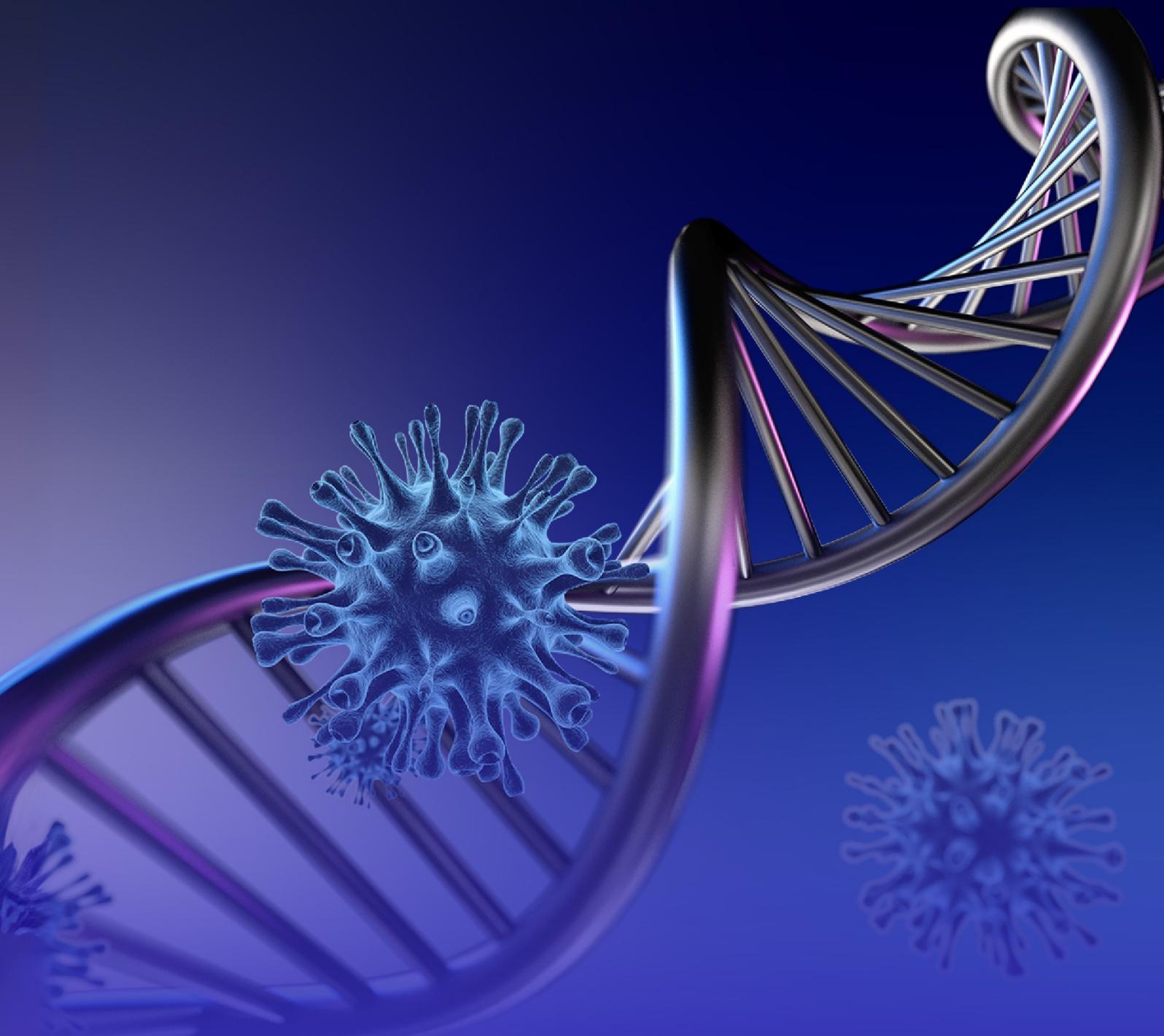


THE PEPTIDE BLUEPRINT

Breakthrough Stacks for Fat Loss, Muscle, Healing,
Longevity & Peak Performance



JOE MARS

Contents

Introduction	3
What Peptides Are and Why They Matter.....	5
Section: 1 Fat Loss, Muscle Growth & GH Stimulating Peptides	6
Retatrutide: The Triple Threat for Fat Loss, Energy, and Metabolic Reset	7
Tesamorelin: The Visceral Fat Annihilator	11
CJC-1295: The Long-Acting GHRH Analog That Mimics Nature.....	14
Ipamorelin: The “Goldilocks” GH Peptide That Delivers.....	17
AOD-9604 : The Growth Hormone Fragment That Targets Fat Only.....	21
Section: 2 Healing, Recovery and Anti-Inflammatory Peptides	24
BPC-157: The Body’s Universal Repair Mechanism.....	25
TB-500: The Master Regulator of Tissue Repair.....	30
GHK-Cu: The Copper Peptide That Rebuilds You From the Inside Out.....	34
Section: 3 Cognitive and Neuroprotective Peptides	37
Semax Amideate: The Cognitive Catalyst	38
Selank Amideate: The Calm Confidence Builder.....	42
Pinealon: The Under-the-Radar Peptide for Long-Term Brain Health	46
ARA-290: The Inflammation-Resolving Peptide That Surprised Me	48
Section: 4 Longevity & Anti-Aging Peptides	51
Epithalon Amideate: The Telomere Lengthening Peptide for Longevity.....	52
SS-31: The Cellular Powerhouse Peptide.....	56
MOTS-C: The Mitochondrial “Exercise Mimetic”	59
Section: 5 Peptide Stacks.....	63
Cognitive & Focus Stack: Peptides for Mental Clarity, Mood, and Brain Resilience	65
Muscle Growth Stack: Peptides That Support Recovery, Strength & Lean Mass.....	67
Fat Loss Stack: Peptides That Support Lean Body Composition and Metabolic Efficiency .	70
Wolverine Stack: The Recovery & Healing Stack for Joints, Tendons, and Soft Tissue.....	72
Longevity Stack: Peptides That Support Vitality from the Inside Out.....	75
Where to Buy Research Peptides (Without Getting Burned).....	77
How to Plan Your Protocols & Cycling	80
Legal Disclaimer and Research Peptide Clarification	83

1

Introduction

Why I Wrote This Book (and What You Need to Know Before You Dive In)

My journey with peptides started nearly a decade ago — back when there was almost no usable information online. What little was out there was either so technical it felt like reading a medical journal, or so dumbed down it was borderline dangerous.

I wasn't a doctor, just a guy who wanted to feel better. I knew my body was inflamed. I was holding on to fat, constantly tired, and I felt like my system was aging faster than it should. That led me down the peptide rabbit hole.

Since then, I've done thousands of hours of research, run experiments on myself, worked with experts like Jay Campbell, Dr. Seeds, Jim LaValle, and Ben Greenfield, and completely transformed my body and my health. I'm 53 years old now, and I'm in better shape — mentally and physically — than I was in my 20s. Lower blood sugar, reduced inflammation, stronger cognition, and a leaner, more resilient body.

I originally wrote a basic eBook years ago — just a short list of peptides with quick descriptions. But as I went to revise it this year, I realized too much had changed. I had learned too much. So what started as a simple update turned into this: a full, deep-dive guide that could be printed and sold as a real book. But I'm not selling it. I'm giving it away to my subscribers and community — because I know how hard it was to find good information when I started.

But before we dive in, let me be brutally honest:

Peptides are powerful — but they're not a magic bullet.

If you eat garbage, don't move your body, sleep like crap, and aren't actively trying to get better, peptides won't fix you. They're tools — and like any tool, they only work if you put in the work.

Most people don't talk about how much your current state of health influences the effects of peptide therapy. If you're already optimized — eating clean, training, sleeping, and managing stress — peptides will feel like jet fuel. But if you're extremely run down, your body may respond slower.

That's not a failure — it's just reality. Your baseline matters.

This is why I **always recommend getting blood work done first**. You need to know where you are before deciding where you want to go. I personally use Function Health. It's \$500 for over 100 biomarkers, even if you don't have insurance. That kind of data is gold when you're building a plan.

Next key point: Pick one goal — whether that's fat loss, recovery, cognition, muscle building, or immune support — and build a protocol around that. Then run a proper cycle, track your results, and adjust from there. You may read this book and think, “I need all of these protocols.” Don't do that! Trying to take everything at once will just overwhelm your system and waste your money.

Also — don't expect immediate, overnight results.

Peptides don't work like Adderall or painkillers. You're not going to inject BPC-157 today and feel like Superman tomorrow. Real change happens slowly — sometimes so slowly, you won't even notice it until you stop. That's why tracking is key. If you don't document how you're feeling, what's changing, and how your body is responding, it's easy to think nothing's happening — even when it is.

And yeah, there's a placebo effect in this world — just like with any supplement or drug. That's not a bad thing — the mind is powerful. But it's also why I include warnings in this book about hype, overpromising, and blindly following Reddit threads or influencers who are just chasing the next shiny thing.

Lastly, let's talk sources. This is your body — don't buy peptides from the cheapest site you can find. I've tested dozens of suppliers over the years, and most don't test for heavy metals or verify actual peptide content. I've included a section in this book on where to buy peptides, based on what I personally use and trust.

Bottom line: This book is here to educate you — in plain English — so you can make smart decisions about peptides and how they fit into your own health journey. You'll learn what each peptide does, how to use them, what stacks work best, and how to avoid the most common mistakes people make.

Let's get into it — and remember:

You are the protocol. This is your experiment. Own it.

— Joe Mars

ThePeptideReport.com

2

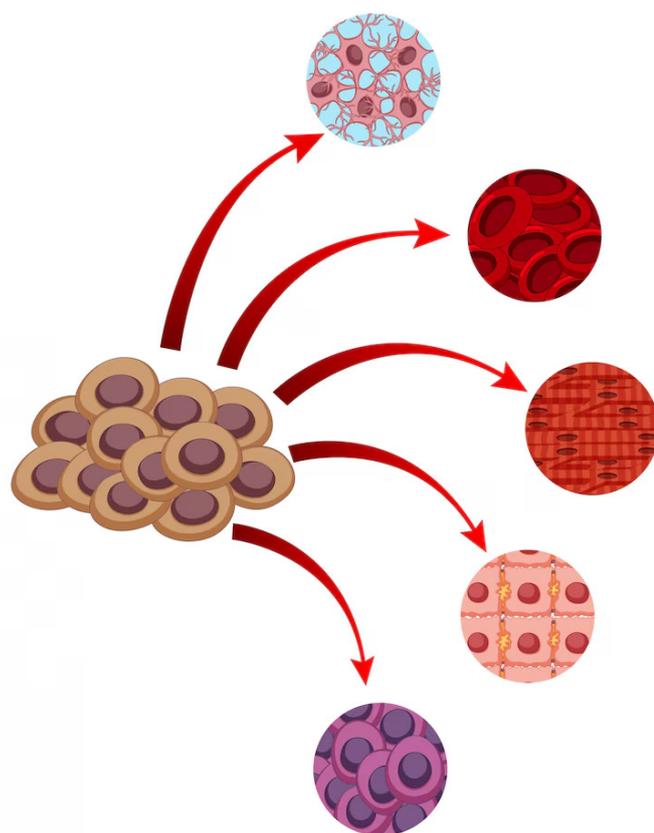
What Peptides Are and Why They Matter

In this book, we will demystify peptides, explore why they matter, and delve into how specific categories — from fat loss and muscle-building peptides to those designed for healing, cognition, and longevity — are shaping the future of personalized health optimization.

In recent years, the world of medicine and performance optimization has experienced a quiet revolution — one driven not by new surgical techniques or blockbuster drugs, but by tiny chains of amino acids called peptides. These small but powerful molecules are becoming central to health, wellness, and longevity strategies, and for good reason.

Peptides serve as messengers in the body, orchestrating countless biological processes. They can signal tissues to repair themselves, regulate inflammation, encourage the release of growth hormone, modulate cognitive functions, and even slow down the aging clock. Unlike many pharmaceutical compounds, peptides often work with the body's natural processes, offering targeted, highly specific benefits with generally fewer side effects.

Whether you're seeking to enhance fat loss, stimulate muscle growth, accelerate recovery from injury, boost brain function, or promote healthy aging, peptides represent a new frontier of possibilities. But with so many types and applications, it's essential to understand their roles and the science behind them.



Section: 1

Fat Loss, Muscle Growth & GH Stimulating Peptides



3

Retatrutide: The Triple Threat for Fat Loss, Energy, and Metabolic Reset

I've researched dozens of metabolic peptides over the years, and nothing has impressed me quite like [Retatrutide](#). I've been following it since the earliest clinical data, and it's the only compound I've seen that legitimately made me say: "This changes everything."

Retatrutide (LY3437943) is a triple agonist, hitting the GLP-1, GIP, and glucagon receptors all at once. That's like combining the best of semaglutide, tripeptide, and glucagon therapy into one powerful peptide. But what really makes it stand out is how well it works without crushing your energy or muscle mass, something other peptides often struggle with.

If you're serious about metabolic optimization—especially body decomposition and energy balance—Retatrutide deserves your full attention.



Retatrutide: How it Works

GLP-1 Receptor Activation

- Suppresses appetite via central nervous system
- Delays gastric emptying to promote satiety
- Improves insulin response and blood sugar control

GIP Receptor Activation

- Amplifies insulin secretion during meals
- Reduces inflammatory cytokines in fat tissue
- Enhances nutrient partitioning

Glucagon Receptor Activation

- Increases lipolysis (fat breakdown)
- Raises resting energy expenditure
- Boosts fat oxidation in the liver

Retatrutide: What Does it do?

Rapid Fat Loss

Clinical trials show Retatrutide led to 24.2% average body weight reduction in 48 weeks—nearly 60 pounds on average, with no plateau in sight.

Energy Boost Instead of Drain

Unlike many GLP-1 drugs that leave you flat, Retatrutide users often report steady or even improved energy—likely from glucagon activation.

Muscle-Sparing Effects

The combination of metabolic flexibility and preserved lean mass makes this ideal for body decomposition, not just weight loss.

Better Blood Markers

Researchers have observed significant improvements in fasting glucose, insulin sensitivity, triglycerides and overall lipid profiles.

My Retatrutide Protocols:

Fat Loss Protocol (Aggressive Cut)

Detail	Protocol Information
Description	Fat Loss Protocol (Aggressive Cut)
Dose	Start with 0.5 mg 3x/week → Increase to 1 mg 3x/week
Frequency	3x per week
Timing	Morning or non-training days
Cycle Length	6–10 weeks
Goal	Rapid fat loss with lean mass preservation
Side Effects	Increased likelihood of nausea at higher doses

Micro-dosing Protocol (Lean / Maintenance Phase)

Detail	Protocol Information
Description	Microdosing Protocol (Lean / Maintenance Phase)
Dose	0.25–0.5 mg subcutaneously
Frequency	3x per week (e.g., M/W/F)
Timing	Preferably on non-training days
Cycle Length	Ongoing or 4–6 weeks on, 2 weeks off
Goal	Appetite control, metabolic balance
Side Effects	Very low risk with this protocol



Important: Whether using Retatrutide for microdosing or fat loss, you should only do so if you're consuming at least 1 gram of protein per pound of bodyweight, doing consistent resistance training, and including a growth hormone enhancer like CJC-1295/Ipamorelin or Tesamorelin. Without this foundation, fat loss can come at the cost of muscle mass and energy stability.

Potential Benefits You May Experience:

- Significant fat loss from stubborn areas (love handles, visceral fat)
- Better appetite control without feeling “drugged”
- No crash or fatigue like other GLP-1 agonists
- Stable glucose and insulin with smaller meals
- Easier to stay in a caloric deficit without stress or cravings

Good Pairings

For Maximum Fat Loss

- Retatrutide – 0.5–1 mg 3x/week
- MOTS-c – 5 mg 3x/week
- CJC-1295 No DAC / Ipamorelin – 200 mcg nightly

For Recomp

- Retatrutide – 0.25–0.5 mg 3x/week

- Tesamorelin – 1 mg 5x/week
- BPC-157 – 250 mcg 2x/day

For Metabolic Health

- Retatrutide – 0.25–0.5 mg 3x/week
- Metformin – 500–1000 mg/day
- Berberine – 500 mg 3x/day



Retatrutide: The Metabolic Reset Switch for Advanced Body Transformation

Retatrutide is the closest thing I've seen to a metabolic reset switch. If you've struggled with hunger, weight plateaus, or energy crashes on GLP-1 drugs, this one's different. It trims fat, boosts energy, and preserves muscle, all in one shot.

The key is starting low and following a microdosing approach. That's how you get the benefits without the nausea, GI issues, or burnout.

Retatrutide is very powerful. But if used correctly, it's a game-changer in body transformation and metabolic health.

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Never gamble on your research. BioEdge Research Labs is the only store I recommend. Every product is third-party tested (for purity, heavy metals and endotoxins) and I've personally vetted their consistency and value. [Use this link for 10% off your order.](#)

4

Tesamorelin: The Visceral Fat Annihilator

When it comes to targeted fat loss, [Tesamorelin](#) doesn't just compete—it dominates. This isn't your average fat-burning peptide. Tesamorelin goes after one of the hardest targets: visceral fat. The kind that packs around your organs, resists diet and training, and drives up health risks. What makes Tesamorelin unique is that it actually achieves what most thought was impossible—true spot reduction.

And it does it without sacrificing muscle. That's what pulled me in.

Tesamorelin: How This Powerhouse Works Tesamorelin is a modified version of your body's natural growth hormone-releasing hormone (GHRH). But unlike the native version, it doesn't break down in minutes. It stays active longer, pushing your pituitary to release growth hormone in a more sustained, fat-targeting pulse.



Targeted Fat Loss Protocol

Detail	Protocol Information
Description	Targeted Fat Loss Protocol
Dose	1 mg daily subcutaneous injection
Frequency	5 days on, 2 days off
Timing	Before bed, at least 90 minutes after last meal
Injection Site	Inject directly into visceral fat zone (abdomen/love handles)
Cycle Duration	10–12 weeks on, 8 weeks off (mandatory)

Why Cycling Matters

[Tesamorelin](#) is powerful, but running it too long will desensitize your GHRH receptors. The 8-week off period is critical. Skip it, and you lose results fast.

The Synergistic Stack – Tesamorelin + Ipamorelin: Combine Tesamorelin (1 mg) with Ipamorelin (100 mcg) in the same syringe:

- Inject once daily before bed

- Target fat zone (abdomen)
- Follow 5 days on, 2 days off cycle
- Run this stack for 10–12 weeks only

This combo ramps GH production 3–5x beyond either alone. And the convenience of a single injection means no extra hassle—just superior results.

Transformation Timeline:

- **Weeks 1–4:** Elevated energy, improved sleep
- **Weeks 5–8:** Waistline reduction, tighter clothing fit
- **Weeks 9–12:** Defined abs, vascularity, improved skin tone
- **Bonus:** Sharper focus, lower triglycerides, muscle retention

What the Research Shows

Documented Benefits:

- 10–18% visceral fat reduction over 3–6 months
- 15–20% improvement in triglyceride levels
- Elevated IGF-1 without systemic side effects
- Lean mass preserved even during fat loss
- Improved insulin sensitivity and metabolic markers

Most studies focus on body composition, but real-world use shows added perks—better skin, faster recovery, and deeper sleep.

The Sleep Enhancement Bonus

One of the most underrated benefits: Tesamorelin's effect on sleep. By dosing before bed, you align with your natural GH rhythm—and studies show it enhances deep sleep stages by 40–60%. That means faster recovery, more muscle growth, and greater fat loss... all while you sleep.

It becomes a positive feedback loop: better sleep = more GH = better sleep.



Insider Tips for Success:

- ✓ Always inject on an empty stomach (wait 90 mins after eating)
- ✓ Stick to evening use—don't disrupt your GH rhythm
- ✓ Use only pharmaceutical-grade peptides
- ✓ Rotate injection sites to avoid irritation
- ✓ Take full breaks between cycles to reset sensitivity

Common Mistakes to Avoid:

- ✗ Running longer than 12 weeks
- ✗ Skipping your 8-week recovery window
- ✗ Morning dosing – disrupts natural hormone patterns
- ✗ Using poor-quality peptides without testing
- ✗ Ignoring injection precision—target fat zones only

Not Magic, Just Powerful When Used Right

Tesamorelin isn't magic. You won't get shredded while eating like trash and skipping workouts. But when paired with disciplined training and a dialled-in diet, it amplifies results beyond what most peptides can do. It's for serious body composition work—period.

Tesamorelin is one of the few peptides that delivers visible, specific fat loss without collateral damage. It doesn't spike cortisol. It doesn't shrink muscle. It simply annihilates visceral fat and retools your metabolism.

Use it intelligently, respect the cycling, and this compound will outperform your expectations every single time.

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5 CJC-1295: The Long-Acting GHRH Analog That Mimics Nature

[CJC-1295](#) is a long-acting GHRH analog that helps stimulate your body's own growth hormone production. Rather than force-feeding GH like direct injections, CJC-1295 works with your natural rhythm—supporting real GH pulses that drive recovery, fat loss, and lean muscle growth.



Why This Beats Direct GH

- Preserves pituitary function (vs. suppression from exogenous GH)
- Keeps natural pulses intact (no artificial flatlining)
- Fewer side effects, lower cost
- No long-term shutdown

The GHRH Cascade

- Binds to GHRH receptors on the pituitary
- Stimulates both GH synthesis and release
- Amplifies natural GH pulses by 200–1000%
- Supports circadian GH rhythms (especially overnight)
- Triggers downstream IGF-1 production

Injection Protocol (Single Daily Dose)

Detail	Protocol Information
Description	Injection Protocol (Single Daily Dose)
Dose	150–300 mcg daily
Timing	90 minutes before bed, empty stomach
Schedule	5 days on, 2 days off for 12 weeks

Why CJC-1295 is Usually Stacked With Ipamorelin

[CJC-1295 \(No DAC\)](#) and [Ipamorelin](#) are commonly combined in the same vial because they stimulate growth hormone through two complementary pathways. CJC-1295 acts on GHRH receptors, while Ipamorelin targets GHRP receptors. This dual approach produces a stronger and more complete GH pulse—more than either compound could deliver alone.

Stacking them in a single vial makes daily research more convenient and ensures consistent, synergistic release patterns. This combination has become a go-to for researchers looking to optimize GH without suppressing the body's natural rhythm.

What I've Seen in My Research

Muscle Building

- 20–30% increase in protein synthesis
- Better lean mass retention during cutting
- Enhanced hypertrophy via IGF-1 stimulation
- Improved nitrogen retention = real growth

Fat Loss

- Increased lipolysis (fat burning)
- Reduced lipogenesis (fat storage)
- Higher metabolic rate throughout the day
- Preferential targeting of visceral fat

Recovery & Repair

- 2–3x faster muscle healing
- Enhanced tendon and ligament regeneration
- Boosted collagen production
- Increased bone density over time

Sleep & Recovery

- 40–60% more Stage 3 deep sleep
- Better GH optimization during rest
- Improved overnight repair markers



CJC-1295 + GLP-1 Medications

If you're researching GLP-1 agonists (like semaglutide or liraglutide), CJC-1295 is an important tool to help preserve muscle mass:

Why It Works:

- GLP-1 meds accelerate weight loss—but also muscle loss
- CJC-1295 offsets this by maintaining anabolic signaling
- Keeps protein turnover positive, even in a calorie deficit

Enhancing Growth Hormone Naturally and Effectively

[CJC-1295](#) offers one of the most effective ways to work with your body's own hormonal system instead of overriding it. Whether you're focused on muscle growth, fat loss, or recovery—this peptide consistently delivers when used properly.

When paired with Ipamorelin in the same vial, the result is one of the most balanced and potent GH stacks available. It mimics natural physiology while enhancing performance and recovery.

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6

Ipamorelin: The “Goldilocks” GH Peptide That Delivers

[Ipamorelin](#) is a widely used growth hormone peptide known for its precision and low side effect profile. It’s clean, precise, and avoids all the junk side effects that come with older compounds like GHRP-2 or GHRP-6.

If you’re looking for a simple yet highly effective way to boost GH, this is it. Ipamorelin is the perfect balance—it’s not overkill, but it gets the job done with elegance.



Ipamorelin: How it Works

Selective GH Release, No Baggage

- Binds specifically to GHS-R (growth hormone secretagogue receptors)
- Triggers a natural GH pulse, no cortisol or prolactin elevation
- Preserves your body’s rhythm—no GH overload or shutdown
- Doesn’t stimulate hunger, water retention, or stress pathways

That’s the beauty of Ipamorelin: you get all the benefits of GH stimulation without disrupting your endocrine system.

Targeted Fat Loss Protocol

Detail	Protocol Information
Description	Targeted Fat Loss Protocol
Dose	300 mcg daily subcutaneous injection
Timing	Before bed, at least 90 minutes after last meal
Frequency	5 days on, 2 days off
Injection Site	Inject into lower abdomen (about 2 inches below the navel) or upper thigh, rotating sites to minimize irritation.
Cycle Duration	10–12 weeks on, 8 weeks off (mandatory)

Stack With CJC-1295 No DAC for Best Results

Evening Stack

- CJC-1295 (No DAC): 100–200 mcg
- Ipamorelin: 200 mcg
- Taken 90 minutes before bed on an empty stomach

Why This Combo Works:

1. CJC-1295 works on GHRH receptors, Ipamorelin on GHRP
2. Synergistic action = 300 – 500% GH increase
3. Supports both amplitude and duration of GH pulses

Benefits I've Documented:

Sleep Architecture

- 30–50% more slow-wave sleep
- Stronger circadian rhythm
- Restored deep sleep quality within 1–2 weeks

Fat Loss & Metabolism

- 15–25% improvement in fat oxidation
- Muscle protein synthesis enhanced for 6–8 hours post-dose
- Improved nutrient partitioning—build muscle, not fat

Recovery & Repair

- 40–60% reduction in DOMS
- Better joint and connective tissue support
- Faster recovery between training sessions

Why It Beats Other GHRPs

Cortisol Control

- No cortisol spikes—unlike GHRP-6 or GHRP-2
- You recover instead of stressing your adrenals



Targeted Action

- No ghrelin-induced hunger
- No vasopressin effects or bloating
- Just pure GH stimulation

Clean Experience

- No water retention or numb fingers
- No lethargy
- Just smooth, steady improvement

Research Insights That Matter:

Training Response by Muscle Type

- Type I dominant (endurance): lower, frequent doses work best
 - Type II dominant (power): higher, less frequent dosing performs better
- Customize your protocol based on how you train

Timing Hacks

- Pre-bed (90 min): enhances deep sleep
- Never with carbs—GH release drops by 40%

Purity Indicators

- Clear, particle-free solution
- No site irritation
- Consistent batch-to-batch effects = quality manufacturing

Real-World Experience:

Week 1–2

- Sleep deeper within 3–5 days
- Energy smooths out
- Recovery noticeably improved

Week 3–6

- Body composition begins to shift
- Strength and endurance improve 15–25%

- Skin quality often improves (surprise bonus)

Week 7+

- Peak metabolic optimization
- Lean mass preserved even in caloric deficit
- Maintenance possible at reduced frequency

Not Too Strong, Not Too Weak — Just Right for GH Optimization

[Ipamorelin](#) is what I call the “Goldilocks” peptide—not too aggressive, not too weak. It hits the sweet spot for growth hormone optimization. Whether you’re after better sleep, fat loss, muscle preservation, or recovery, this peptide consistently delivers.

And when you stack it with CJC-1295? You’ve got a protocol that’s been dialled in to perfection.

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7

AOD-9604 : The Growth Hormone Fragment That Targets Fat Only

[AOD-9604](#) represents one of the most targeted approaches to fat loss I've seen in peptide research. Originally developed as a fragment of human growth hormone (amino acids 176–191), this compound retains the fat-burning power of HGH—without the growth effects.

What makes it fascinating is its selectivity. It works directly on fat tissue, not muscle. You get fat-burning benefits without the risk of unwanted muscle growth or changes in glucose metabolism.



AOD-9604: How it Works

Fat Metabolism Enhancement

- Stimulates lipolysis (fat breakdown) by 30–50%
- Inhibits lipogenesis (formation of new fat)
- Increases fatty acid oxidation
- Doesn't affect glucose or insulin levels
- Preserves muscle while targeting fat

Metabolic Optimization

- Mimics HGH's fat-burning without growth promotion
- Boosts energy expenditure from fat stores
- Maintains metabolic rate, even during calorie deficits
- Improves metabolic flexibility

Body Composition Impact

- Targets stubborn subcutaneous and abdominal fat
 - Improves fat-to-muscle ratio
 - No water retention or glycogen shift
 - Maintains lean mass even during cutting phases
- Research Results:

Fat Loss Outcomes

- 3–5% bodyweight loss over 8–12 weeks
- Abdominal fat is preferentially reduced
- Muscle mass remains intact
- Fat loss becomes noticeable after 2–3 weeks
- Metabolic rate stays stable

Performance Preservation

- No drop in strength or endurance
- Increased fat oxidation during exercise
- Recovery and aerobic output are maintained

Metabolic Markers

- Lower triglycerides
- Improved HDL/LDL ratios
- No change in fasting glucose
- Reduced systemic inflammation
- Better leptin sensitivity

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Standard Dose	250–500 mcg daily
Advance Dose	Up to 1000 mcg daily in supervised protocols
Route	Subcutaneous injection
Timing	Morning or pre-workout preferred
Frequency	Daily, 5 days on / 2 days off
Cycle Length	8–12 weeks per cycle
Rest Period	4–6 weeks between cycles

AOD-9604 is the selective peptide for targeted fat loss without anabolic side effects.

Among fat loss peptides, AOD-9604 is uniquely selective. It's one of the only peptides I've come across that tricks your body into activating fat-burning like HGH—without the anabolic side effects.

What stands out most is its consistency. In nearly every research setting, AOD-9604 reliably increases fat oxidation and decreases stored fat—without harming muscle, metabolic rate, or insulin sensitivity.

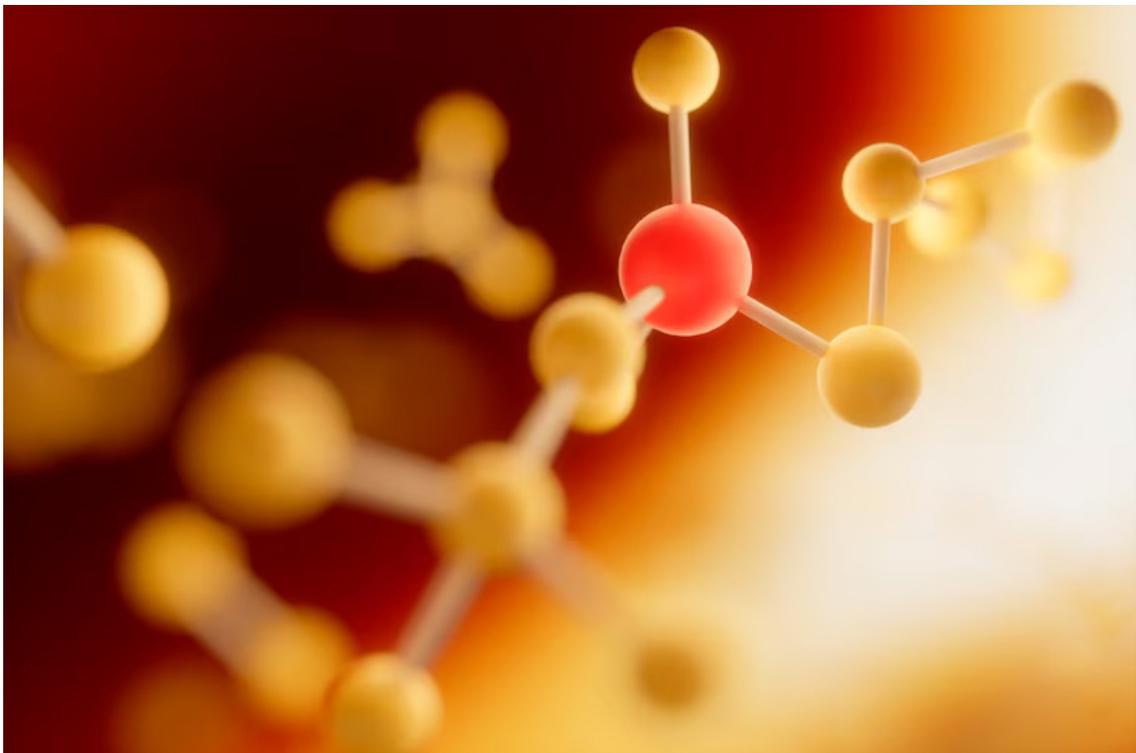
For anyone studying enhanced body recomposition protocols, this compound is a clean and direct tool for fat-specific research.

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Section: 2

Healing, Recovery and Anti- Inflammatory Peptides



8

BPC-157: The Body's Universal Repair Mechanism

I've researched dozens of healing peptides, but [BPC-157](#) is still the one I keep coming back to. It's the Swiss Army knife of regeneration—versatile, reliable, and shockingly effective across everything from tendon tears to gut repair.

What makes BPC-157 different is that it doesn't just heal one thing—it orchestrates healing throughout the body. Whether it's joints, muscles, the nervous system, or the gut, this peptide seems to unlock the body's full recovery potential. And the more I've studied it, the more I believe we're only beginning to understand what it can really do.



BPC-157: How it Works

The Healing Cascade

- Activates nitric oxide pathways (eNOS)
- Triggers angiogenesis (new blood vessel growth)
- Enhances growth factor release (VEGF, FGF)
- Reduces inflammation without blunting repair
- Accelerates tissue-specific regeneration

Think of BPC-157 as a conductor—not just speeding up healing, but organizing it at every level.

Injection Protocol (Favored Method)

Detail	Protocol Information
Description	Injection Protocol (Favored Method)
Standard Dose	250-500 mcg, 1-2x daily
Route	Subcutaneous (systemic), or near injury site (localized)
Cycle Length	8-10 weeks for acute injuries, longer for chronic use
Advanced Protocol	500 mcg systemic + 250 mcg locally near injury site

Oral Protocol (For Gut and Systemic Inflammation)

Detail	Protocol Information
Description	Oral Protocol (For Gut and Systemic Inflammation)
Standard Dose	200-500 mcg daily on empty stomach
Gut Combo	500 mcg oral AM + 250 mcg subQ PM
Cycle Length	6-8 weeks minimum for GI repair
Best Use Case	Leaky gut, ulcer repair, systemic inflammation

What BPC-157 Can Do:

Tendon & Ligament Healing

- Speeds collagen remodelling by 60–80%
- Cuts recovery time in half for grade 2 sprains and tears
- Restores biomechanical strength fast

Muscle Repair

- Increases myofibril diameter and density
- Reduces fibrosis and scar tissue
- Promotes satellite cell activation

Nerve & Brain

- Improves peripheral nerve healing
- Enhances dopamine signalling
- Early research shows promise in TBI models

Gut Health

- Repairs intestinal lining and resolves ulcers
- Protects against NSAID-induced damage
- Reduces systemic inflammation from leaky gut

Vascular Optimization

- Normalizes blood flow to damaged tissue
- Prevents ischemic injury
- Enhances nutrient delivery for whole-body recovery



Stacking Strategies:

Wolverine Stack

- BPC-157 (500 mcg/day) + TB-500 (5 mg 2x/week)
- Perfect for fast tendon, muscle, and joint regeneration. To go directly to our Wolverine Stack Chapter click here.

Neuro Stack

- BPC-157 + GHK-Cu (1.5 mg/day)
- Anti-inflammatory, nerve-healing synergy

Joint Stack

- BPC-157 + Collagen peptides + CJC/Ipamorelin
- Joint recovery + muscle support + GH boost

Use Cases That Surprised Me:

Performance Enhancement

- 30–40% fewer injuries during high-volume training
- Faster recovery between sessions
- Maintains flexibility and tissue elasticity

Chronic Issues

- Works on stubborn cases of tendinitis and joint degradation
- Resolves long-standing nerve pain
- Accelerates post-surgical healing where other compounds failed

Gut Protocol

- Morning: 250 mcg oral
- Evening: 250–500 mcg subQ
- The gut-body axis starts to normalize in 3–5 weeks

Injection vs. Oral: What Actually Works?

Subcutaneous

- Systemic effect with precise dosing
- Best for musculoskeletal repair
- Can inject near the injury for localized support

Oral

- Survives stomach acid—unlike most peptides
- Targets gut healing directly
- Easiest long-term option for chronic conditions

Both work—just choose based on your goal. For joints and muscles, subQ. For digestion and inflammation, oral.

Advanced Insights:

Timing Hacks

- Morning oral = gut healing
- Pre-workout subQ = faster recovery
- Evening subQ = deeper overnight repair

Real-World Tips

- Combine local + systemic dosing for serious injuries
- Rotate injection sites if using long-term
- Oral is underrated—especially for inflammation-related conditions

Results I've Seen First-hand:

- 40–60% faster muscle recovery
- Reduced joint pain within 48 hours
- Gut symptoms reversed after years of no progress
- “Hopeless” nerve entrapment issues improved in 6–8 weeks
- Maintenance dosing prevented breakdowns during intense training The Go-To Peptide for Accelerated and Complete Healing.

BPC-157 is a cornerstone in regenerative research for a reason. It doesn't just "speed up" healing—it optimizes the entire repair process from the inside out. Whether you're recovering from surgery, managing a chronic issue, or simply trying to train harder without breaking down, this peptide delivers.

I'd go as far as saying: if I could only use one peptide for injury recovery, this would be it.

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9

TB-500: The Master Regulator of Tissue Repair

After years of researching structural healing compounds, [TB-500](#) stands alone in its ability to coordinate complex tissue repair. This isn't just another recovery peptide

TB-500 teaches damaged tissue how to rebuild correctly. It transforms catastrophic injuries into manageable recovery timelines.

What drew me in was how intelligently it organizes repair at the molecular level — this isn't brute-force healing. It's strategic, structured, and powerful.



How TB-500 Works

The Migration Effect

- Upregulates actin—the cellular engine of movement
- Enables cells to migrate to injury sites 3–5x faster
- Prevents scar tissue by organizing collagen alignment
- Stimulates stem cell differentiation into needed tissue types

Think of TB-500 as a GPS for healing—it doesn't just speed up recovery, it directs the right repair to the right place.

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Standard Dose	5–7.5 mg weekly for larger subjects, 2.5–5 mg for smaller. Divide the dose between 2 or 3 injections.
Loading Phase	4–6 weeks at full dose
Route	Subcutaneous injection
Timing	Morning or pre-workout preferred
Frequency	2x weekly
Maintenance	2.5–5 mg weekly

Beyond Basic Repair

Tendon & Ligament Healing

- Aligns collagen fibers (no weak scar tissue)
- Increases tensile strength 40–60%
- Preserves flexibility during healing
- Reduces adhesions and future injury risk

Muscle Regeneration

- Activates satellite cells
- Promotes myofiber formation
- Maintains innervation and motor patterns
- Speeds return to full contraction strength

Neurological Recovery

- Crosses the blood-brain barrier
- Increases nerve growth factor (NGF)
- Repairs peripheral nerves
- Enhances neuromuscular coordination

The Angiogenesis Advantage

- Builds new capillaries in injured areas
 - Increases oxygen delivery to tissues
 - Speeds nutrient transport and waste removal
 - Keeps the healing environment optimal long-term
- The Molecular Orchestra

As Ben Greenfield puts it:

“The main functionality of TB-500 hinges on the ability to upregulate cell- building proteins like actin—vital for cellular motion, wound repair, and metabolic response.”

Translation?

You don't just heal faster—you regain real strength, function, and mobility.



Stacking Strategies:

The Wolverine Stack

- TB-500 (5 mg 2x/week)
- BPC-157 (250 mcg 2x/day)
- Perfect for complex injuries and fast-track recovery For our chapter on Wolverine Stack click [here](#).

Neuro Stack

- TB-500 + Cerebrolysin or GHK-Cu
- For peripheral nerve damage and cognitive repair

Full Recovery Stack

- TB-500 (5 mg 2x/week)
- BPC-157 (500 mcg daily)
- GHK-Cu (1.5 mg daily)
- Ipamorelin (200 mcg 2x daily)
- Comprehensive systemic regeneration

Real Results Documented

Tendon & Ligament

- 40–60% faster healing than natural timeline
- 90% restored biomechanical function in 8–12 weeks
- Reduced re-injury risk
- Improved mobility during healing

Muscle

- 2–3x boost in satellite cell activity
- Thicker, stronger myofibers
- Lower fibrosis and faster recovery
- Maintains muscle memory

Joint Repair

- Increased synovial fluid and cartilage protection
- 30–40% drop in inflammation markers

- Noticeable mobility within weeks Important Considerations

Injection Tips

- Subcutaneous works systemically
- Local injections (within 1 inch of injury) may speed effects
- Rotate sites to avoid irritation

Timing & Half-Life

As Dr. Tremblay notes:

“TB-500 lasts 10–15 days in terms of effects, but is out of the system in 12 hours.”

→ That’s why 2x weekly works best.

The Advanced Peptide That Rebuilds as it Repairs

TB-500 is the most intelligent healing compound I’ve come across. Whether it’s rebuilding tendon structure, reviving nerve signals, or regenerating muscle fibers, it does more than speed up recovery—it restructures how the body heals.

Used with intention, TB-500 turns injury setbacks into faster, smarter comebacks.

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10

GHK-Cu: The Copper Peptide That Rebuilds You From the Inside Out

I've been researching [GHK-Cu](#) for over three years now, and it's become one of the peptides I respect most. What pulled me in initially was how dramatically our levels drop with age—declining from about 200ng/mL in our twenties to under 80ng/mL by our sixties. That's like your body's repair crew slowly disappearing.

Then I read Dr. Loren Pickart's original research. His work showed GHK-Cu could triple the speed of wound healing. Triple. That kind of result doesn't happen with most compounds. From there, I dug deeper, and what I found was a true regenerative powerhouse.



GHK-Cu: How it Works

Tissue Repair and Remodeling

- Stimulates collagen synthesis by up to 70%
- Promotes new blood vessel formation
- Increases skin elasticity at the cellular level
- Enhances wound closure and tissue repair
- Supports hair follicle regeneration

Gene Expression Reset

- Modulates expression of over 30% of the human genome
- Activates antioxidant and DNA repair genes
- Suppresses pro-inflammatory gene pathways
- Encourages youthful gene profiles in aging cells

Full-Body Support

- Strengthens joint and connective tissue
- Improves liver and kidney regeneration
- Supports lung tissue healing
- Enhances nervous system resilience

My Research Observations:

Physical Effects

- Noticeable skin improvement within 4–6 weeks
- Faster recovery from cuts, scrapes, and inflammation
- Thicker, healthier hair and stronger nails
- Smoother energy levels throughout the day
- Deeper, more restful sleep reported anecdotally

Biomarker Shifts

- Lower CRP and inflammation markers
- Improved collagen density in skin and joints
- Faster muscle and connective tissue recovery
- Better resilience to physical and mental stress

Most of the real magic shows up after the 3-month mark, when cumulative repair begins to outpace breakdown. It's not a quick fix—it's a full system reboot.

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Dose	1–3 mg subcutaneously per day
Timing	Morning or evening (both work)
Frequency	Daily or 5 days on / 2 off
Cycle Length	12–16 weeks minimum
Notes	Often stacked with BPC-157 or GHK-Cu creams

Good Pairings:

For Anti-Aging + Skin

- GHK-Cu – 2 mg daily
- Epithalon – 2.5 mg nightly
- Hyaluronic acid – topical or oral

For Injury Recovery

- GHK-Cu – 2–3 mg daily
- BPC-157 – 250 mcg 2x/day
- TB-500 – 2–5 mg 2x/week

For Brain and Mood

- GHK-Cu – 1–2 mg daily
- Semax (injectable) – 300 mcg 1–2x/day
- SS-31 – 1.5 mg 3x/week

A Foundational Peptide for Recovery and Regeneration:

GHK-Cu might look like a beauty peptide on the surface—but it's so much more. Whether you're dealing with aging skin, old injuries, systemic inflammation, or just looking to optimize recovery—this one earns its place in nearly every peptide stack.

It's gentle, versatile, and backed by decades of solid research. If your goal is long-term regeneration—not quick fixes—GHK-Cu is a cornerstone compound worth exploring.

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Section: 3

Cognitive and Neuroprotective Peptides



11

Semax Amidate: The Cognitive Catalyst

When it comes to cognitive enhancement, [Semax](#) stands in a league of its own. Unlike stimulants that flood your system with jittery energy or cause a brutal crash, Semax delivers sharp, clean mental clarity by directly activating neurological pathways.

What makes Semax different is that it doesn't just hype your brain up—it actually teaches it to function better. This peptide builds long-term resilience while giving you short-term mental firepower. It's what I reach for when I need to be in flow, solve complex problems, or push through mentally demanding tasks.



Semax Amidate: How it Works

The Cognitive Cascade

- Dramatically increases BDNF (brain-derived neurotrophic factor)
- Enhances neuroplasticity for learning and memory
- Inhibits enkephalinase to protect neurotransmitters
- Modulates dopamine and serotonin pathways
- Promotes better cognitive performance under stress

Think of Semax as a master architect for your brain. It optimizes neural signaling, strengthens brain structure, and builds long-term mental efficiency.

My Research Protocol:

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Dose	300-500 mcg daily subcutaneous injection
Timing	Morning only – ideally within 1 hour of waking
Duration	3-8 week cycles
Nasal Alternative	750-1000 mcg daily (2-3 sprays at 300 mcg each)

Nasal Spray vs. Injection

Nasal Spray

- Fast onset (15–30 minutes)
- Convenient and non-invasive
- More direct to the brain via olfactory bulb
- Ideal for workdays and on-the-go dosing

Subcutaneous Injection

- More bioavailable at lower doses
- Slower but longer-lasting effects
- Ideal for maintaining consistent cognitive output

Both methods are effective. I tend to use nasal spray for situational use and injections for consistent cycles.

The Performance Timeline

- 15–30 min: Initial clarity and focus
- 2–4 hrs: Peak cognitive enhancement
- 6–8 hrs: Sustained energy and mental performance
- 12+ hrs: Residual memory consolidation benefits

Cycling Strategy

Semax is powerful, but like any nootropic tool, it requires smart cycling:

- Use for 3 months on, 1 month off
- Avoid continuous daily use beyond the recommended cycle
- Follow recovery periods to prevent receptor fatigue

The Documented Benefits

Cognitive Enhancement

- Memory improvement: 71% vs 41% in recall tests
- 30–40% faster information processing
- Sharper focus and verbal fluency
- Significantly reduced mental fatigue



Neuroprotective Effects

- Up to 3x increase in BDNF
- Promotes neural repair and synaptic density
- Shields the brain from oxidative stress
- Enhances stress tolerance and adaptability

Performance Applications

- Ideal for deep work, problem-solving, and technical tasks
- Boosts speech performance and fluid communication
- Enhances pattern recognition and executive function
- Great for high-stakes presentations or testing environments

Insider Tips for Success:

- Take on an empty stomach for injections
- Wait 30–45 minutes before eating
- Use nasal spray with clear sinuses
- Store in the fridge—heat kills potency fast

Amidated vs Non-Amidated Versions

Semax is available in both standard and amidated forms. The amidate version is the one you want for research. It's more stable, has better bioavailability, and delivers more consistent results in cognitive testing.

Some lower-tier sites will sell the non-amidated version for cheaper—but it's not worth the tradeoff. The cost savings come at the expense of purity and potency. If you're serious about research-grade results, always go with amidated Semax from a verified source.

Common Mistakes to Avoid:

- ✗ Afternoon/evening dosing – ruins sleep
 - ✗ Continuous use – reduces long-term benefit
 - ✗ Overdosing – more is not better
 - ✗ Improper storage – peptides degrade quickly in heat
- Synergy Stacking:

For Calm Focus

- Semax AM + Selank PM

For Ultra Focus

- Semax + Modafinil (use responsibly)

For Brain Recovery

- Semax + B-Complex + Omega-3s + Racetams

Semax pairs well with both cognitive enhancers and neuroprotective tools— just don't overdo the stimulation.

A Foundational Peptide for Long-Term Cognitive Excellence:

Semax isn't a shortcut to instant genius. But it *is* one of the most effective tools to elevate your brain's performance day after day. It creates the conditions for sharper memory, deeper focus, and higher productivity— without sacrificing your long-term brain health.

If you're committed to mental longevity and cognitive dominance, this peptide deserves a place in your protocol.

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12

Selank Amidate: The Calm Confidence Builder

While Semax sharpens your mental blade, [Selank](#) polishes away the anxiety that dulls it.

What makes Selank unique is that it creates focused calm without sedation. Unlike benzodiazepines that fog your mind or stimulants that spike your heart rate, Selank promotes a state of relaxed alertness that's ideal for high-performance settings. It's what I call "clean calm"—clarity without tension, focus without anxiety.



Selank: How it Works

The Calm Cascade

- Inhibits enkephalin breakdown to prolong natural anti-anxiety effects
- Modulates GABA pathways without sedation or fog
- Increases BDNF for long-term stress resilience
- Balances serotonin, dopamine, and norepinephrine levels

Think of Selank as an emotional filter—it lets clear, productive thoughts through while blocking the noise of anxious mental chatter.

Injection Protocol Overview

Detail	Protocol Information
Description	Injection Protocol
Dose	300-500 mcg daily subcutaneous injection
Timing	Evening (2-3 hours before bed)
Duration	4-12 week cycles
Alternative Route:	750-1000 mcg daily via nasal spray

The Semax + Selank Combo

These two peptides work beautifully together:

- Morning: Semax – 300–500 mcg for focus
- Evening: Selank – 300–500 mcg for calm

Synergy: Improved learning, reduced reactivity, better mood stability

Semax activates cognitive performance while Selank regulates emotion— together, they form a high-performance neuropeptide stack.

Performance Timeline:

- 10–20 min: Initial calming onset
- 2–4 hrs: Peak calm and mental clarity
- 6–12 hrs: Sustained emotional balance
- 24 hrs: Residual stress protection Cycling Strategy

Selank is gentler than most peptides and maintains effectiveness over longer cycles:

- 8–12 weeks on
- 2–4 weeks off

Because of its mild, non-habit-forming action, there's less concern about receptor desensitization.

The Documented Benefits

Anxiety Reduction

- Reduces worry without causing sedation
- Enhances confidence in social and performance settings
- Increases emotional resilience under pressure

Cognitive Support

- Better memory retention during stress
- Improved verbal fluency and speech performance
- Enhanced executive function without overstimulation
- Sustained attention with reduced distraction

Performance Applications

- Ideal for public speaking or social pressure
- Excellent for workplace calm and mental edge
- Enhances focus in high-stakes environments
- Supports better sleep quality

Nasal vs. Injection Nasal Spray

- Faster onset (10–20 minutes)
- Requires multiple doses per day
- Great for daytime or workplace use
- 250–300 mcg per spray

Subcutaneous Injection

- More sustained release
- Once-daily dosing
- Higher bioavailability
- Effective dose: 100–300 mcg

Both are effective—choose based on convenience and routine.

Insider Tips for Success:

- ✓ Stack with magnesium glycinate for enhanced GABA support
- ✓ Combine with adaptogens like ashwagandha during stress periods
- ✓ Pairs well with meditation and breathwork routines
- ✓ Enhances sleep quality when dosed 2–3 hours before bed

Amidated vs Non-Amidated Versions

Selank is available in both standard and amidated forms. The amidate version is the one you want for research. It's more stable, has better bioavailability, and delivers more consistent results in cognitive testing.

Some lower-tier sites will sell the non-amidated version for cheaper—but it's not worth the tradeoff. The cost savings come at the expense of purity and potency. If you're serious about research-grade results, always go with amidated Selank from a verified source.



Common Mistakes to Avoid:

- ✘ Morning dosing – may cause late-day grogginess
- ✘ Overdosing – more isn't better; stay within protocol
- ✘ Skipping cycles – long-term use without breaks reduces impact
- ✘ Combining with sedatives creates unnecessary redundancy

Stress Relief That Sharpens, Not Slows, Your Mind

Selank isn't just another anti-anxiety compound. It's a mental clarity enhancer that removes stress from the equation. What makes it powerful is that it calms your nervous system without blunting your thinking.

Use [Selank](#) when anxiety blocks your focus, when stress weighs down your cognitive performance, or when you want to feel sharp without the nervous edge. It doesn't shut your brain off—it lets it operate at peak capacity.

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13

Pinealon: The Under-the-Radar Peptide for Long-Term Brain Health

[Pinealon](#) isn't a flashy compound. You won't feel an instant kick of focus or energy. But if you're playing the long game with your brain—preserving memory, clarity, and resilience—this one deserves attention.

I started researching Pinealon after looking into peptides that support cognitive aging, especially under stress. What I noticed was subtle but real: smoother recall, calmer reactions, and better sleep rhythm. It's one of those compounds you only appreciate when you realize you're no longer dragging mentally like before.



Pinealon: How it Works

Pinealon is a short-chain tri-peptide (Glu-Asp-Arg) originally developed in Russia's bioregulator peptide program. It's designed to regulate gene expression in the brain, especially in areas related to memory, sleep, and aging.

It works by normalizing protein synthesis in brain tissue, helping neurons function more like they did in your younger years. Pinealon has also been shown to reduce oxidative damage, support melatonin regulation, and maintain cellular stability under physical or emotional stress.

Cognitive Function

- Supports short- and long-term memory
- Enhances verbal clarity and recall
- Helps maintain mental energy throughout the day

Neuroprotection

- Reduces oxidative stress in brain cells
- Improves neuron resilience under aging or trauma
- Normalizes brain metabolism in high-stress states



Sleep + Circadian Support

- Helps reset sleep-wake cycles
- May support deeper, more restorative sleep
- Pairs well with Epithalon or nighttime protocols

Injection Protocol Overview

Detail	Protocol Information
Dose	100–200 mcg subcutaneously once daily
Timing	Morning for cognition or evening for sleep
Cycle	10–20 days on, 10–20 days off
Extended Use	30-day course every few months
Onset	Subtle effects in 1–2 weeks
Side Effects	None observed

Benefits I have observed:

- Sharper memory recall
- Better sleep when used at night
- Calm focus without stimulation
- More cognitive “stability” under stress

Pairs well with:

- Epithalon – Supports circadian rhythm and long-term brain health
- Semax (injectable) – Adds mental clarity and motivation boost
- GHK-Cu – Enhances cellular resilience and combats neuroinflammation

Protecting and preserving cognitive function for long term.

Pinealon isn't about pushing harder—it's about preserving function. Whether you're aging, working under constant pressure, or just want to stay sharp without stimulants, this peptide belongs on your radar.

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14

ARA-290: The Inflammation-Resolving Peptide That Surprised Me

I'll be honest—when I first came across [ARA-290](#), it wasn't on my radar. It wasn't about fat loss, muscle gain, or hormone optimization. But as I dug into the research, I realized this compound was doing something different. It wasn't stimulating—it was healing.

ARA-290 is what I now call a precision repair peptide. It turns on the body's repair processes, but only where there's damage—nerve pain, brain fog, inflammation, microvascular breakdown.

I started using it for recovery from inflammation-related fatigue and noticed subtle but powerful shifts in mental clarity, mood, and energy. It's not flashy, but it works. And the science backs it up.



ARA-290: How it Works

ARA-290 is a small peptide derived from erythropoietin (EPO), but here's the twist—it doesn't stimulate red blood cell production. Instead, it binds to the innate repair receptor (IRR), a unique receptor that only appears in tissues under stress or damage.

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Dose	250 mcg subcutaneously once daily
Timing	Morning or post-exercise
Cycle Length	2-4 weeks on, then 2-4 weeks off
High-Intensity Use	250 mcg twice daily for 7-10 days post-injury
Effects Noticed	Typically by day 10-14
Side Effects	None observed in personal research

Once bound, ARA-290 downregulates inflammation, upregulates survival genes, and protects endothelial and neural tissues. It's like flipping a switch that tells your body, "Hey, fix this—only this—and don't overdo it." That's what makes it safe, targeted, and fascinating.

What ARA-290 does:

Neuropathic Repair

ARA-290 has demonstrated impressive effects in relieving small fiber neuropathy, especially in conditions like sarcoidosis and diabetes. Research shows it can improve nerve fiber density and reduce pain without tolerance buildup.



Inflammation Resolution

This peptide doesn't just blunt inflammation—it helps resolve it. ARA-290 has been shown to suppress inflammatory cytokines like TNF- α and IL-6, which are associated with autoimmune flares, joint pain, and chronic fatigue.

M Vascular and Organ Protection

By preserving the health of endothelial cells and supporting microvascular regeneration, ARA-290 protects tissues from ischemic injury. Studies suggest benefits for the heart, kidneys, and brain, particularly during times of oxidative or mechanical stress.

Cognitive Function and Neural Health

ARA-290's neuroprotective effects make it especially relevant in the context of:

- Brain fog and chronic fatigue syndromes
- Cognitive decline linked to microvascular dysfunction
- Recovery from stroke, concussion, or ischemic events
- Enhancing autonomic balance, which affects stress, clarity, and mood

Benefits I've Observed:

- Marked reduction in systemic inflammation
- Less nerve tingling or discomfort (especially in hands/feet)
- Sharper thinking and less brain fog within 10–14 days

- Improved HRV and parasympathetic balance (especially during sleep)
- Better post-exercise recovery with less soreness
- Subtle but noticeable mood elevation

Good pairings:

- BPC-157 – for vascular/gut/tendon healing support
- TB-500 – complements ARA's systemic repair effects
- GHK-Cu – enhances anti-inflammatory and cognitive synergy
- Semax (injectable) – supports neuroplasticity and mood
- SS-31 – for mitochondrial protection and brain energy

Research Observations

The thing I love about ARA-290 is how clean it feels. No bloat, no weird side effects, and no overstimulation. It's subtle but effective.

You likely won't notice much in the first few days, but after 10–14 days, recovery improves, energy smooths out, and inflammatory discomfort fades. For anyone dealing with post-viral fatigue, diabetic nerve pain, brain fog, or autoimmune recovery—it's one of the best-kept secrets in the peptide world.

Quietly Powerful Support for Inflammation and Nerve Repair

ARA-290 may not be a headline-grabbing peptide, but it quietly outperforms when it comes to healing. It's tissue-specific, neuroprotective, and incredibly well-tolerated.

If you're dealing with systemic inflammation, nerve issues, or cognitive sluggishness, I'd absolutely recommend exploring ARA-290. It's not just about suppressing symptoms—it's about turning the repair switch back on.

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Section: 4

Longevity & Anti-Aging Peptides



15

Epithalon Amidate: The Telomere Lengthening Peptide for Longevity

In the world of longevity research, few compounds have stood out like [Epithalon](#). Originally discovered in the 1980s by Russian scientist Professor Vladimir Khavinson, this tetrapeptide has earned its reputation for one key reason—it doesn't just treat the symptoms of aging. It goes after the root cause.

What pulled me into studying Epithalon was its direct impact on telomerase—the enzyme responsible for maintaining and lengthening telomeres, the protective caps at the ends of our DNA. As someone who's spent years researching peptides, I was struck by how elegant and upstream this mechanism really is. Instead of addressing dozens of age-related problems, Epithalon goes after one of the core biological drivers of aging itself.

Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Dose	5–10 mg daily for 10 days
Frequency	Repeat cycle every 3–6 months
Route	Subcutaneous or intranasal
Timing	Take before bed to align with pineal gland function
Duration	10-day cycles only – not for continuous use
Side Effects	None observed in personal research

How Epithalon Works:

Telomere Protection

- Increases telomerase activity by 35–50% in various cell types
- Shields telomeres from oxidative damage
- Maintains chromosomal stability
- Prevents cellular senescence
- Extends the potential lifespan of cells

Circadian Rhythm Regulation

- Normalizes pineal gland output
- Restores melatonin production cycles
- Improves sleep quality and duration
- Balances circadian hormone release
- Optimizes biological clock synchronization



Hormonal Optimization

- Supports age-related hormonal rebalancing
- Regulates cortisol levels more effectively
- Improves insulin sensitivity over time
- Enhances thyroid performance markers
- Normalizes reproductive hormone function

What makes this even more impressive? Epithalon is made of just four amino acids (Ala-Glu-Asp-Gly)—yet its impact is multi-systemic.

What the Research Shows:

Cellular Benefits

- 20–30% average increase in telomere length after 6-month cycles
- Reduced biomarkers of DNA and mitochondrial aging
- Enhanced DNA repair mechanisms
- Improved mitochondrial efficiency
- Lower oxidative stress and cellular degradation

Physical Improvements

- Restored sleep architecture within 2–3 weeks
- Boosted energy levels during natural circadian peaks
- Enhanced stress resilience and mood stability
- Improved physical recovery from exertion
- Higher performance metrics in aging models

Longevity Markers

- Lower mortality indicators in animal studies

- Improved markers of healthspan across systems
- Increased metabolic flexibility with age
- Enhanced immune function and recovery
- Decreased levels of chronic inflammation

The most significant benefits tend to emerge after 6–12 months of consistent cycling. Telomere effects appear to be cumulative, improving with each successive round.

Amidated vs Non-Amidated Epithalon

There are two forms of Epithalon circulating in the research market: amidated and non-amidated.

The amidated version is what you want. It's more stable, more bioavailable, and offers longer-lasting effects. This is especially important with peptides like Epithalon, where consistent telomerase activation and circadian impact depend on proper molecular integrity.

Some lower-end sites will try to cut costs by selling the non-amidated version at a cheaper price, but don't fall for it. If you're conducting serious research, only the amidated form will deliver the reliability you're looking for.

Why Epithalon Stands Out in Longevity Research

Among all the peptides I've studied, Epithalon represents one of the most direct interventions for cellular aging. While other compounds focus on managing the symptoms of aging—like declining hormones, poor recovery, or low energy—Epithalon addresses two of the most fundamental aging mechanisms: telomere degradation and circadian dysfunction.

What excites me most is that it's not just about living longer—it's about living better. The improvements in sleep, hormone balance, and cellular repair suggest Epithalon helps preserve the vitality we associate with youth.

And it's this dual-action—extending telomeres and resetting circadian rhythm—that truly sets it apart. It works on a systems level, helping to realign the body's core regulatory processes.

For anyone serious about cellular health and longevity, understanding Epithalon's unique role is essential. It's no surprise this peptide is a cornerstone in so many advanced anti-aging research protocols.

The Long-Term Peptide for Deep Regeneration and Longevity

Epithalon isn't a quick-fix biohack—it's a foundational tool in long-term regenerative strategies. Whether you're focused on sleep, hormone optimization, or true biological age reversal, this compound delivers meaningful change over time.

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16

SS-31: The Cellular Powerhouse Peptide

[SS-31](#) (also known as Elamipretide) is one of the most exciting compounds I've come across in mitochondrial research. Unlike most peptides that work indirectly, SS-31 goes straight to the source—your mitochondria—and supports energy production at the root level.

It belongs to a class called Szeto-Schiller peptides, which are designed to cross cellular membranes and penetrate mitochondria, something most compounds can't do. The result is a level of targeted cellular repair that's difficult to match.



Injection Protocol

Detail	Protocol Information
Description	Injection Protocol
Dose	0.5 - 1.5 mg subcutaneously per day
Frequency	Daily dosing is most common
Timing	Best taken before bed to support overnight repair
Cycle Length	8 weeks on then 8 weeks off
High-Dose Use	2 - 4 mg daily in advanced or intensive applications
Alternate Cycle	3 mg every third day (used in some clinical models)

SS-31: How it Works

Mitochondrial Protection

- Binds to cardiolipin in the inner mitochondrial membrane
- Prevents oxidative damage during energy production
- Stabilizes the electron transport chain
- Reduces ROS (reactive oxygen species)
- Improves ATP generation efficiency

Cellular Energy Enhancement

- Increases mitochondrial respiration by 30–40%
- Restores mitochondrial membrane potential
- Enhances cellular energy output
- Improves oxygen use and nutrient metabolism
- Supports mitochondrial biogenesis

Organ-Specific Benefits

- Protects heart muscle from oxidative stress
 - Improves kidney function markers
 - Supports brain energy and cognitive function
 - Enhances muscle performance and endurance
 - Reduces systemic inflammation
- What Research Shows:

Energy Production

- 25–30% increase in cellular ATP output
- More efficient mitochondrial function
- Better oxygen utilization
- Lower lactate buildup under stress
- Improved energy substrate handling

Performance and Recovery

- Increased exercise capacity in older subjects
- Enhanced heart function and cardiac metrics
- Better cognitive performance markers
- Faster muscle recovery post-exertion
- Higher vitality and overall resilience

Longevity Markers

- Reduced cellular aging biomarkers
- Better mitochondrial DNA integrity
- Enhanced ability to respond to physical stress
- Improved metabolic flexibility
- Lower inflammatory markers across systems

Most research indicates benefits begin after 4–8 weeks of consistent use, with maximum effects emerging around 12 weeks.

Good Pairings:

For Mitochondrial Support

- SS-31 – 1 mg daily
- MOTS-c – 5 mg 3x/week
- NAD+ precursor (NMN or NR) – daily

For Brain and Cognitive Health

- SS-31 – 1 mg daily
- Semax or Selank (injectable) – 300 mcg/day
- Lion's Mane extract – 1000–2000 mg/day

For Performance and Recovery

- SS-31 – 2 mg daily
- BPC-157 – 250 mcg 2x/day
- TB-500 – 2–5 mg 2x/week

From Energy Decline to Cellular Optimization:

After reading countless studies and following real-world applications, SS-31 stands out as one of the most precise and effective compounds for cellular optimization. It doesn't just make you feel better—it addresses the core energy mechanisms that keep you alive and vital.

If mitochondrial decline is at the root of aging, then SS-31 is the kind of tool that doesn't just slow the clock—it helps reset it.

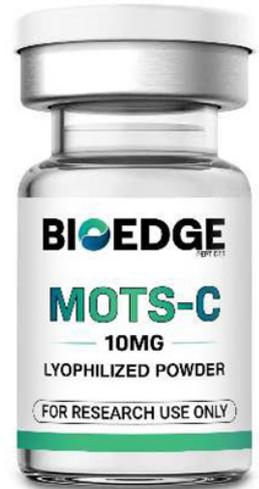
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17

MOTS-C: The Mitochondrial “Exercise Mimetic”

When it comes to “exercise in a bottle,” [MOTS-C](#) isn’t just marketing hype. This unique mitochondrial-derived peptide genuinely mimics many metabolic benefits of physical activity. While we’re nowhere near a complete exercise replacement, MOTS-C comes remarkably close to delivering what researchers have sought for decades. What makes MOTS-C special is that unlike most peptides encoded by nuclear DNA, MOTS-C originates from mitochondrial DNA.



The Mitochondrial Messenger

MOTS-C (Mitochondrial Open Reading Frame of the Twelve S rRNA-c) is a 16- amino acid peptide that serves as a communication signal between your mitochondria and the rest of your cellular machinery. Think of it as the messenger that tells your cells how to respond to metabolic stress and exercise. When your mitochondria function optimally, they produce adequate amounts of MOTS-C naturally. However, as we age or experience metabolic stress, this production often declines.

Dosing Protocols Overview

Detail	Protocol Information
Dr. Seeds	<p>Dose: 5mg</p> <p>Frequency: 3 times a week (for 4 weeks), then once a week (for 4 weeks)</p> <p>Notes: Administer on Monday, Wednesday, and Friday, then proceed to maintenance.</p>
Dr. Kominiarek	<p>Dose: 10mg</p> <p>Frequency: Once weekly</p> <p>Notes: Follow a 4-week cycle, then repeat within 12 months.</p>

MOTS-C: How it Works

- Activating AMPK (the master regulator of cellular energy)
- Improving glucose metabolism in skeletal muscle
- Enhancing fat oxidation and energy expenditure
- Reducing insulin resistance at the cellular level
- Signaling between mitochondria and the nucleus during metabolic stress

What's remarkable is how exercise affects MOTS-C production. Research shows that exercise can increase MOTS-C levels by up to 12-fold in skeletal muscle, creating a positive feedback loop where exercise produces more MOTS-C, which then enhances the benefits of exercise.

Note: I personally follow Dr. Seeds' protocol and it has worked out great.

Benefits I've Observed:

Physical Performance

- Enhanced exercise capacity at all ages
- Greater fatigue resistance during training
- Improved explosive power for weightlifting
- Better grip strength and gait quality

Metabolic Enhancement

- Increased fat oxidation and reduced body fat
- Improved glucose control and insulin sensitivity
- Reduced central obesity (particularly around the midsection)
- Better nutrient partitioning for muscle growth

Cognitive Function

- Enhanced mental clarity and focus
- Improved exercise-related cognitive performance
- Better stress resistance and adaptation

General Wellness

- Increased energy levels throughout the day
- Enhanced cellular protection and longevity
- Reduced age-related decline in physical function
- Improved sleep quality (when taken in morning)

Real Results Timeline

Timeline	Observed Results
Weeks 1-2	Subtle increase in energy levels Improved workout performance Better glucose control (especially in those with insulin resistance)
Weeks 3-6	Enhanced fat loss during caloric restriction Improved muscle definition Better exercise recovery More stable daily energy
Weeks 7+	Continued improvements in body composition Enhanced metabolic flexibility Consistent endurance performance Excellent for preserving lean muscle during fat loss

Side Effects and Safety Considerations:

MOTS-C is generally well-tolerated, with minimal reported side effects:

- Temporary increase in heart rate or heart palpitations
- Slight injection site reactions
- Occasional fatigue when first starting (resolves within days) Tips:
- Start with lower doses to minimize initial effects
- Take in the morning to avoid sleep issues
- Most effects fade after the first week or two

Amplifying Results Through Metabolic and Performance Enhancement

While we're still nowhere near a complete exercise replacement, MOTS-C represents our closest approach to this goal thus far. This peptide offers a unique mechanism for metabolic enhancement that works through pathways distinct from most other compounds.

Its ability to mimic exercise benefits while enhancing actual workout performance makes it a versatile addition to any health optimization protocol. Whether your goal is fat loss, improved performance, or enhanced metabolic health, MOTS-C deserves serious consideration.

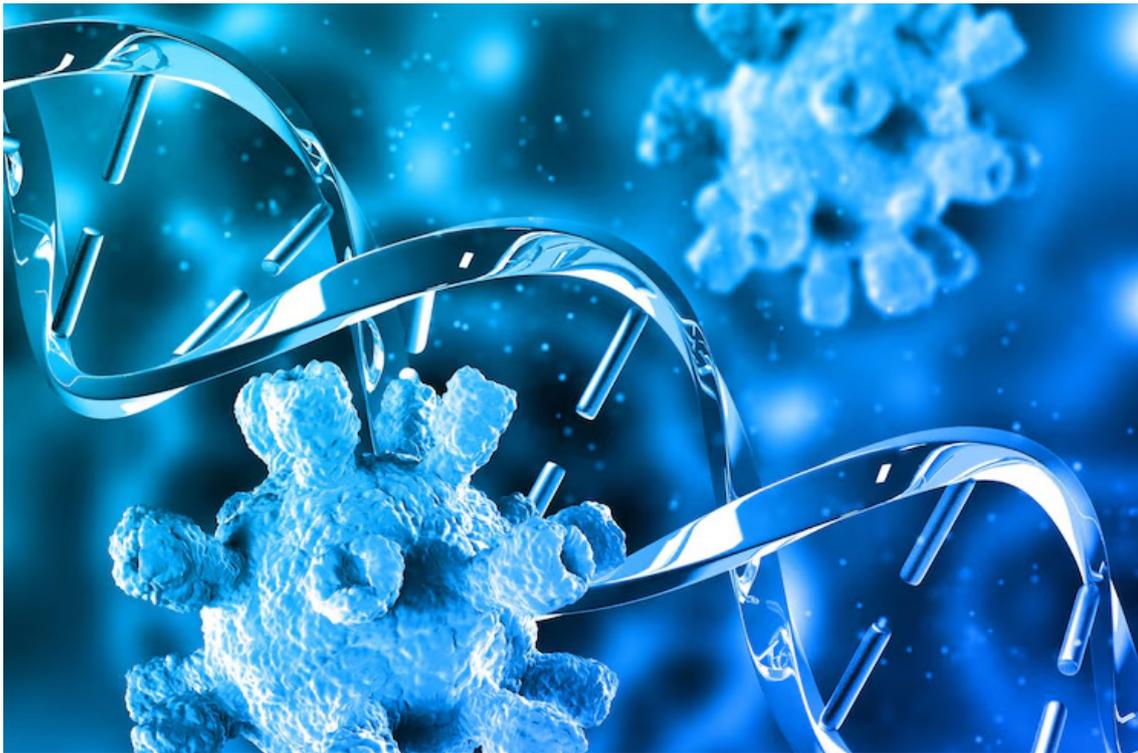
When combined with proper training and nutrition, it can significantly accelerate progress toward your body composition and performance goals.

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Section: 5

Peptide Stacks



Individual peptides can unlock powerful benefits—but when combined with precision, they can transform outcomes entirely. Peptide stacking is the art and science of pairing synergistic compounds to enhance performance, accelerate recovery, sharpen cognition, or extend longevity beyond what any single compound can deliver alone.

In this section, we move from isolated protocols to stacked strategies—targeted combinations built with intention. Whether your goal is sharper mental focus, increased muscle mass, rapid fat loss, accelerated healing, or long-term cellular renewal, each stack in this chapter has been designed to support that outcome with maximum efficiency and minimal risk.

18

Cognitive & Focus Stack: Peptides for Mental Clarity, Mood, and Brain Resilience

If you're exploring peptides for cognitive performance, this is the stack you want to pay attention to. These compounds aren't about hype—they're backed by data on neuroprotection, mood stabilization, mitochondrial support, and mental clarity.

This protocol is broken down into three tiers depending on how deep you want to go with your research. From daily focus and productivity to deeper nervous system repair, these stacks scale with your needs and goals.

Standard Cognitive Stack:

Great for focus, motivation, and emotional stability. [Semax](#) in the morning sharpens cognition, while [Selank](#) at night helps calm the mind and reduce anxiety.

Peptide	Dosage
Semax	300 mcg morning
Selank	300 mcg evening

Premium Cognitive Stack:

Adds [Pinealon](#), a bioregulator that supports long-term brain health and sleep optimization. Especially useful for researchers focusing on age-related cognitive decline.

Peptide	Dosage
Semax	300 mcg morning
Selank	300 mcg evening
Pinealon	100 mcg daily

Enhanced Cognitive Stack:

A full neurological support protocol combining neurogenic, anti-inflammatory, and mitochondrial-support peptides. [ARA-290](#) and [GHK-Cu](#) work deeper on nerve repair and cellular resilience.

Peptide	Dosage
Semax	300 mcg morning
Selank	300 mcg evening
Pinealon	100 mcg daily
ARA-290	4 mg, 2x/week
MOTS-C	5 mg, 3x/week

How to Choose the Right Stack:

Standard Stack (Semax + Selank)

- ✓ Perfect for boosting focus, reducing anxiety, and maintaining a balanced mental state
- ✓ Easy to tolerate and excellent for daily productivity
- » This is a great entry point for cognitive performance. You get sharper attention and better mood with almost zero downside.

Premium Stack (adds Pinealon)

- ✓ Pinealon works on deeper brain repair and sleep quality
- ✓ Good for researchers focused on long-term memory and neural health
- » If you're 35+ or noticing brain fog, this stack helps with cognitive stamina and clarity. A solid upgrade from Standard.

Enhanced Stack (adds ARA-290 + MOTS-C)

- ✓ ARA-290 adds powerful neuroprotection and anti-inflammatory effects
- ✓ MOTS-C supports mitochondrial energy and brain resilience
- » Ideal for burnout, nervous system recovery, or deeper nootropic effects.

Use this for 6–12 weeks when you really want to shift gears.

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19

Muscle Growth Stack: Peptides That Support Recovery, Strength & Lean Mass

Muscle growth with peptides isn't about blowing up overnight—it's about enhancing your body's natural recovery, repair, and anabolic signaling. This stack focuses on improving growth hormone output, mitochondrial function, and soft tissue healing—all critical for maximizing strength, size, and performance.

Whether you're training hard in your 30s or trying to maintain muscle into your 50s and beyond, these tiered stacks give you options depending on how deep you want to go.

Standard Muscle Growth Stack

Peptide	Dosage
CJC-1295	100 mcg daily
Ipamorelin	100 mcg daily

A simple, effective combo that stimulates natural GH release. Ideal for first-time peptide researchers focused on recovery and body composition.

Premium Muscle Growth Stack

Adds MOTS-C to support mitochondrial output, glucose metabolism, and endurance. Great for active lifters looking to lean out while gaining strength.

Peptide	Dosage
CJC-1295	200 mcg daily
Ipamorelin	200 mcg daily
MOTS-C	5 mg, 3x/week

Enhanced Muscle Growth Stack

Enhanced Stack: Includes deeper recovery support with BPC-157 and skin/tissue regeneration from GHK-Cu. Built for serious lifters, older trainees, or anyone pushing volume, frequency, or coming back from injury.

Peptide	Dosage
CJC-1295	200 mcg daily
Ipamorelin	200 mcg daily
MOTS-C	5 mg, 3x/week
BPC-157	250 mcg daily
GHK-Cu	1.5 mg daily

How to Choose the Right Stack:

Standard Stack - (CJC-1295 100mcg + Ipamorelin 100mcg daily)

- ✓ Solid foundation—stimulates GH and IGF-1 naturally
- ✓ Minimal suppression risk, good for beginners or maintenance
- ✓ Great for sleep, fat loss, and muscle preservation, not maximal hypertrophy

Clean, safe, and effective. Low enough dose for long-term use or for someone starting their first peptide cycle.

Premium Stack - (CJC-1295 200mcg + Ipamorelin 200mcg daily + MOTS-C 5mg 3x/week)

- ✓ Now you're building—more GH output + mitochondrial optimization
- ✓ MOTS-C enhances endurance, insulin sensitivity, and lean muscle recomposition
- ✓ Slightly more aggressive, but still very sustainable

This is a great stack for anyone training 4+ days/week who wants improved recovery, better performance, and easier fat loss.

Enhanced Stack - ([CJC-1295](#) 200mcg + [Ipamorelin](#) 200mcg daily + [MOTS-C](#) 5mg 3x/week + [BPC-157](#) + [GHK-Cu](#))

- ✓ Comprehensive repair and hypertrophy support
- ✓ GHK-Cu = tendon, skin, and collagen support
- ✓ BPC-157 = gut, joint, soft tissue recovery
- ✓ MOTS-C = metabolic drive + deeper mitochondrial support
- » It's a lot of peptides—but it's synergistic and well-balanced

Ideal for 40+ lifters, high-volume athletes, or anyone coming off injury. Run it 8–12 weeks, then rotate back to Premium to maintain results.

You can always scale up gradually or cycle between stacks depending on how your body responds and what phase of training you're in.

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20

Fat Loss Stack: Peptides That Support Lean Body Composition and Metabolic Efficiency

Effective fat loss isn't just about burning calories—it's about keeping your metabolism high and your muscle intact while you lose fat. These peptide stacks are designed to support fat burning, appetite regulation, and muscle preservation during a cutting phase.

If you're not eating enough protein or resistance training consistently, your body will likely burn muscle along with fat. These peptides are powerful tools—but only if paired with proper nutrition and training. Otherwise, your results may be short-lived or even counterproductive.

Standard Fat Loss Stack

A powerful yet accessible stack that preserves muscle while reducing fat. Retatrutide controls appetite and insulin, while GH-boosters like Tesamorelin or CJC/Ipamorelin help protect lean mass.

Peptide	Dosage
CJC-1295 + Ipamorelin	100 mcg daily
Retatrutide	0.5 mg, 3x/week

Premium Fat Loss Stack

Adds MOTS-C for mitochondrial health, endurance, and deeper metabolic optimization

Peptide	Dosage
Tesamorelin	2 mg daily
Retatrutide	0.5 mg, 3x/week
MOTS-C	5 mg, 3x/week

Enhanced Fat Loss Stack

A full-spectrum fat loss stack combining lipolysis, GH support, metabolic resilience, and skin recovery. AOD-9604 and GHK-Cu add precision and repair.

Peptide	Dosage
Tesamorelin	2 mg daily
Retatrutide	1 mg, 3x/week
MOTS-C	5 mg, 3x/week
AOD-9604	300 mcg daily
GHK-Cu	1.5 mg daily

How to Choose the Right Stack:

Standard Stack (Tesamorelin + Retatrutide)

- ✓ Combines appetite control with muscle-preserving GH signaling
- ✓ Ideal for people in a calorie deficit who want to protect lean mass
- » If you're lifting weights and eating high protein, this stack is potent. But if you're just dieting and skipping training, you risk muscle loss—don't waste the protocol.

Premium Stack (adds MOTS-C):

- ✓ MOTS-C enhances mitochondrial energy and glucose control
- ✓ Helps improve endurance and fat oxidation
- » Best for those who already have solid habits in place and want to push deeper fat loss and performance benefits.

Enhanced Stack (adds AOD + GHK-Cu):

- ✓ AOD-9604 adds direct fat-burning without stimulating GH
- ✓ GHK-Cu supports skin tightening, inflammation recovery, and soft tissue integrity
- » This is a great option if you're dropping a significant amount of weight or coming off a long bulking phase. Great for people over 40 managing skin, fatigue, and recovery.

Budget-Friendly Alternatives:

If cost is a factor:

- Swap [Tesamorelin](#) for [CJC-1295 + Ipamorelin](#) (200 mcg each daily)
- Drop [GHK-Cu](#) or [AOD-9604](#) and keep [Retatrutide](#) + [MOTS-C](#) as your foundation
- Start with Standard, then scale up after 4–6 weeks, depending on your results

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21

Wolverine Stack: The Recovery & Healing Stack for Joints, Tendons, and Soft Tissue

Whether you're healing from an injury, recovering from intense training, or just looking to optimize soft tissue repair, this stack is designed to accelerate recovery on every level. It focuses on peptides that promote angiogenesis, collagen synthesis, tissue remodeling, and systemic regeneration.

You can think of this as your body's internal "construction crew." Each tier adds another layer of support—from baseline injury repair to high- performance recovery for serious athletes or those with chronic wear and tear.

Standard Wolverine Stack

Designed to support mild joint inflammation, tendon stiffness, or early-stage soft tissue damage. A great go-to for nagging issues or post-surgical recovery.

Peptide	Dosage
BPC-157	500 mcg daily
TB-500	2.5 mg, 2x/week

Premium Wolverine Stack

Peptide	Dosage
BPC-157	500 mcg daily
TB-500	5 mg, 2x/week
GHK-Cu	1.5 mg daily

Deeper recovery support for multi-site inflammation, stubborn injuries, or long- term overuse. GHK-Cu adds support for skin, collagen, and vascular repair.

Enhanced Wolverine Stack (with Optional GH Support)

Built for serious recovery demands: multiple injuries, deep inflammation, or post-surgical healing. Adds CJC/Ipamorelin to stimulate GH and IGF-1 for cellular growth and tissue regeneration.

Peptide	Dosage
BPC-157	500 mcg daily
TB-500	7.5 mg, 2x/week
GHK-Cu	2 mg daily
CJC-1295/ Ipamorelin	100 mcg each, once daily (optional)

How to Choose the Right Stack:

Standard Stack (BPC-157 + TB-500)

- ✓ Solid combo for localized pain, inflammation, or nagging strain
- ✓ Helps accelerate joint and tendon recovery
- » This is your daily maintenance and injury prevention protocol. It's also a good low-dose cycle to run every few months even if you're not injured.

Premium Stack - (adds GHK-Cu)

- ✓ GHK-Cu supports blood flow, wound healing, and collagen repair
- ✓ A good step up for chronic pain, tendonitis, or skin recovery
- » Ideal for those dealing with repeated issues, slower healing, or who want anti-aging benefits along with recovery.

Enhanced Stack - (adds CJC/Ipamorelin)

- ✓ Stimulates GH axis to drive full-body tissue regeneration
- ✓ Amplifies healing and boosts anabolic recovery
- » Use this stack if you've had surgery, major tendon tears, or are older and not recovering like you used to. Cycle for 8–12 weeks, then drop back to Premium or Standard to maintain results.

Do You Need CJC/Ipamorelin?

Not necessarily.

If your focus is purely localized healing (tendons, joints, ligaments), [BPC-157](#) + [TB-500](#) + [GHK-Cu](#) is already a powerful stack.

But if you're older, healing slower, or want to support system-wide recovery and deeper repair, then [CJC/Ipamorelin](#) adds a valuable layer.

- ✓ Helpful post-surgery, for chronic soft tissue damage, or for those over 40
- ✓ Enhances sleep, recovery, and can help preserve lean muscle during injury downtime
 - » Not essential if you're looking to keep your stack lean and targeted

The Recovery Stack:

Recovery isn't passive—it requires input. These peptides can dramatically improve soft tissue healing, but they should be paired with smart rehab protocols, protein intake, hydration, and sleep. If you're training through an injury, this stack can help you stay in the game without making the problem worse.

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22

Longevity Stack: Peptides That Support Vitality from the Inside Out

When it comes to peptides for anti-aging, the goal isn't just to live longer—it's to feel better and function better as we age. This stack targets mitochondrial health, inflammation, DNA repair, and tissue regeneration—the key systems behind aging.

Each tier of the stack builds on the next, from skin health and recovery to full-system anti-aging protocols. Whether you're just starting to explore longevity compounds or ready to go deep into age management, there's a stack level that fits.

Standard Longevity Stack

A foundational stack focused on skin health, tissue repair, and cellular energy. Ideal for beginners.

Peptide	Dosage
GHK-Cu	2.5 mg daily
MOTS-C	5 mg, 3x/week

Premium Longevity Stack

Adds SS-31 to directly support mitochondrial health and reduce oxidative stress.

Peptide	Dosage
SS-31	10 mg daily
MOTS-C	5 mg, 3x/week
GHK-Cu	4 mg daily

Enhanced Deep cellular repair stack for serious anti-aging researchers.

Epithalon supports telomeres and circadian rhythms. High-dose MOTS-C and SS-31 amplify mitochondrial output

Peptide	Dosage
SS-31	20 mg daily
MOTS-C	8 mg, 3x/week
GHK-Cu	5 mg daily
Epithalon	2 mg daily for 10 days, 2x/year

How to Choose the Right Stack:

Standard Stack - (GHK-Cu 2.5mg daily + MOTS-C 5mg 3x/week)

- ✓ Simple, low-cost entry into longevity research
- ✓ Supports tissue regeneration and mitochondrial efficiency
- » This is a great place to start if you're optimizing recovery, skin quality, and metabolic resilience.

Premium Stack - (SS-31 10mg daily + MOTS-C 5mg + GHK-Cu 4mg daily)

- ✓ Adds direct mitochondrial repair via SS-31
- ✓ More robust anti-aging benefits—skin, energy, inflammation
- » Perfect for 35–50-year-olds who are proactive about slowing the aging curve and maintaining youthful energy and recovery.

Enhanced Stack - (SS-31 20mg, MOTS-C 8mg, GHK-Cu 5mg, Epithalon cycling 2x/year)

- ✓ Comprehensive longevity protocol
- ✓ Targets mitochondrial decline, tissue degeneration, and telomere shortening
- ✓ Epithalon supports circadian rhythm and telomere length
- » This stack is ideal for advanced researchers, those 45+ years old, or anyone who wants to push into serious anti-aging interventions. Consider running the full stack in cycles—12 weeks on, then drop down to Premium for maintenance.

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23

Where to Buy Research Peptides (Without Getting Burned)

Let me be real with you—this industry is a mess.

If you're new to the peptide world, it's easy to get pulled in by slick websites, cheap prices, and big promises. But the truth? Most peptide suppliers out there are selling garbage. I'm talking about underdosed vials, questionable ingredients, fake lab tests, and zero third-party verification.

And the scary part is... most people don't even know the difference.

Why You Need to Be Careful

Internal Testing ≠ Third-Party Testing

Many companies will say they test their peptides—but that usually means internal testing. That's like grading your own exam. Real testing comes from third-party labs, and it costs money. So shady suppliers skip it and hope you won't notice.

Fake COAs Are Everywhere

Just because a company shows you a "Certificate of Analysis" doesn't mean it's legit. Some of these COAs are completely made up—or they're stamped by unknown labs that don't even exist.

If It's Too Cheap, There's a Reason

Peptides are expensive to make properly. If you see a \$20 vial of BPC-157 claiming 99% purity, it's either bunk, underdosed, or full of fillers. Quality costs money.

What a Real COA Looks Like

A legitimate COA (Certificate of Analysis) should include:

- Verified HPLC testing (to confirm purity)
- Mass spectrometry (to confirm the correct compound)
- Heavy metals screening (essential for injectables)
- The name of a real, third-party lab—not in-house

Trusted labs I actually look for:

- ✓ Janoshik
- ✓ Chromate
- ✓ MZ Biolabs
- ✓ Trust Pointe
- ✓ Freedom Diagnostics

If a company won't show you their COA before you buy? Walk away.

So Where Do I Buy Them?

After testing multiple suppliers over the years, there's only one I personally recommend:

- [BioEdge Research Labs](#)

Here's why I trust them—and why I refer people to them:

- Every single batch is third-party tested by Janoshik, Chromate or Freedom
- They don't just test for purity—they test for heavy metals and endotoxins (literally nobody else does this)
- COAs are available before you purchase
- Consistent purity levels (usually 99%+)
- They follow proper storage and handling protocols

Most importantly—I know the owner. I've done my own research and talked directly with them. This isn't a big flashy operation—it's a smaller lab that mostly wholesales to clinics, but they've started making their peptides available online to individual researchers.

For me, BioEdge is hands-down the best mix of quality, transparency, and pricing. I don't just recommend them—I use them.

Peptides are Only as Good as Their Source

This isn't an industry where you can afford to cut corners.

Low-quality peptides won't just waste your time—they can wreck your research,

compromise your results, and potentially harm your health.

If you're serious about getting real results, stick with suppliers who test thoroughly and show you exactly what you're putting into your body.

Peptides aren't cheap—and they shouldn't be. Quality isn't a luxury in this game. It's a non-negotiable.

24

How to Plan Your Protocols & Cycling

Peptide Type	Typical Cycle
Cognitive enhancers	4-8 weeks
GH secretagogues	8-12 weeks
Healing peptides	6-8 weeks (injury)
Fat loss/metabolic	8-16 weeks
Longevity peptides	Pulsed or seasonal

Using peptides effectively isn't just about knowing what each one does—it's about knowing how to run them strategically over time. Without a plan, you'll waste time, money, and potential results.

This chapter breaks down how long to run a peptide, when to cycle off, and how to combine stacks based on your goals—whether that's fat loss, muscle growth, cognitive enhancement, or healing.

How Long Should You Run a Peptide?

For most peptides, the sweet spot is 8–12 weeks of consistent use. That gives your body time to respond and start making real changes.

Why Cycling Off Matters:

Taking breaks prevents:

- Receptor fatigue or desensitization
- Reduced effectiveness over time
- Potential suppression of natural pathways (rare but possible)

A smart rhythm looks like this:

- 8–12 weeks on
- 2–4 weeks off

Then revisit what's working and what needs adjustment.

Longevity peptides like Epithalon or MOTS-C may follow more pulsed or seasonal use (e.g., Epithalon for 10 days, 2x/year).

Can You Build Muscle and Burn Fat at the Same Time?

Yes, but it takes discipline and structure.

You can absolutely recomp—build lean muscle while reducing fat—if you're:

- Eating enough protein (1g per pound of lean body mass)
- Training consistently with resistance
- Sleeping well
- Managing stress
- Running the right stack

This is where peptides really shine—by improving hormonal signaling, recovery, metabolism, and inflammation control.

Just remember: the goal isn't extreme bulking or rapid fat loss. It's a gradual, sustainable transformation.

Stack Wisely

Here's how to avoid the biggest mistakes:

- Don't stack everything at once. Pick 2–4 synergistic compounds.
- Don't combine multiple GH peptides unless it's part of a known synergy (like CJC + Ipamorelin).
- Don't run conflicting goals (hard bulk + deep cut) in the same cycle.
- Don't skip protein and resistance training—peptides aren't magic.

Track Everything

If you're not tracking, you're guessing.

- Use a simple journal or spreadsheet
- Log your doses, energy, sleep, training, weight, and mood
- Take photos every 2–3 weeks

- Consider bloodwork before and after long cycles

This lets you refine your stacks over time and double down on what works for your body.

Final Protocol Checklist:

1. Pick your primary goal
2. Choose 2–4 peptides that align
3. Plan your dosing schedule
4. Run for 8–12 weeks
5. Take a 2–4 week break
6. Track and adjust
7. Don't skip sleep, food, or training—they matter more than the stack

Peptides are powerful when used right—but they need structure to deliver real results.

**This chapter is for informational purposes only and does not constitute medical advice. Always consult a licensed professional before using any peptides.

Never gamble on your research. BioEdge Research Labs is the only store I recommend. Every product is third-party tested (for purity, heavy metals and endotoxins) and I've personally vetted their consistency and value. [Use this link for 10% off your order.](#)

25

Legal Disclaimer and Research Peptide Clarification

No Medical Claims

This book is intended for informational purposes only and does not diagnose, treat, cure, or prevent any disease. The information presented is based on:

- Peer-reviewed scientific studies
- Biochemical theory
- Personal and anecdotal experiences Individual results may vary.

Factors such as genetics, nutrition, sleep, stress, and training habits can all influence outcomes.

Here is why we use the term “research”

We use the term “research purposes only” because it’s a legal requirement in the U.S. Peptides that are not FDA-approved for human use can’t be marketed or sold as supplements, medications, or therapies. Even if they’re produced at pharmaceutical-grade quality and come with purity verification (like Certificates of Analysis showing 99%+), they still have to be labeled as “not for human consumption.”

So when we say “for research purposes,” it doesn’t mean the peptide is low quality—it just means the vendor legally can’t suggest it be used on people. For this reason, in the eBook, we have to use careful language. Instead of saying “you should inject X” or “take Y daily,” we say things like “some researchers have explored…” or “this peptide has been shown in studies to…” This keeps the content legally compliant while still allowing us to share information based on science, theory, and user-reported experiences. The idea is to educate—without promoting personal use.

Are Research Peptides Low Quality?

Absolutely not—if sourced from a reputable vendor. Many top-tier research peptide suppliers provide:

- Certificates of Analysis (COAs) verifying purity levels of 99% or higher

- Independent third-party lab testing
- Sterility reports for injectable-grade products

In fact, some of these research peptides are chemically indistinguishable from what you'd get at a pharmacy. The difference lies not in molecular quality, but in how the product is marketed and regulated.

What This Means for You

If you're buying from a trusted source that transparently publishes its COAs and lab reports, you're likely getting a product that is as pure and potent as any pharmacy-grade equivalent. But remember—until these compounds are approved through formal regulatory pathways, they must be treated as research chemicals. That's why responsible use and understanding the legal landscape are critical.