twice a week
- Daily injections can lead to HG levels above normal physiological levels
- 6-8 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. It is best taken 30 minutes before eating and/or 2 hours after eating

Dihexa

Overview

- Dihexa was originally derived from angiotensin IV (a hormone naturally produced in our body that helps with memory)
- Dihexa has been reported to be 7x more potent than brain-derived-neurotrophic factor (BDFN), which has a multitude of benefits for the brain and body
- Dihexa is a powerful neuropeptide that has been shown to prevent the development of Parkinson-like symptoms and restore motor function.

Cycling & Dosing

- 10-50 mg taken daily either through powder or as a cream (rub onto inner forearms)

- Use no longer than 6 weeks

DSIP

Overview

- DSIP stands for Delta Sleep-Inducing Peptide
- A similar peptide is found in large concentrations in human mother's milk
- Addresses sleep disturbances
- Resets circadian clock
- Supports the nervous system and hormonal system

Cycling & Dosing

- 100 mcg 3 hours before bed daily
- Continue with dose based on response
- The goal is to restore normal sleep patterns
- Reduce down to 50 mcg 1x week once sleep stabilizes

Epithalon

Overview

- Epithalon is a synthetic peptide that reproduces the effects of epithalamion, a peptide found naturally in the pineal gland
- The primary function of this peptide is to increase the length and activation of telomeres.
- Enhanced length and activation of telomeres are linked to a longer and healthier lifespan
- Traditionally classified as a bio-regulator

Cycling & Dosing

- 50-100 mg total
- 5-10 mg daily for 10-20 days
- Recommended 1-2x a year to optimize longevity
- It is essential to take this peptide through an injection. Any oral form will not be absorbed appropriately

FGL (L)

Overview

- FGL(L) is a variant of the Neural Cell Adhesion Molecule (NCAM), which is found naturally on the surface of nerve cells (neurons) and glial cells (protect neurons)
- NCAM stimulates FGL, which helps produce new neurons and form new synapses between neurons
- This peptide contains several brain-protective and memory-enhancing properties.

Cycling & Dosing

- 1-2 mg daily
- 5 days on, 2 days off
- Younger subjects in their 30's are recommended to do a lower dose (1mg or less)

GHK-Cu

Overview

- GHK-Cu is a naturally occurring copper peptide found in human plasma. As people age, they naturally lose the ability to produce this
- This peptide is commonly used in hair and skin products due to its strong regeneration and anti-inflammatory properties
- This peptide modulates over 500 different gene expressions, resulting in multiple health and anti-aging benefits

Cycling & Dosing

- For subcutaneous injections: 1-2 mg per day
- For topical: any place to focus on healing
- 6-week intervals
- Can be cycled 3-4x a year

GHRP-2

Overview

- GHRP-2 is the second strongest GHRP (Growth Hormone Releasing Peptide)
- Stimulates the release of growth hormone & ghrelin (hunger hormone)

- Weakly and temporarily increases prolactin and cortisol

Cycling & Dosing

- 100 mcg per injection
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

GHRP-6

Overview

- GHRP-6 is the third strongest GHRP (Growth Hormone Releasing Peptide)
- Stimulates the release of growth hormone & ghrelin (hunger hormone)
- Weakly and temporarily increases prolactin and cortisol

Cycling & Dosing

- 100 mcg per injection
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Hexarelin

Overview

- Hexarelin is the most potent GHRP (Growth Hormone Releasing Peptide)
- Stimulates the release of growth hormone without an increase in appetite
- Increase in cortisol and prolactin

Cycling & Dosing

- 100 mcg per injection
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 4-8 weeks on, 4-8 weeks off

- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

Humanin

Overview

- Humanin is a peptide found naturally in the mitochondria and many other parts of the human body, such as the heart, kidney, brain, and skeletal muscles.
- This peptide was initially classified as a mitochondrial peptide, but it was later classified as a neuropeptide since it was shown to help with Alzheimer's disease
- This peptide has been linked to largely influencing the health span and lifespan. Humanin levels are seen to be higher in children than adults, especially low in adults who suffer from Alzheimer's and mitochondrial dysfunctions

Cycling & Dosing

- Dosing varies greatly on this compound since there is limited clinical data
- The study done on this showed .04 mg/kg as the therapeutic dose
- Weigh 80kg -> 3.2 mg
- Weigh 90 kg -> 3.6 mg
- Weigh 100 kg -> 4 mg
- Frequency varies from every day to once a week through a subcutaneous injection

IGF-1 LR3

Overview

- IGF-1 LR3 is a derivative of IGF-1 (released from the liver in response to growth hormone)
- IGF-1 LR3 has a greater half-life & bioavailability than IGF-1
- IGF-1 half-life -> 12 hours
- IGF-1 LR3 half-life -> 30 hours
- Most commonly used for building muscle and burning fat

Cycling & Dosing

- 20-60 mcg per injection
- 5 days on, 2 days off, 3-6 weeks on, 3-6 weeks off
- Best taken with food

Ipamorelin

Overview

- Ipamorelin is the mildest of GHRPs (Growth Hormone Releasing Peptide)
- Stimulates the release of growth hormone without an increase in appetite, cortisol, or prolactin
- Higher doses do not lead to desensitization

Cycling & Dosing

- 100 mcg per injection is the starting dose
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Kisspeptin-10

Overview

- Kisspeptin-10 is a neuropeptide hormone from the hypothalamus
- Often called the “puberty” peptide
- It helps normalize the sex hormone feedback loop
- Can enhance sexual arousal and fertility

Cycling & Dosing

- 1 mcg per kg (100-200 mcg)
- Best taken in a fasted state in the morning to mimic natural testosterone production
- Peak FSH & LH occurs 45-60 minutes after injection
- 3-5x week, 1 month on, 1 month off

KPV

Overview

- KPV is naturally produce in the body and is found in the hormone alpha-MSH
- KPV is most commonly used for autoimmune and inflammatory conditions

- This peptide can be used as a cream, injectable, or capsule. The route of administration depends on which area is being focused on

Cycling & Dosing

- The goal is to use KPV until the condition is healed
- Subcutaneous: 200-500 mcg, one time a day
 - o Best used for overall inflammation
- Oral: 250 mcg, twice a day on an empty stomach
 - o Best used for any stomach/GI inflammation
- Topical: 7.5 mg applied 2x a day to area
 - o Best used for wound healing

LL-37

Overview

- LL-37 is antimicrobial, antiviral, and an anti-biofilm (fights off gram-positive and gram-negative pathogens)
- Humans produce this peptide naturally in their neutrophils, natural killer cells, and in many different body systems
- LL-37 has the potential to serve as an alternative to antibiotics and plays a vital role in innate and adaptive immunity

Cycling & Dosing

- 100 mcg per injection
- It can be given 2x a day. Once in the morning and once at night
- 4–6-week cycle and then evaluate patient's response and status

Melanotan I & II

Overview

- Melanotan I and Melanotan II work on the melanocortin system and replicate the hormone melanocortin, which is naturally released by the pituitary gland

- These peptides increase melanogenesis, which plays an import role in tanning, immune support, and sexual support
- Melanotan I is often used more frequently as it has fewer side effects than Melanotan II
- Melanotan II does display a more intense response with more benefits but has a higher side-effect profile.

Cycling & Dosing

- For Tanning
 - o 200 mcg daily for 1 week
 - o 50-100 mcg 1-2x a week after reaching the skin-tone goal
- For Immunity
 - o 200 mcg daily for 6-8 weeks
- For Metabolic Support
 - o 50 mcg daily
- For Sexual Stimulation
 - o 200-1000 mcg before intercourse

MK0677

Overview

- MK-677 (Ibutamoren) belongs to the GHRP category and is a SARM (selective androgen receptor modulator)
- Effective oral form of GH and IGF-1 replacement therapy. Can lead to supra-physiological IGF-1 response
- One of the most popular compounds due to its oral administration
- Proper sourcing of this compound is essential due to oral administration

Cycling & Dosing

- 12.5-25 mg on an empty stomach
- 25 mg is the typical dose. It can be split up into 2 doses
- 12.5 mg is recommended for females

- Month 1 - 5 days a week
- Month 2 & 3 - 3 days a week
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

MOD-GRF 1-29

Overview

- MOD-GRF 1-29 is a GHRH (Growth Hormone Releasing Hormone)
- It does not contain DAC (drug affinity complex)
- Half-life is around 30 minutes
- The most commonly used GHRH peptide
- Enhances endogenous growth hormone release in the body

Cycling & Dosing

- 100 mcg per injection (more is not better)
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

MOTS-C

Overview

- A gene in the mitochondrial DNA produces MOTS-C
- MOTS-C is often called the “exercise-induced” peptide
- This peptide plays a crucial role in signaling and energy production by regulating multiple metabolic functions throughout the body

Cycling & Dosing

- 5mg three times a week (M/W/F) for 4-6 weeks
- Reduce down to 5mg once a week for 4 weeks
- Break for 4-6 weeks

PE-22-88

Overview

- PE-22-88 is a peptide derived from Spadin (a natural antidepressant peptide found in human blood)
- PE-22-88 blocks the TREK-1 channel in the brain. High levels of TREK-1 are associated with cognitive impairment and low mood.
- This peptide is being researched for use as a natural antidepressant, enhanced learning, stroke recovery, and neurodegenerative disease treatment.

Cycling & Dosing

- 400 mcg intranasally
- 1x a day in the morning

PEG-MGF

Overview

- PEG-MGF is a split variant of IGF-1 (insulin-like growth factor) IGF-1 -> MGF
- It can be found in muscles, bones, tendons, brain, and heart tissues
- The primary focus is to promote faster recovery from muscle damage
- Adding PEG (polyethylene glycol) increases the half-life of MGF to 48-72 hours
- MGF's normal half-life is 5-7 hours

Cycling & Dosing

- 100-600 mcg per injection
- It can be split into separate 100 mcg injections to target different muscles
- Suq-Q or IM muscle injections
- 2-3x week, 8-10 weeks on, 4-8 weeks off

PT-141 (Bremelanotide)

Overview

- PT-141 is a libido-boosting peptide targeting the melanocortin receptors (MC3R and MC4R)
- Discovered from Melanotan-2

- Works on the nervous system rather than the cardiovascular system (most erectile drugs work on the cardiovascular system)
- This peptide can be taken through a subcutaneous injection or a nasal spray.

Cycling & Dosing

- The typical dosage is around 1 mg but can be increased up to 4 mg
- Best taken 45-60 minutes before intercourse
- One dose per 24 hours at the most. More can lead to desensitization of receptors.
- Effects can last up to 24-72 hours

PTD-DBM

Overview

- PTD-DBM is a topical man-made peptide to fight hair loss
- PTD-DBM prevents hair loss and promotes the growth of new hair follicles by interfering with the CXXC5 protein binding
- This peptide is commonly paired with topical valproic acid since both work on the same pathway (Wnt/ β -catenin pathway) to fight hair loss

Cycling & Dosing

- PTD-DBM sprays are usually available as a 0.001% solution in 25 ml of spray bottles
- Liquid forms of this peptide are also available in vials of 5 mg.
- Literature shows using topical spray 1-2x week

Selank/N-Acetyl Selank

Overview

- Selank was created from Tuftsin (a peptide that naturally comes from the antibody immunoglobulin G) with additional sequins to enhance the peptides' stability.
- This peptide is often called the "anti-anxiety" peptide as it helps with learning, memory, depression, and energy.
- N-Acetyl Selank (added amide group) is better absorbed, more potent, and has a longer half-life than Selank.

Cycling & Dosing

- 100-300 mcg through a subcutaneous injection
- 750-1000 mcg through an intranasal spray (preferred method)
- 6 weeks on, 6 weeks off

Semaglutide

Overview

- Semaglutide is an FDA-approved medication for type-2 diabetes that possesses fat-burning properties.
- Semaglutide falls into the category of a glucagon-like-peptide-1 receptor agonist (GLP-1 RA)
- At higher doses, Semaglutide promotes fat loss and helps suppress appetite.

Cycling & Dosing

- 250 mcg, 1x a week for the first 4 weeks
- Increasing the dose 250 mcg every 4 weeks
- Do not exceed 2400 mcg per dose
- More is not always better

Semax/N-Acetyl Semax

Overview

- Semax comes from the adrenocorticotrophic hormone (ACTH), which is typically produced as a stress hormone
- This peptide induces the “good” parts of stress, leading to enhanced mental performance and a variety of other benefits
- N-Acetyl Semax (added amide group) is better absorbed, more potent, and has a longer half-life than Semax

Cycling & Dosing

- 100-300 mcg through a subcutaneous injection
- 750-1000 mcg through an intranasal spray (preferred method)
- 6 weeks on, 6 weeks off

Sermorelin

Overview

- Sermorelin is a GHRH (Growth Hormone Releasing Hormone)
- First FDA-approved GHRH used to address short status
- Enhances endogenous growth hormone release in the body

Cycling & Dosing

- 100-300 mcg per injection (1 mcg per kg)
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating and/or 2 hours after eating

SS-31 (Elamipretide)

Overview

- SS-31 (Elamipretide) is a synthetic derived peptide that targets mitochondria and has been shown to protect and heal mitochondria
- Szeto-Schiller (SS) peptides target mitochondria membranes and are classified as a ROS (reactive oxygen specifics) scavenger, which prevents damage to cells
- SS-31 has several anti-aging effects that could help with the treatment of age-related diseases, genetic disorders, kidney injuries, and heart diseases

Cycling & Dosing

- The dosage of SS-31 could be upwards of 40 mg per day through a subcutaneous injection
- The exact dosage depends on the reason for using the peptide
- The peptide does seem to be well-tolerated over a wide dose range

TB-4/TB-500

Overview

- Thymosin Beta-4 (TB-4) is related to thymosin, a hormone secreted by your thymus, with its primary function to produce T cells, which is an essential aspect of the immune system.
- TB-4 plays an essential role in the protection, regeneration, and remodeling of injured tissues by influencing the movement of tissues
- TB-500 is often referred to as “TB-4,” but TB-500 is a synthetic fragment of one of the four binding domains of TB-4. TB-500’s primary purpose is to promote healing of joints and muscles

Cycling & Dosing

- 300 mcg to 1-gram subcutaneous injection
- This can be taken daily for up to 3 months or until the condition resolves
- Cycle length depends on the health status and response to treatment
- Take a 1-month break if cycling is needed for long-term

Tesamorelin

Overview

- Tesamorelin is a GHRH (Growth Hormone Releasing Hormone)
- FDA-approved drug for lipodystrophy (abnormal distribution of fat)
- The “Gold Standard” GHRH
- Enhances endogenous growth hormone creation in the body

Cycling & Dosing

- 500-2000 mcg per injection
- Multiple injections can be given a day to increase GH secretion. Often used in bodybuilding
- 5 days on, 2 days off, 10-12 weeks on, 4-8 weeks off
- Carbohydrates and fatty acids can blunt growth hormone release. Best taken 30 minutes before eating or 2 hours after eating

Thymosin-Alpha-1

Overview

- Thymosin Alpha 1 is a peptide that is naturally produced by the thymus gland

- This peptide plays a crucial role in the development of immune system cells (T-cells), which are vital in fighting bacteria, fungi, and viruses
- This peptide is given to patients with hepatitis B/C, HIV, cancer, Lyme, and a variety of autoimmune conditions.

Cycling & Dosing

- 1-1.5 mg per subcutaneous injection
- Every third day
- 2 weeks to 3 months or longer. The cycle depends on the response and overall health status

Tirezepatide

Overview

- Tirezepatide is a synthetic modification of the glucose-dependent insulintropic peptide (GIP)
- Tirezepatide is considered the successor to Semaglutide when it comes to weight loss.
- Tirezepatide works on GIP and GLP-1 receptors, while Semaglutide only works on the GLP-1 receptors.

Cycling & Dosing

- 2.5 mg, 1x a week for the first 4 weeks
- 5 mg, 1x a week for the second 4 weeks
- Best to cycle it 2-3x a year

Vasoactive Intestinal Peptide (VIP)

Overview

- Vasoactive Intestinal Peptide (VIP) is a neuropeptide naturally found in the intestines, pancreas, brain, central nervous system, urogenital system, lungs, and all over the body
- It plays a significant role in blood circulation, energy production, and blood pressure regulation.
- Its main benefit is that it is a vasodilator, which enhances blood flow to all body parts, leading to improved function and health.

Cycling & Dosing

- 50 mcg sprayed in each nostril
- 1-16 times a day
- This peptide is fast-acting with a short half-life (2 minutes)
- It is best to use peptides when wanting to enhance blood flow or muscle relaxation
- Dosing frequency and intensity depends on the response and condition
- The goal is not to become dependent on the compound

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Starting Your Peptide Lab



Peptide Combos Encyclopedia



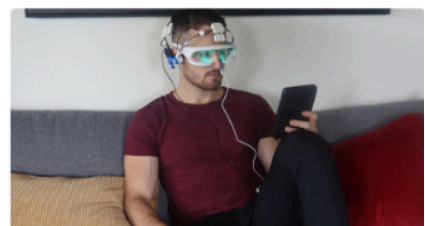
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