



Peptide Guide



Educational resource only. Not intended as medical advice or a substitute for professional consultation.

WEIGHT LOSS

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 GLP-1 Oral Drops	 Weight Loss	GLP-1 Oral Drops is a needle-free therapy that mimics the natural GLP-1 hormone and may support appetite regulation and glucose balance.	• Appetite Regulation • Metabolic Efficiency	0.5mg-3.5mg 2 days per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/NAD+ Oral Drops	 Weight Loss	GLP-1/NAD+ Oral Drops is a needle-free therapy that mimics the natural GLP-1 hormone and may support appetite regulation and glucose balance, with NAD+ for metabolic support and cellular energy production.	• Appetite Regulation • Metabolic Efficiency • Cellular Energy	0.5mg/10mg - 3.5mg/70mg 2 days per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol or NAD+ components • Autoimmune disorder • Active cancer treatment
 GLP-1/B12	 Weight Loss	GLP-1 + B12 is a therapy that mimics the natural GLP-1 hormone and may support appetite regulation and glucose balance, with B12 to support energy metabolism and nerve health.	• Appetite Regulation • Metabolic Efficiency • Energy & Nerve Support	0.25-2.5mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Leber's Hereditary Optic Neuropathy • Recent bariatric or gastrointestinal surgery • Known hypersensitivity to vitamin B12, cobalt or benzyl alcohol • Active cancer treatment
 GLP-1/Glycine	 Weight Loss	GLP-1 + Glycine is a therapy that mimics the natural GLP-1 hormone and may support appetite regulation and glucose balance, with Glycine to support muscle preservation, sleep quality, and cognitive function.	• Appetite Regulation • Metabolic Efficiency • Sleep & Muscle Preservation	0.25-2.5mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment

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WEIGHT LOSS

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 GLP-1/L-Carnitine	 Weight Loss	GLP-1 + L-Carnitine is a therapy that mimics the natural GLP-1 hormone and may support appetite regulation and glucose balance, with L-Carnitine to support exercise recovery, fat metabolism, and energy production.	• Appetite Regulation • Metabolic Efficiency • Energy & Exercise Recovery	0.25–2.5mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/GIP Oral Drops	 Weight Loss	GLP-1/GIP Oral Drops is a needle-free, dual-action therapy targeting both GLP-1 and GIP pathways and may support more comprehensive appetite regulation and glucose balance.	• Appetite Regulation • Metabolic Efficiency	6–22mg 2 days per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/GIP/NAD+ Oral Drops	 Weight Loss	GLP-1/GIP/NAD+ Oral Drops is a needle-free, dual-action therapy targeting both GLP-1 and GIP pathways and may support more comprehensive appetite regulation and glucose balance, with NAD+ for metabolic support and cellular energy production.	• Appetite Regulation • Metabolic Efficiency • Cellular Energy	6mg/15mg – 22mg/55mg 2 days per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol or NAD+ components • Autoimmune disorder • Active cancer treatment
 GLP-1/GIP/B12	 Weight Loss	GLP-1/GIP + B12 is a dual-action therapy targeting both GLP-1 and GIP pathways — and may support more comprehensive appetite regulation and glucose balance, with B12 to support energy metabolism and nerve health.	• Broader Appetite Control • Metabolic Efficiency • Blood Sugar Balance • Energy & Nerve Support	2.5–15mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Leber's Hereditary Optic Neuropathy • Recent bariatric or gastrointestinal surgery • Known hypersensitivity to vitamin B12, cobalt or benzyl alcohol • Active cancer treatment



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 GLP-1/GIP/ Glycine	 Weight Loss	GLP-1/GIP + Glycine is a dual-action therapy targeting both GLP-1 and GIP pathways — and may help support more comprehensive appetite regulation and glucose balance, with Glycine to support muscle preservation, sleep quality, and cognitive function.	• Broader Appetite Control • Metabolic Efficiency • Blood Sugar Balance • Sleep & Muscle Preservation	2.5–15mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/GIP/ L-Carnitine	 Weight Loss	GLP-1/GIP + L-Carnitine is a dual-action therapy targeting both GLP-1 and GIP pathways — and may help support more comprehensive appetite regulation and glucose balance, with L-Carnitine to support exercise recovery, fat metabolism, and energy production.	• Broader Appetite Control • Metabolic Efficiency • Blood Sugar Balance • Energy & Exercise Recovery	2.5–15mg 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment



MICRODOSE & METABOLIC HEALTH

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 GLP-1/B12 Microdose	 Longevity/ Metabolic Health	GLP-1 + B12 Microdose combines a lower-dose GLP-1 receptor agonist — explored for its potential to support metabolic function, cardiovascular health, and inflammation balance — with B12 to support energy metabolism and nerve health.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Energy & Nerve Support	25 units (0.25mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Leber's Hereditary Optic Neuropathy • Recent bariatric or gastrointestinal surgery • Known hypersensitivity to vitamin B12, cobalt or benzyl alcohol • Active cancer treatment
 GLP-1/Glycine Microdose	 Longevity/ Metabolic Health	GLP-1 + Glycine Microdose combines a lower-dose GLP-1 receptor agonist — explored for its potential to support metabolic function, cardiovascular health, and inflammation balance — with Glycine to support muscle preservation, sleep quality, and cognitive function.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Sleep & Muscle Preservation	25 units (0.25mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/L-Carnitine Microdose	 Longevity/ Metabolic Health	GLP-1 + L-Carnitine Microdose combines a lower-dose GLP-1 receptor agonist — explored for its potential to support metabolic function, longevity, and inflammation balance — with L-Carnitine to support exercise recovery, fat metabolism, and energy production.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Energy & Exercise Recovery	25 units (0.25mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment



MICRODOSE & METABOLIC HEALTH

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 GLP-1/GIP/B12 Microdose	 Longevity/ Metabolic Health	GLP-1/GIP + B12 Microdose combines a lower-dose dual-action formula targeting two metabolic pathways — explored for its potential to support metabolic function, longevity, and inflammation balance — with B12 (methylcobalamin) to support energy metabolism and nerve health.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Fat Metabolism • Energy & Nerve Support	50 units (2.5mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Leber's Hereditary Optic Neuropathy • Recent bariatric or gastrointestinal surgery • Known hypersensitivity to vitamin B12, cobalt or benzyl alcohol • Active cancer treatment
 GLP-1/GIP/ Glycine Microdose	 Longevity/ Metabolic Health	GLP-1/GIP + Glycine Microdose combines a lower-dose dual-action formula targeting two metabolic pathways — explored for its potential to support metabolic function, longevity, and inflammation balance — with Glycine to support muscle preservation, sleep quality, and cognitive function.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Fat Metabolism • Sleep & Muscle Preservation	50 units (2.5mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment
 GLP-1/GIP/ L-Carnitine Microdose	 Longevity/ Metabolic Health	GLP-1/GIP + L-Carnitine Microdose combines a lower-dose dual-action formula targeting two metabolic pathways — explored for its potential to support metabolic function, longevity, and inflammation balance — with L-Carnitine to support exercise recovery, fat metabolism, and energy production.	• Metabolic Support • Inflammatory Balance • Cardiovascular Health • Fat Metabolism • Energy & Exercise Recovery	50 units (2.5mg) 1 day per week	• Pregnancy or breastfeeding • Personal/family history of medullary thyroid cancer (MTC) or MEN2 • Recent bariatric or gastrointestinal surgery • Allergy to benzyl alcohol • Active cancer treatment



ENERGY & VITALITY

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 B12 (Methylcobalamin)	 Energy	B12 (Methylcobalamin) is an essential coenzyme that supports energy production, neurological function, and red blood cell formation, helping maintain overall vitality and metabolic health.	• Skin, Nails & Hair Health • Brain & Nerve Health • Metabolic Balance • Energy Support	40 units (4mg) 2 days per week	• Pregnancy or breastfeeding • Known allergy to vitamin B12, cobalt or benzyl alcohol • Leber's Hereditary Optic Neuropathy • Active cancer treatment
 NAD+ Injection	 Longevity	NAD+ is a vital coenzyme found in every cell that plays a role in energy metabolism, DNA repair, and cellular stress adaptation, with levels that decline naturally with age.	• Metabolic Support • Energy Production • Cognitive Function • Cellular Repair	20-80 units (40 - 80mg) 3 days per week	• Pregnancy or breastfeeding • Known allergy to NAD+, its components (e.g., NAD, NADH, ENADA) or benzyl alcohol • Cancer diagnosis or active treatment within the past year
 NAD+ Nasal Spray	 Longevity	NAD+ is a vital coenzyme found in every cell that plays a role in energy metabolism, DNA repair, and cellular stress adaptation, with levels that decline naturally with age.	• Metabolic Support • Energy Production • Cognitive Function • Cellular Repair	4 sprays (120mg) per day	• Pregnancy or breastfeeding • Known allergy to NAD+, its components (e.g., NAD, NADH, ENADA) or benzyl alcohol • Chronic respiratory conditions • Cancer diagnosis or active treatment within the past year



REPAIR & RECOVERY

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 BPC-157/TB-500 Injection	 Healing	BPC-157/TB-500 combines BPC-157, derived from gastric juice and known for its role in tissue repair and gut health, and TB-500, which helps move healing cells to where the body needs them most, to support the body's natural recovery, inflammatory balance, and physical resilience.	• Tissue Repair & Recovery • Inflammatory Balance • Joint & Muscle Support	20 units (0.6mg/0.6mg) 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Allergy to benzyl alcohol • Severe liver or kidney disease • Uncontrolled bleeding disorder • Cancer diagnosis or active treatment within the past 2 years • Age 85 or older with significant health conditions or frailty
 BPC-157/TB-500 Capsules	 Healing	BPC-157/TB-500 combines BPC-157, derived from gastric juice and known for its role in tissue repair and gut health, and TB-500, which helps move healing cells to where the body needs them most, to support the body's natural recovery, inflammatory balance, and physical resilience.	• Tissue Repair & Recovery • Inflammatory Balance • Joint & Muscle Support	1 capsule per day every day Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Severe liver or kidney disease • Uncontrolled bleeding disorder • Cancer diagnosis or active treatment within the past 2 years • Age 85 or older with significant health conditions or frailty
 GHK-Cu	 Healing	GHK-Cu is a naturally occurring copper peptide found in the body that declines with age, explored for its potential to support collagen production, skin rejuvenation, wound healing, hair follicle health, and overall tissue repair.	• Skin & Hair Health • Collagen Production • Wound Healing • Inflammation Reduction	20 units (2mg) 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Allergy to benzyl alcohol or peptides • Cancer diagnosis or active treatment within the past 2 years • Age 85 or older with significant health conditions or frailty



REPAIR & RECOVERY

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 KLOW	 Healing	KLOW combines BPC-157, TB-500, KPV, and GHK-Cu into one powerful blend designed to address recovery, inflammation, gut health, and skin renewal. A next-level approach to full-body resilience and renewal.	• Skin & Hair Health • Collagen Production • Tissue Repair • Systemic Recovery • Inflammation Reduction	20 units (0.6mg/0.6mg/ 2mg/0.6mg) 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Allergy to copper peptides, BPC-157, TB-500, KPV, mannitol, benzyl alcohol, or any formulation components • Wilson's Disease • Copper metabolism disorder • Sever or uncontrolled liver or kidney disease • Cancer diagnosis or active treatment within the past 3 years



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COGNITIVE HEALTH

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Selank	 Mood	Selank is a synthetic neuropeptide studied for its role in supporting stress response, emotional balance, and cognitive function, helping promote a more grounded and steady mental state.	• Stress Regulation • Mental Clarity • Emotional Balance	2 sprays (500mcg) per day 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Known allergy to Selank, benzyl alcohol, or any formulation components • Severe or unstable psychiatric condition (including psychosis, severe bipolar disorder, active and unsupervised major depressive disorder, or active suicidal ideation) • Active neurological condition (including uncontrolled seizure disorder, intracranial hypertension, brain/pituitary tumor, or neurosurgery within the past 6 months) • Uncontrolled or unstable thyroid disease • Untreated or poorly controlled obstructive sleep apnea • Severe autoimmune disease • Severe liver or kidney disease • Cancer diagnosis or active treatment within the past year
 Semax	 Cognition	Semax is a synthetic peptide studied for its role in supporting focus, memory, and cognitive performance, helping promote mental clarity and sustained cognitive efficiency.	• Cognitive Function • Neuroprotection • Emotional Balance	2 sprays (500mcg) per day 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Known allergy to Semax, benzyl alcohol, or any formulation components • Severe or unstable psychiatric condition (including psychosis, severe bipolar disorder, active and unsupervised major depressive disorder, or active suicidal ideation) • Active neurological condition (including uncontrolled seizure disorder, intracranial hypertension, brain/pituitary tumor, or neurosurgery within the past 6 months) • Uncontrolled or unstable thyroid disease • Untreated or poorly controlled obstructive sleep apnea • Severe liver or kidney disease • Cancer diagnosis or active treatment within the past year



COGNITIVE HEALTH

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Dihexa	 Neuro-plasticity	Dihexa is a peptide analog studied for its potential to support neural connectivity, learning agility, memory performance, and long-term cognitive resilience through pathways involved in healthy brain-cell communication.	• Memory Power • Brain Repair • Cognitive Protection • Neuroplasticity	1 capsule (5mg) per day every day Cycling 8 weeks on, 4 weeks off	• Pregnancy or breastfeeding • Known allergy Dihexa, peptides, or any formulation components • Severe or unstable psychiatric condition • Active or uncontrolled neurological condition (e.g. seizure disorder) • High genetic cancer risk (e.g., BRCA1/2, Lynch Syndrome) • Cancer diagnosis or active treatment within the past 5 years



CELLULAR HEALTH & LONGEVITY

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 DSIP	 Sleep	Delta Sleep Inducing Peptide (DSIP) is a naturally occurring neuropeptide that has been studied for its ability to support deeper, more restorative sleep, healthy circadian rhythm, and overall recovery.	• Sleep Quality • Sleep Initiation • Circadian Alignment • Stress Balance	20 units (200mcg) 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Known allergy to DSIP, benzyl alcohol, growth-hormone-related peptides, or any formulation components • Severe or unstable psychiatric condition (including psychosis, severe bipolar disorder, or active suicidal ideation) • Active neurological condition (including uncontrolled seizure disorder, intracranial hypertension, brain/pituitary tumor, or neurosurgery within the past 6 months) • Chronic and severe respiratory conditions, including untreated sleep apnea • Uncontrolled or untreated thyroid disease • Severe liver or kidney disease • Cancer diagnosis or active treatment within the past year
 Glutathione	 Detoxification	Glutathione is the body's master antioxidant — naturally produced and depleted by age, stress, and environmental exposure — explored for its potential to support detoxification, immune function, skin health, and overall cellular protection.	• Skin, Nails & Hair Health • Cellular Repair • Detoxification • Inflammation Reduction	100 units (200mg) 2 days per week	• Pregnancy or breastfeeding • Allergy to benzyl alcohol • Kidney or liver disease • Asthma or any chronic respiratory or lung condition • Cancer diagnosis or active treatment within the past year
 Methylene Blue	 Cognition	Methylene Blue is a pharmaceutical-grade compound explored at low doses for its potential to support cognitive function, cellular energy production, and brain health through mitochondrial and antioxidant activity.	• Cognitive Function • Mental Clarity • Energy Production	1 capsule (10mg) 5 days on, 2 days off	• Pregnancy or breastfeeding • Use of SSRIs, SNRIs, MAOIs, TCAs or any other serotonergic medications • Known allergy to thiazine dyes or benzyl alcohol • G6PD deficiency • Advanced kidney disease • Mitochondrial disorders (e.g., MELAS) • Use of immunosuppressant medications • Cancer diagnosis or active treatment



CELLULAR HEALTH & LONGEVITY

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 MOTS-c	 Energy	MOTS-c is a mitochondrial-derived peptide that supports metabolic efficiency, endurance, and cellular energy balance.	• Metabolic Efficiency • Energy & Endurance Support • Exercise Performance • Cellular Longevity	60 units (1200mcg) 3 days per week Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Allergy to mannitol • Severe liver or kidney disease • Mitochondrial myopathy • Cancer diagnosis or active treatment within the past year • Age 85 or older with significant health conditions or frailty
 Thymosin Alpha-1	 Immunity	Thymosin Alpha-1 is a naturally occurring peptide produced by the thymus gland that may support balanced immune function, inflammation, and cellular resilience.	• Immune System Resilience • Inflammatory Balance • Recovery Capacity • Cellular Longevity	10-20 units (200-400mcg) 5 days on, 2 days off	• Pregnancy or breastfeeding • Use of immunosuppressant medications or interferon alfa-2b • Severe or uncontrolled autoimmune or inflammatory conditions • Organ transplant history • Thymic disorder or primary immune deficiency requiring specialty care • Cancer diagnosis or active treatment within the past year • Age 85 or older with significant health conditions or frailty



BODY COMPOSITION

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Sermorelin Injection	 Muscle Growth/ Fat Loss	Sermorelin is a synthetic peptide that helps encourage the body's own growth hormone production, which may support sleep quality, energy levels, and body composition over time.	• Sleep Improvement • Energy Production • Hormone Balance	10 units (300mcg) 5 days on, 2 days off Cycling 12 weeks on, 4 weeks off	• Pregnancy or breastfeeding • Known allergy to Sermorelin, its components, or benzyl alcohol • Uncontrolled thyroid disease • History of pituitary, brain, or other intracranial tumor • Severe diabetic retinopathy • Uncontrolled intracranial hypertension • Uncontrolled sleep apnea • Severe liver or kidney disease • Cancer diagnosis or active treatment within the past 2 years • Age 75 or older
 Sermorelin Capsules	 Muscle Growth/ Fat Loss	Sermorelin is a synthetic peptide that helps encourage the body's own growth hormone production, which may support sleep quality, energy levels, and body composition over time.	• Sleep Improvement • Energy Production • Hormone Balance	1 capsule (500mcg) 5 days on, 2 days off Cycling 12 weeks on, 4 weeks off	• Pregnancy or breastfeeding • Known allergy to Sermorelin, its components, or benzyl alcohol • Uncontrolled thyroid disease • History of pituitary, brain, or other intracranial tumor • Severe diabetic retinopathy • Uncontrolled intracranial hypertension • Uncontrolled sleep apnea • Severe liver or kidney disease • Cancer diagnosis or active treatment within the past 2 years • Age 75 or older



BODY COMPOSITION

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Tesamorelin / Ipamorelin	 Muscle Growth/ Fat Loss	Tesamorelin/Ipamorelin combines Tesamorelin, which targets stubborn visceral fat, and supports muscle mass and metabolic health, with Ipamorelin, which amplifies growth hormone release to support muscle preservation, recovery, energy, and sleep quality.	• Body Composition • Metabolic Function • Cellular Repair	20 units (600mcg/200mcg) 5 days on, 2 days off Cycling 8 weeks on, 4 weeks off	• Pregnancy or breastfeeding • Known allergy to growth hormone–related peptides, benzyl alcohol, or formulation components • Pituitary, brain, or other intracranial tumor • Untreated or uncontrolled thyroid disease • Severe diabetic retinopathy • Uncontrolled intracranial hypertension • Severe or uncontrolled liver or kidney disease • Chronic and severe respiratory conditions, including uncontrolled sleep apnea • Uncontrolled Diabetes (Type 1 or Type 2) • Cancer diagnosis or active treatment within the past 2 years • Age 75 or older
 Tesamorelin/KPV	 Muscle Growth/ Fat Loss/ Inflammation	Tesamorelin/KPV addresses both body composition and inflammation, with tesamorelin supporting visceral fat reduction, muscle mass, and metabolic health, and KPV helping regulate inflammation, support gut health, and promote tissue repair.	• Body Composition • Metabolic Function • Cellular Repair • Inflammation Regulation	20 units (600mcg/400mcg) 5 days on, 2 days off Cycling 8 weeks on, 2 weeks off	• Pregnancy or breastfeeding • Known allergy to growth hormone–related peptides, benzyl alcohol, mannitol, or formulation components • Pituitary, brain, or other intracranial tumor • Untreated or uncontrolled thyroid disease • Severe diabetic retinopathy • Uncontrolled intracranial hypertension • Severe or uncontrolled liver or kidney disease • Chronic and severe respiratory conditions, including uncontrolled sleep apnea • Uncontrolled Diabetes (Type 1 or Type 2) • Cancer diagnosis or active treatment within the past 2 years • Age 75 or older



SEXUAL WELLNESS

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Elate Spray	 Sexual Health	Elate Spray is a fast-acting nasal spray combining tadalafil for blood flow, oxytocin for emotional connection, and PT-141 to stimulate desire through the brain's natural arousal pathways for a more complete intimacy experience.	• Sexual Desire • Arousal • Blood Flow • Sexual Performance • Emotional Connection	2 sprays 30–45 min before sexual activity, 1–2 days per week	• Pregnancy or breastfeeding • Known allergy to PT-141, tadalafil, oxytocin, benzyl alcohol, or formulation components • Use of nitrate medications, guanylate cyclase medications, beta-blockers, or naltrexone • Recent heart attack or stroke • Coronary artery disease or other cardiovascular disease • Chest pain, heart failure, irregular heartbeat, or uncontrolled high or low blood pressure • Eye conditions related to impaired blood flow • Retinitis pigmentosa • Severe liver or kidney disease • Chronic respiratory conditions • Active cancer treatment
 Thrill Pill	 Sexual Health	Thrill Pill is a fast-acting sublingual troche combining PT-141 for desire, oxytocin for emotional connection, and tadalafil for blood flow to support both the mental and physical aspects of intimacy.	• Sexual Desire • Arousal • Blood Flow • Sexual Performance • Emotional Connection	1 troche 20–45 min before sexual activity, 1–2 days per week	• Pregnancy or breastfeeding • Known allergy to PT-141, oxytocin, tadalafil or other PDE5 inhibitors, benzyl alcohol, or formulation components • History of heart attack, chest pain, heart failure, or stroke • Uncontrolled high or low blood pressure • Irregular heartbeat • Active cancer treatment
 PT-141	 Sexual Health	PT-141 is a central nervous system peptide that acts on the brain's arousal pathways to support sexual desire and overall experience, addressing intimacy at its neurological source for both men and women.	• Sexual Desire • Arousal • Sexual Performance • Sexual Satisfaction	60 units (1.2mg) as needed up to 2 days per week	• Pregnancy or breastfeeding • Known allergy to PT-141, benzyl alcohol, or formulation components • History of heart attack, chest pain, heart failure, or stroke • Uncontrolled high or low blood pressure • Irregular heartbeat • Use of clonidine, beta-blockers, diuretics, or nitrate medications • Chronic respiratory conditions • Active cancer treatment



SKIN+

Peptide / Compound	Primary Use	Description	Potential Benefits	Typical Protocol	Contraindications
 Tretinoin/GHK-Cu/ NAD+/Spilanthol	 Skin	EllieVate Skin+ is a prescription-grade topical serum combining tretinoin, GHK-Cu, NAD+, and spilanthol with high-performance cosmetic actives, delivered deep into the skin using EllievaTec™ absorption technology to target visible signs of aging at the cellular level, supporting firmer skin, smoother texture, improved tone, and collagen production.	• Collagen Production • Skin Firmness • Wrinkle Smoothing	2 pumps in the evening every day	• Pregnancy or breastfeeding • Currently taking isotretinoin (Accutane)
 Melanotan II	 Tanning	Melanotan II is a melanocortin peptide studied for its effects on melanocortin signaling pathways involved in skin pigmentation, arousal, appetite regulation, and energy balance.	• Pigmentation Support • Sexual Desire • Arousal • Appetite Regulation	Initiation: 10 units (200mcg) 5 days on, 2 days off Maintenance: 10 units (200mcg) 3 days per week Cycling 8 weeks on, 4 weeks off	• Pregnancy or breastfeeding • Known allergy to PT-141, benzyl alcohol, or formulation components • History of melanoma or any skin cancer • Priapism history or condition predisposing to priapism • Severe liver or kidney disease • Severe or uncontrolled psychiatric condition • Active or uncontrolled neurological condition (e.g. seizure disorder, epilepsy) • Cancer diagnosis or active treatment within the past 3 years

This guide is for educational purposes only and does not constitute medical advice. All dosing and treatment decisions are determined by licensed healthcare providers based on individual evaluation, and not all individuals will qualify for treatment. Dosing information is provided for reference only and should not be taken as medical advice. Contraindications listed are not exhaustive and final eligibility is determined by a licensed healthcare provider. These therapies are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary. Compounded medications are not FDA-approved. EllieMD is a technology platform that connects individuals with independent healthcare providers and does not provide medical care or make treatment decisions.



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