

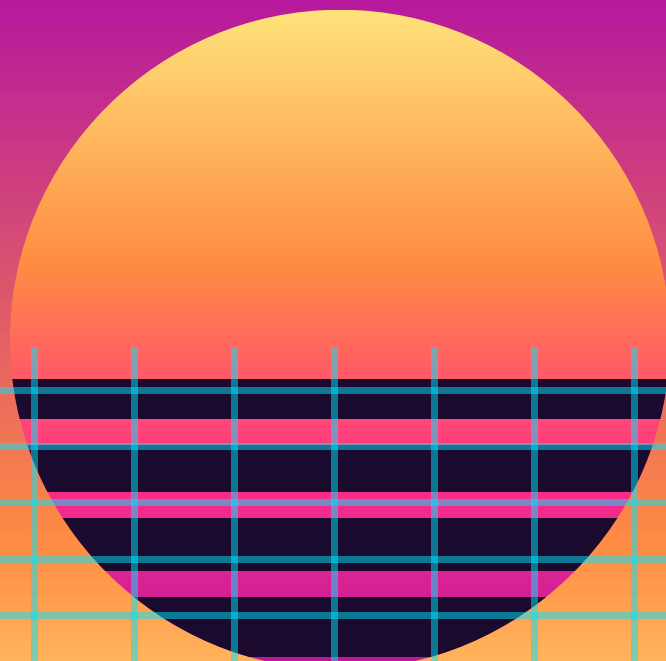


VERIFIED PEPTIDES NETWORK

*Beginner's*

# Guide

## TO PEPTIDES



— VERIFIED PEPTIDES NETWORK —

PLEASE READ FIRST

# RESEARCH USE ONLY NOT MEDICAL ADVICE

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For educational & research purposes only. Not a recommendation to use, purchase, or self-administer any peptide.

For men and women equally: consult a licensed healthcare provider and complete a full blood panel before starting anything.

Never substitute this guide for individualized medical care.

BEFORE YOU BEGIN

# BASELINE BLOODWORK

Bring this list to your doctor — for men and women

## FOR MEN

- Total testosterone, free testosterone, SHBG
- LH, FSH, estradiol (sensitive assay), prolactin
- Thyroid: TSH, free T4, free T3
- Fasting glucose & insulin (HOMA-IR)
- Hemoglobin A1C
- Lipid panel: triglycerides, HDL, LDL, VLDL
- CBC with differential and CMP
- hs-CRP and ESR
- Vitamin D, B12, folate, ferritin, magnesium, zinc
- If indicated: morning cortisol, sleep apnea, liver & kidney review

## FOR WOMEN

- Comprehensive metabolic panel (CMP)
- CBC with differential
- Fasting glucose & insulin (HOMA-IR)
- Hemoglobin A1C
- Lipid panel: triglycerides, HDL, LDL, VLDL
- hs-CRP and ESR
- Thyroid: TSH, free T4, free T3, antibodies
- Hormone panel: estradiol, progesterone, LH, FSH, prolactin, DHEA-S, cortisol
- Vitamin D, B12, folate, ferritin, magnesium, zinc, copper
- If indicated: sleep apnea & fatty liver evaluation

*Not every test applies to everyone — ask your doctor which are relevant for you.*



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8 peptides · stacks · benefits & cautions

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4 peptides · stacks · benefits & cautions

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7 peptides · stacks · benefits & cautions

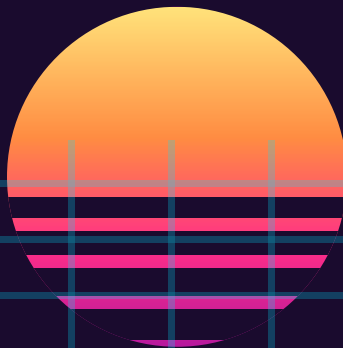
- 
- Important Note Before Starting
  - Quick Guide Summary
  - Important Beginner Peptide Tips
  - On Dosing & Cycling
  - Final Summary



# IMPORTANT NOTE BEFORE STARTING

Peptides are short chains of amino acids that act as signaling molecules in the body. Some have an established medical use, while many others are still considered research compounds and have not been approved for general wellness, anti-aging, or bodybuilding use.

This guide is educational only — it is not medical advice. Peptides can influence hormones, blood sugar, appetite, recovery, sleep, immune function, sexual function, and cardiovascular health. Always talk with a qualified healthcare professional before starting any peptide, and never use this guide as a substitute for individualized medical care.





# QUICK GUIDE SUMMARY

## BEST BEGINNER FAT LOSS

- Semaglutide
- Tirzepatide
- AOD-9604

## BEST BEGINNER MUSCLE & RECOVERY

- CJC-1295
- Ipamorelin
- BPC-157

## BEST BEGINNER ANTI-AGING

- GHK-Cu
- Epitalon
- SS-31

## BEST BEGINNER COGNITIVE

- Selank
- Semax
- DSIP

## BEST OVERALL RECOVERY STACK

- BPC-157
- TB-500
- SS-31

## BEST OVERALL LONGEVITY STACK

- SS-31
- MOTS-c
- Humanin

## BEST BEGINNER SEXUAL WELLNESS

- PT-141
- Kisspeptin-10
- HCG



# METABOLIC & WEIGHT LOSS PEPTIDES

*These peptides may support:*

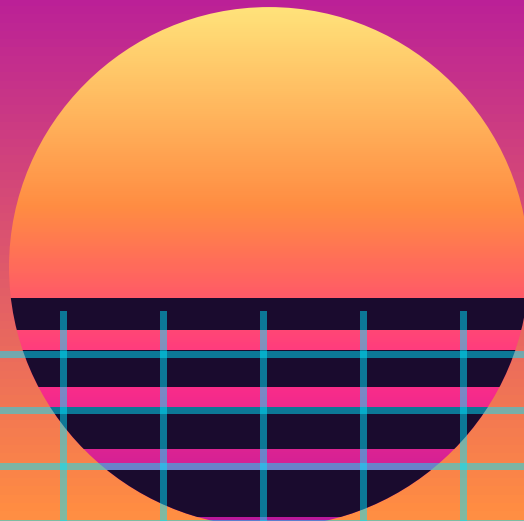
Appetite control

Blood sugar regulation

Fat burning

Insulin sensitivity

Metabolic health



# Semaglutide

## GLP-1 receptor agonist

*Reduces appetite and slows stomach emptying to support weight loss.*

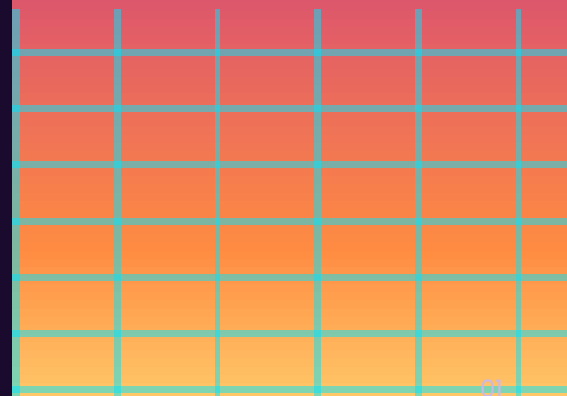
### Benefits

- Significant weight loss
- Better blood sugar control
- Reduced cravings
- Improved insulin sensitivity

### Watch For

- Nausea
- Constipation
- Fatigue
- Acid reflux

*Popular due to its comparatively mild impact on cortisol and prolactin.*



# Tirzepatide

## GLP-1 / GIP dual agonist

*Targets both GLP-1 and GIP receptors for stronger metabolic effects.*

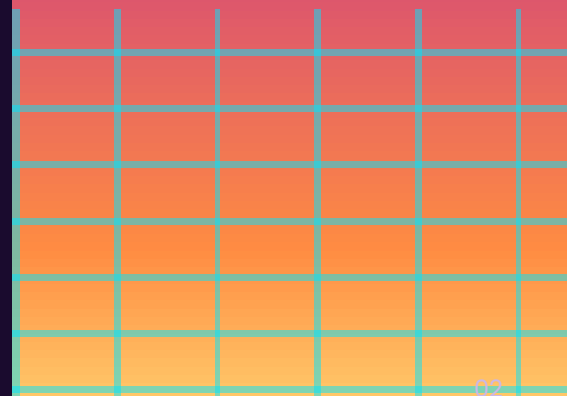
### Benefits

- Strong appetite suppression
- Significant fat loss
- Improved insulin sensitivity
- Reduced visceral fat

### Watch For

- Nausea
- Digestive discomfort
- Fatigue

*Clinical studies show stronger weight loss than many older GLP-1 medications.*



# Retatrutide

## Triple agonist peptide

*Targets GLP-1, GIP, and glucagon receptors at once.*

### Benefits

- Extreme appetite suppression
- Increased energy expenditure
- Aggressive fat loss potential

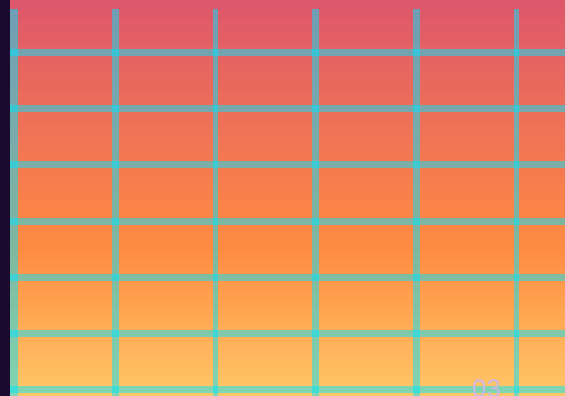
### Watch For

- Increased heart rate
- Fatigue
- Nausea

*One of the most aggressive metabolic peptides currently being researched.*

### CARDIOVASCULAR CAUTION

Retatrutide is an investigational compound not yet approved for general use, and increased heart rate has been reported in research settings. Any heart-rate changes should be tracked and discussed with a supervising physician — don't adjust your own dose based on heart-rate readings. Seek medical care promptly for a resting heart rate that stays elevated, chest pain, or shortness of breath.





# AOD-9604

## HGH fragment peptide

*Supports fat metabolism without major HGH-related effects.*

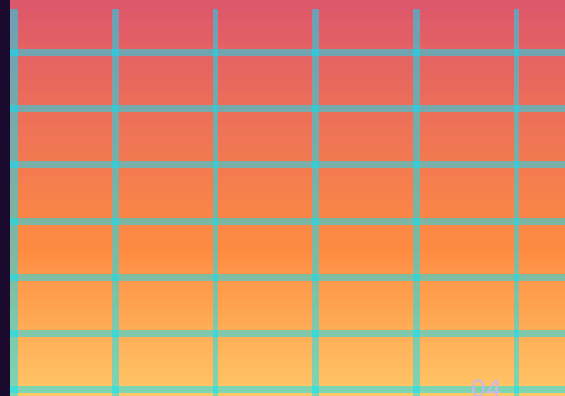
### Benefits

- Fat burning support
- Minimal insulin impact
- Stubborn fat support

### Watch For

- Headaches
- Injection irritation

*Studied mainly for obesity and metabolic support.*



# Tesamorelin

## GHRH peptide

*Stimulates the body's natural HGH release.*

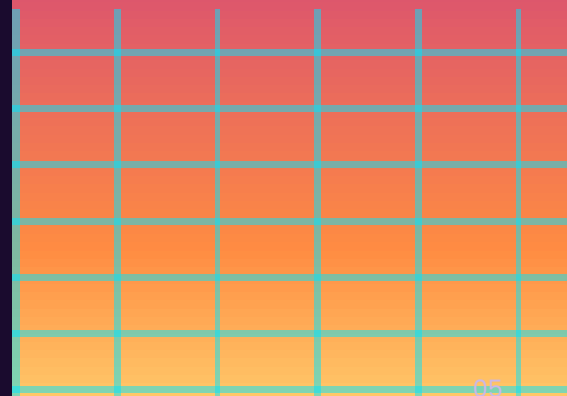
### Benefits

- Reduced visceral belly fat
- Improved body composition
- Lean muscle preservation

### Watch For

- Water retention
- Tingling hands
- Elevated blood sugar

*FDA-approved for visceral fat reduction in HIV-related lipodystrophy.*



# MOTS-c

## Mitochondrial peptide

*Supports mitochondrial energy production and insulin sensitivity.*

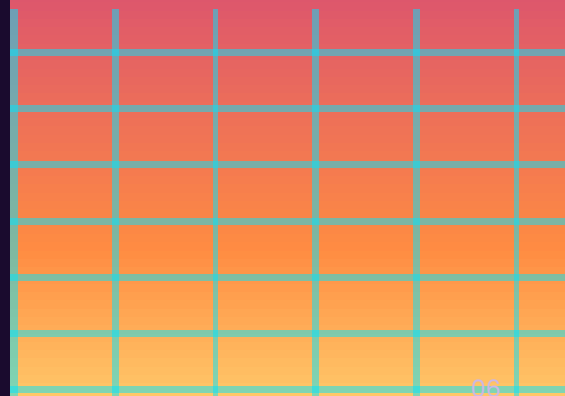
### Benefits

- Increased energy
- Better glucose metabolism
- Exercise endurance support

### Watch For

- Fatigue initially
- Injection discomfort

*Promising early research in metabolism and healthy aging.*



# MOTS-c REACTION GUIDE

WHAT TO LOOK OUT FOR, WHEN TO WORRY, AND WHAT TO DO



## USUALLY OK

Common histamine response:

- ✓ Warm injection site
- ✓ Mild redness
- ✓ Temporary flushing
- ✓ Mild nausea
- ✓ Feeling hot for 10 to 60 minutes
- ✓ Mild itching
- ✓ Symptoms improve on their own

**WATCH & WAIT**



## SLOW DOWN & MONITOR

Talk to your provider if:

- ⚠ Reactions get worse each injection
- ⚠ Large hives develop
- ⚠ Symptoms last several hours
- ⚠ Dizziness develops
- ⚠ Heart rate remains elevated
- ⚠ Significant swelling occurs

**MONITOR CLOSELY**



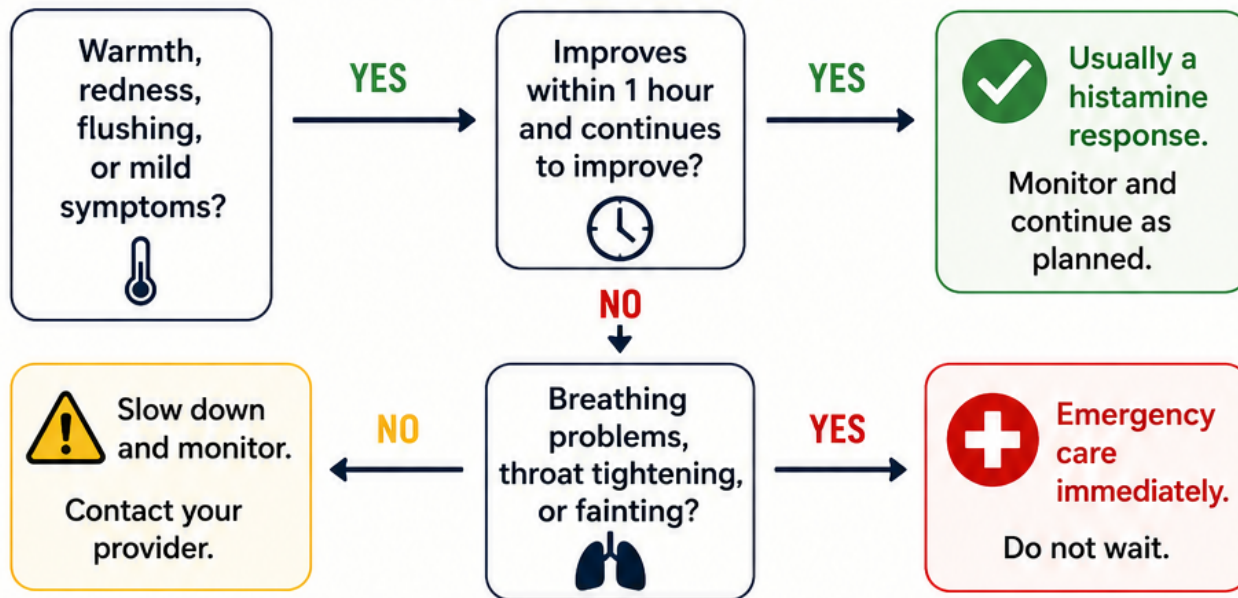
## SEEK IMMEDIATE MEDICAL HELP

Emergency symptoms:

- ✗ Throat tightening
- ✗ Difficulty breathing
- ✗ Wheezing
- ✗ Tongue swelling
- ✗ Lip swelling
- ✗ Fainting
- ✗ Severe dizziness
- ✗ Drop in blood pressure
- ✗ Chest pain

**ACT IMMEDIATELY**

## QUICK DECISION GUIDE



## BOTTOM LINE



- Most MOTS-c reactions reported are temporary histamine or mast cell responses.
- Breathing difficulty, throat swelling, tongue swelling, or fainting are never “normal” and require urgent medical attention.



**GREEN** = Watch  
(Usually OK)



**YELLOW** = Monitor  
(Slow Down)



**RED** = Act Immediately  
(Seek Emergency Care)

# ANAPHYLACTIC REACTIONS TO MOTS-c

What's happening, why it happens, and what you can do about it.



MOTS-c is a mitochondrial-derived peptide being studied for metabolic health, fat loss, insulin sensitivity and more.

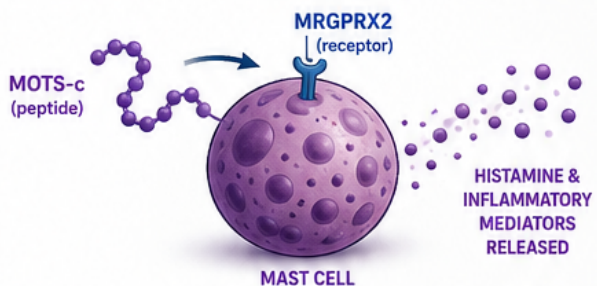


Some people experience anaphylactic or anaphylactoid reactions after injecting MOTS-c.

-   
**HIVES**
-   
**FLUSHING**
-   
**NAUSEA**
-   
**THROAT TIGHTENING**
-   
**SHORTNESS OF BREATH**




## WHY DOES IT HAPPEN?

MOTS-c can activate mast cells through a receptor called MRGPRX2 on the surface of these immune cells.



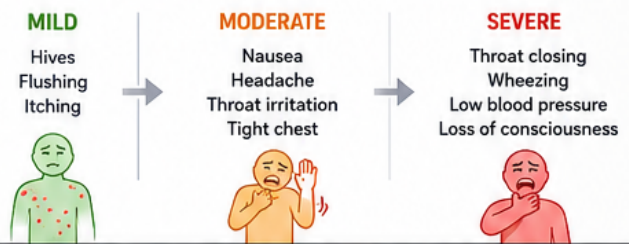
This triggers the release of histamine and other mediators, causing symptoms similar to an allergic reaction.

## WHY MORE COMMON WITH MOTS-c?

-  **STRUCTURE MATTERS**  
MOTS-c has structural similarities to other basic peptides known to activate MRGPRX2.
-  **DEGRADATION BYPRODUCTS**  
Breakdown products of MOTS-c may be even more potent at triggering mast cells.
-  **INDIVIDUAL SENSITIVITY**  
Genetics, past reactions, gut health and inflammation all play a role.

## HOW SEVERE CAN IT BE?





Reactions can range from mild to severe. Rarely, it can progress to full anaphylaxis, which is life-threatening.



**SEEK IMMEDIATE MEDICAL ATTENTION FOR ANY TROUBLE BREATHING, SWELLING OR DIZZINESS.**

## WHO IS MOST AT RISK?

Anyone can react, but risk may be higher if you:

-  Have a history of allergies, asthma, MCAS or mast cell activation
-  Have high levels of inflammation or gut permeability
-  Use high doses or inject frequently
-  Use impure or degraded product


## HOW TO REDUCE YOUR RISK

-  **START LOW GO SLOW**  
Begin with a very small dose to test tolerance.
-  **USE HIGH QUALITY PEPTIDE**  
Third-party tested for purity (>99%).
-  **PROPER STORAGE AND HANDLING**  
Store as directed. Avoid heat and repeated freeze/thaw cycles.
-  **SPACE OUT INJECTIONS**  
Allow time for your body to adjust.
-  **LISTEN TO YOUR BODY**  
Don't ignore mild symptoms—address early.
-  **WORK WITH A KNOWLEDGEABLE PROVIDER**  
Discuss your health history and risk factors.

## WHAT TO DO IF YOU REACT

- 1 STOP THE INJECTION IMMEDIATELY.
- 2 ASSESS YOUR SYMPTOMS.
- 3 TAKE AN ANTIHISTAMINE (Benadryl or similar).
- 4 USE EPINEPHRINE IF SEVERE or if symptoms are worsening.
- 5 SEEK EMERGENCY CARE IF NEEDED.

**Keep on hand:**



**EPIPEN**  
Epinephrine Auto-Injector

Antihistamine (Benadryl, etc.)

## THE BOTTOM LINE

MOTS-c can be a powerful peptide, but it can also trigger serious immune reactions in some people. Understanding the mechanism, respecting the risks, and taking smart precautions can help you stay safe.

**KNOWLEDGE + RESPECT = SAFETY**

This information is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider.



# THE MOTS-c ANOMALY

DEMYSTIFYING MITOCHONDRIAL PEPTIDES AND MAST CELL REACTIONS



MOTS-c is a mitochondrial-derived peptide being studied for metabolic health, fat loss, insulin sensitivity and more.



Some people experience anaphylactic or anaphylactoid reactions after injecting MOTS-c.



HIVES



FLUSHING



NAUSEA



THROAT TIGHTENING



SHORTNESS OF BREATH

## 1. ANATOMY OF A REACTION



**LOCAL LEVEL:**  
Injection site redness, hives, swelling, and itching.

**SYSTEMIC LEVEL:**  
If histamine enters the bloodstream: Rapid full-body flushing, internal warmth, transient nausea.

**SEVERE (RARE):**  
Throat tightening.

Is this anaphylaxis? In most cases, the biological mechanism proves otherwise.

## 2. DIAGNOSTIC MATRIX: IDENTIFYING THE MECHANISM

### TRUE ALLERGIC REACTION

**Mechanism:** Immune system warfare.

**Trigger:** IgE Antibodies.

**Requirement:** Requires prior exposure to build antibodies.

**Severity:** True anaphylaxis risk.

### PSEUDO-ALLERGIC REACTION (THE MOTS-c RESPONSE)

**Mechanism:** Direct cellular alarm trip.

**Trigger:** MRGPRX2 receptor activation.

**Requirement:** Zero prior exposure needed.

**Severity:** Transient histamine dump; rarely life-threatening.

**SYNTHESIS:** The physical symptoms look identical, but the underlying biological mechanism is entirely different.

## 3. THE MAST CELL ALARM SYSTEM

Subcutaneous fatty tissue is packed with Mast Cells—built-in defense systems identified in a 2015 Nature study.

### 1. THE TRIGGER



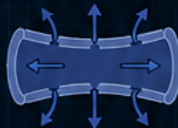
Peptides contact the MRGPRX2 receptor on the mast cell exterior.

### 2. DEGRANULATION



The mast cell instantly "dumps" its stored histamine directly into the tissue. No antibodies required.

### 3. VASODILATION



Histamine forces local blood vessels to dilate and become permeable, rushing immune cells to the area.

**THE RESULT:** You experience this sudden blood vessel dilation as rapid redness, swelling, and intense heat.

## 4. THE DOUBLE-HIT HYPOTHESIS: WHY MOTS-c?

### FACTOR A: CATIONIC CHARGE



MOTS-c is a positively charged (cationic) peptide.

Result: It is the perfect chemical "key" to trigger the MRGPRX2 receptor alarm.

### FACTOR B: MITOCHONDRIAL ORIGIN (DAMPs)



Mitochondria have alien DNA separate from the cell nucleus. When mitochondrial peptides exit the cell, the immune system flags them as Damage-Associated Molecular Patterns (DAMPs).

### THE MOTS-c HYPER-RESPONSE



Perfect receptor fit + built-in immune caution = elevated histamine reaction rate.

## 5. THE BROADER LANDSCAPE: AN INDUSTRY-WIDE PHENOMENON

Histamine dumping via the MRGPRX2 receptor is not unique to MOTS-c. Growth hormone-releasing peptides share this exact pathway.



### CJC-1295 / IPAMORELIN

The most commonly reported combination causing histamine reactions in the peptide community.



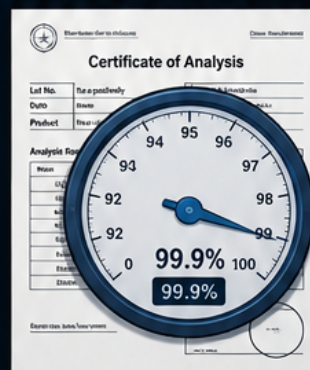
### TESAMORELIN (EGRIFTA)

An FDA-approved peptide that exhibits identical physiological reactions.

### HIGHLIGHT:

Even Egrifta's official FDA prescribing information lists allergic reactions, hives, and systemic flushing as known, documented side effects.

## 6. THE VARIABLE OF PURITY (IMMUNOGENICITY)



### 1. THE FDA WARNING

Compounded peptides pose a risk for immunogenicity. The body can mount a true immune response to manufacturing impurities.

### 2. THE TEN23 STANDARD

- 3rd-party tested.
- 99.9% consistent purity.
- Full sterility and endotoxin panels.

### CRUCIAL CAVEAT:

Even with 100% purity and zero endotoxins, pseudo-allergies can still occur. The MRGPRX2 receptor response is dictated by your individual biology, not just product purity.



# SS-31

## (Elamipretide)

### Mitochondrial peptide

*Improves mitochondrial efficiency and cellular energy output.*

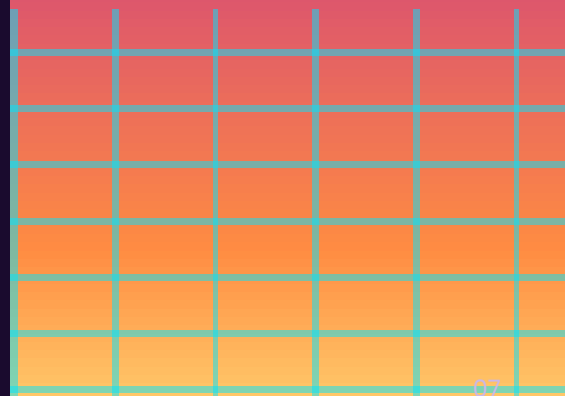
### Benefits

- Increased endurance
- Recovery support
- Reduced oxidative stress
- Heart support

### Watch For

- Headaches
- Mild nausea

*A highly watched peptide in mitochondrial and longevity research.*



# 5-Amino-1MQ

## Metabolic support compound

*Targets enzymes linked to fat storage and metabolism.*

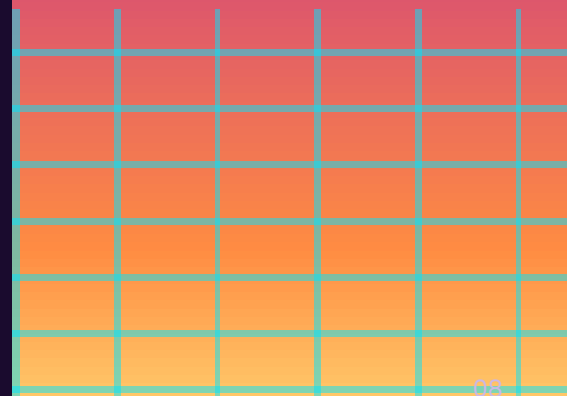
### Benefits

- Fat loss support
- Metabolic enhancement

### Watch For

- Limited long-term research
- Headaches

*A popular but still emerging metabolic research compound.*





# BEST METABOLIC STACKS

## Beginner Fat Loss Stack

Semaglutide

AOD-9604

## Athletic Fat Loss Stack

Tesamorelin

MOTS-c

SS-31

## Advanced Fat Loss Stack

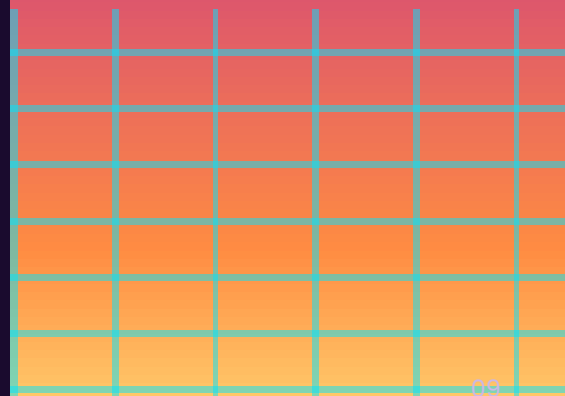
Tirzepatide

Retatrutide

SS-31

### USE EXTRA CAUTION

This stack combines two investigational GLP-1/GIP/glucagon-class agents (Tirzepatide + Retatrutide). Stacking them raises the risk of dehydration, elevated heart rate, and GI side effects, and is not appropriate for unsupervised or beginner use. Only consider this combination with direct physician oversight, baseline and follow-up bloodwork, and regular vital-sign monitoring.





# GROWTH HORMONE & MUSCLE BUILDING PEPTIDES

*These peptides may support:*

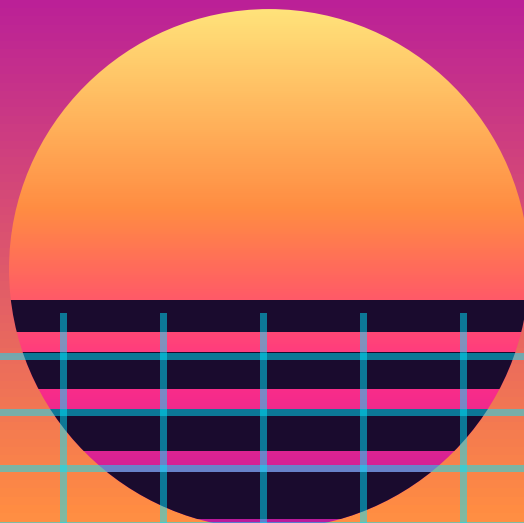
Muscle growth

Recovery

HGH release

Strength

Sleep quality





# Ipamorelin

## Growth hormone secretagogue

### Benefits

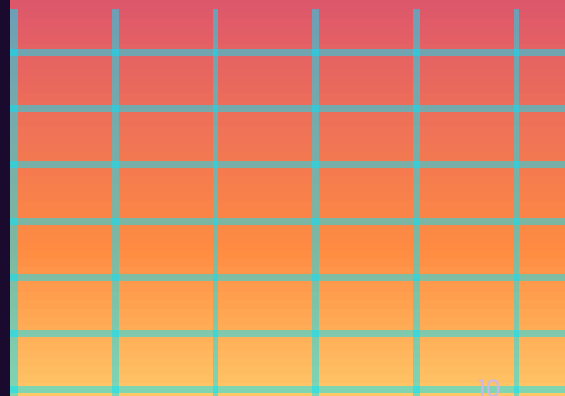
- Recovery support
- Better sleep
- Lean muscle support
- Mild fat loss support

### Watch For

- Water retention
- Mild headaches

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*Popular due to its comparatively mild impact on cortisol and prolactin.*





# CJC-1295

## GHRH analog

### Benefits

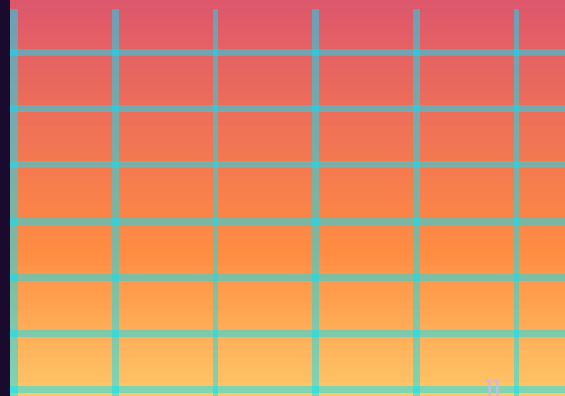
- Muscle recovery
- Better sleep
- HGH support
- Lean muscle support

### Watch For

- Water retention
- Tingling hands

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*Widely used in performance and longevity protocols.*





# MK-677 (Ibutamoren)

## HGH secretagogue

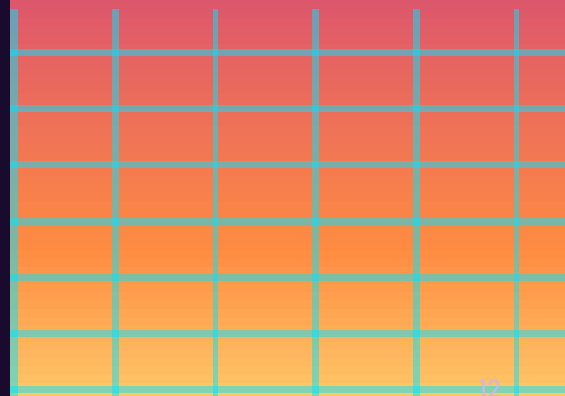
### Benefits

- Improved sleep
- Increased appetite
- Recovery support
- Muscle growth support

### Watch For

- Water retention
- Increased blood sugar
- Increased hunger
- Increased heart rate

*One of the more thoroughly researched growth hormone enhancers.*





# Hexarelin

## Potent GHRP

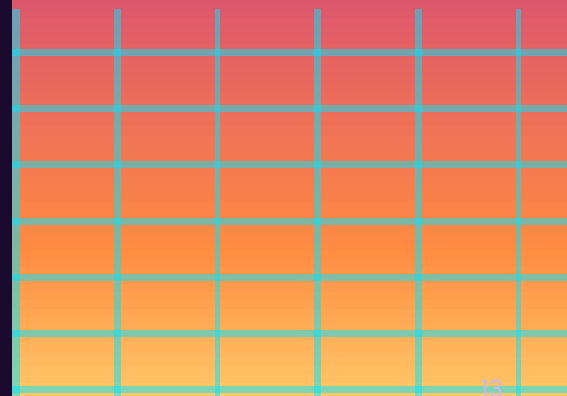
### Benefits

- Strength support
- Muscle growth support

### Watch For

- Elevated cortisol
- Water retention

*Very powerful, but more aggressive than Ipamorelin.*





# IGF-1 LR3

## Insulin-like growth factor

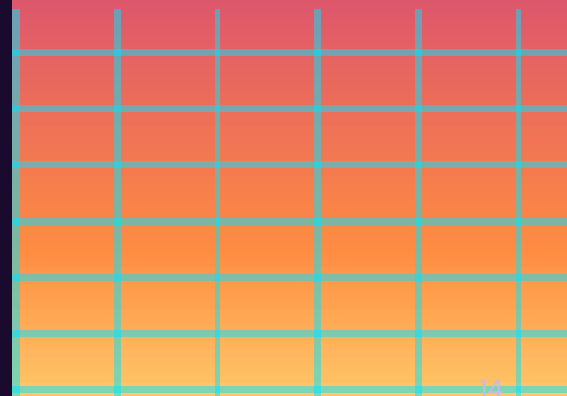
### Benefits

- Muscle fullness
- Faster recovery
- Strength support

### Watch For

- Low blood sugar
- Headaches

*A strong anabolic peptide that requires careful, supervised use.*



# IGF-1 DES

## Short-acting IGF peptide

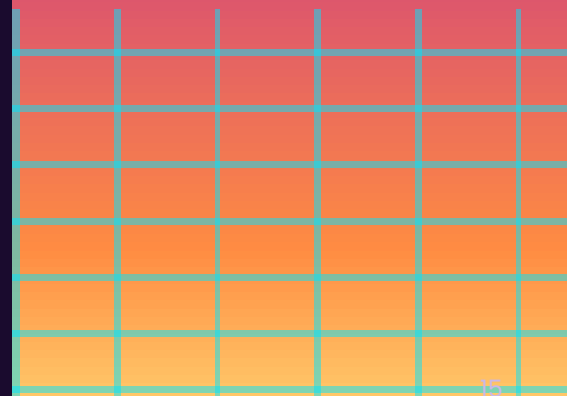
### Benefits

- Localized muscle growth support
- Recovery enhancement
- Muscle repair support

### Watch For

- Hypoglycemia risk

*Commonly referenced in advanced bodybuilding research.*





# PEG-MGF

## Muscle growth factor peptide

### Benefits

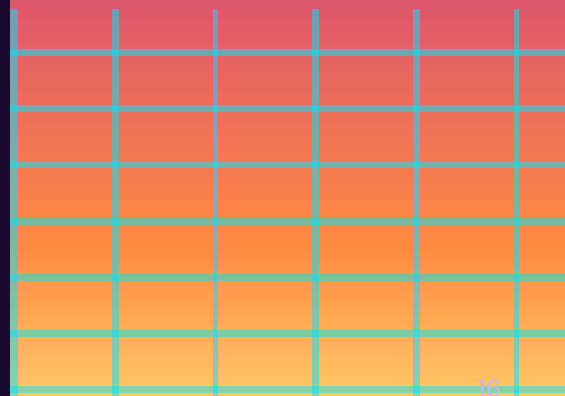
- Recovery support
- Muscle growth support
- Tissue repair support

### Watch For

- Water retention

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*Studied for muscle hypertrophy and repair.*



# Follistatin-344

## Myostatin inhibitor

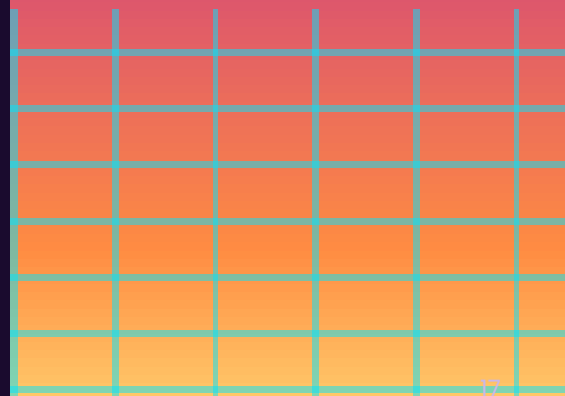
### Benefits

- Significant muscle growth potential
- Strength enhancement
- Recovery support

### Watch For

- Limited safety research
- Unknown long-term risks

*An experimental, very strong-acting muscle peptide with little safety data.*





# BEST MUSCLE STACKS

## Beginner Lean Muscle Stack

CJC-1295

Ipamorelin

## Bulking Stack

MK-677

IGF-1 LR3

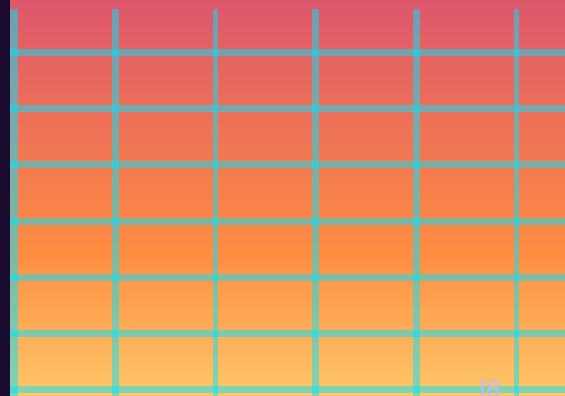
CJC-1295

## Advanced Size Stack

Follistatin-344

PEG-MGF

IGF-1 DES





# ANTI-AGING & LONGEVITY PEPTIDES

*These peptides may support:*

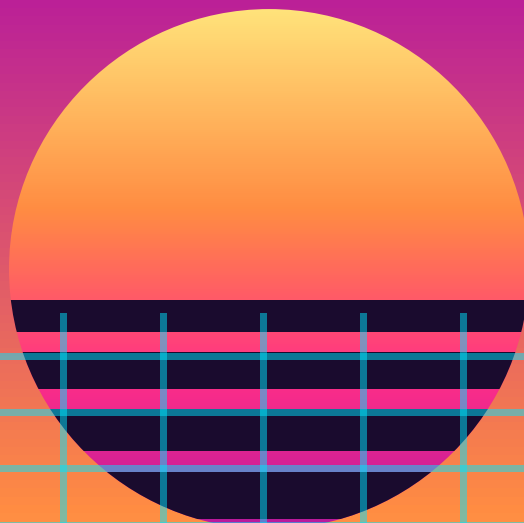
Healthy aging

Cellular repair

Mitochondrial function

Skin quality

Energy production





# Epitalon

## Longevity peptide

### Benefits

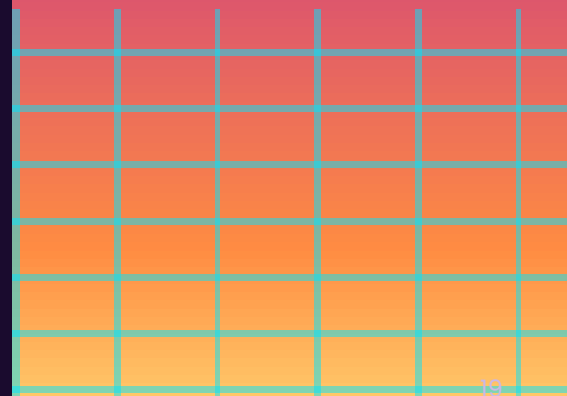
- Better sleep
- Recovery support
- Healthy aging support

### Watch For

- Fatigue
- Headaches

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*Popular in longevity-focused research communities.*



# Humanin

## Mitochondrial protective peptide

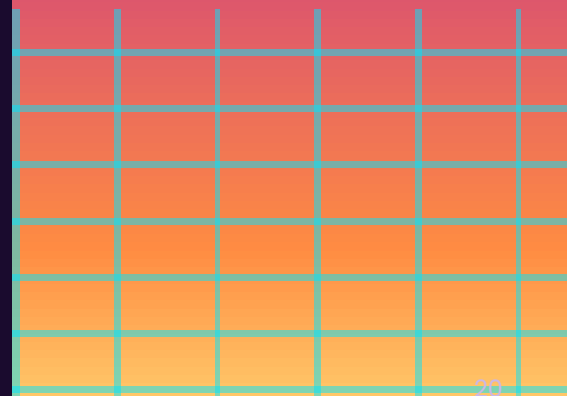
### Benefits

- Cellular protection
- Brain support
- Longevity support

### Watch For

- Limited long-term data

*An emerging peptide in anti-aging research.*





# GHK-Cu

## Copper peptide

### Benefits

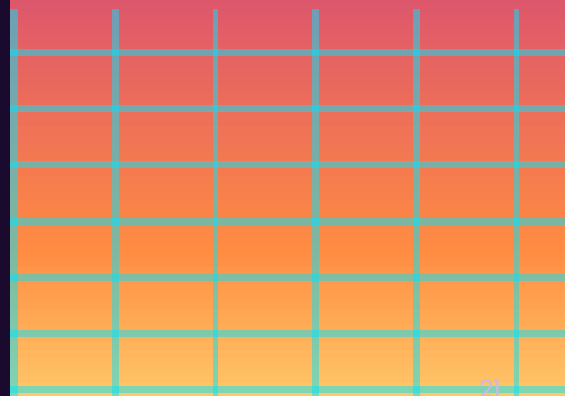
- Skin repair
- Hair support
- Collagen support
- Wound healing support

### Watch For

- Skin irritation

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*One of the most-researched cosmetic peptides available.*



# SS-31 (Elamipretide)

## Mitochondrial peptide

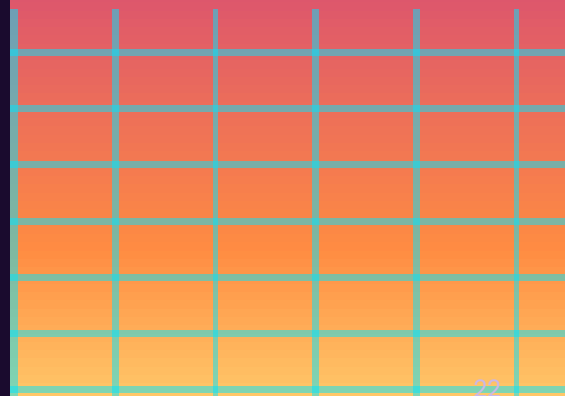
### Benefits

- Energy support
- Recovery enhancement
- Healthy aging support

### Watch For

- Headaches
- Mild nausea

*A promising mitochondrial peptide in longevity research.*



# FOXO4-DRI

## Senolytic peptide

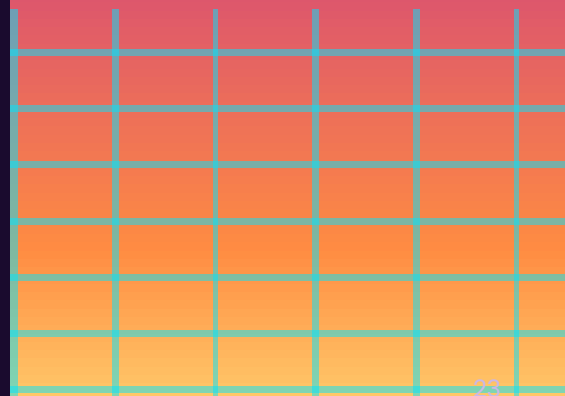
### Benefits

- Cellular cleanup support
- Tissue regeneration support
- Longevity support

### Watch For

- Limited human data

*An experimental peptide targeting senescent cells.*





# BEST AGING STACKS

## Skin & Hair Stack

**GHK-Cu**

**Epitalon**

## Mitochondrial Longevity Stack

**SS-31**

**MOTS-c**

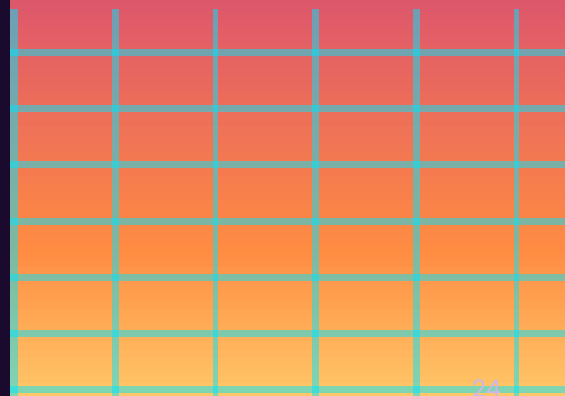
**Humanin**

## Advanced Longevity Stack

**FOXO4-DRI**

**Epitalon**

**Humanin**





# COGNITIVE & SLEEP PEPTIDES

*These peptides may support:*

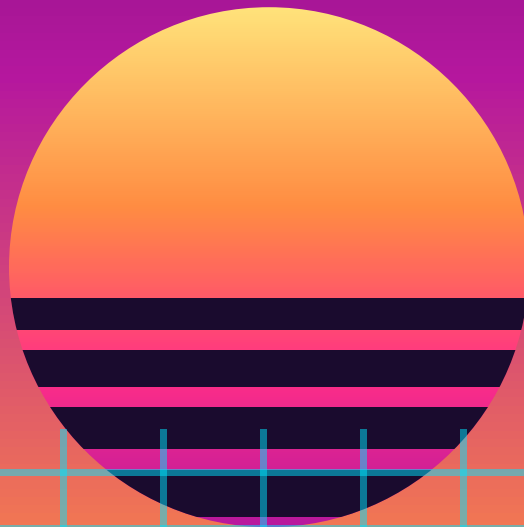
Focus

Memory

Neuroprotection

Sleep quality

Mood support





# Selank

## Nootropic peptide

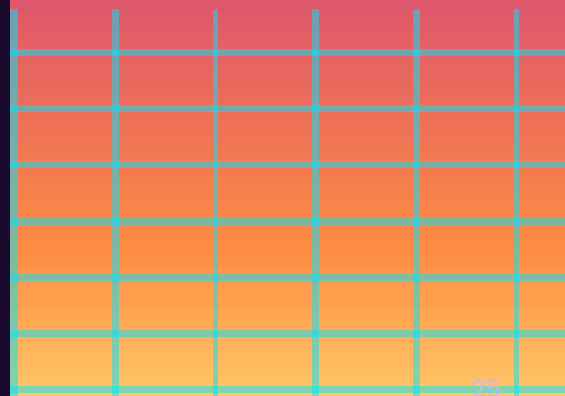
### Benefits

- Reduced stress
- Improved focus
- Mood support

### Watch For

- Mild headaches

*A popular anti-anxiety nootropic peptide.*



# Semax

## Nootropic peptide

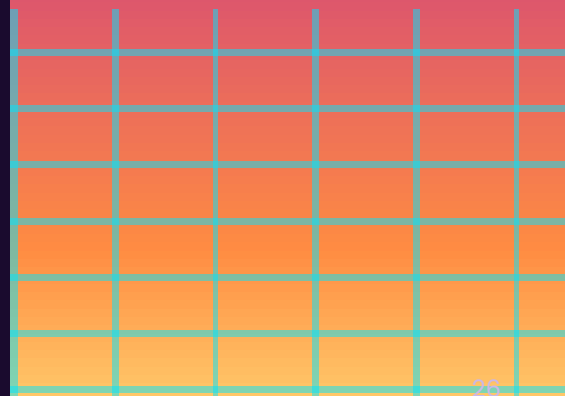
### Benefits

- Focus enhancement
- Memory support
- Neuroprotection support

### Watch For

- Irritability
- Headaches

*Research supports its cognitive-enhancement potential.*



# DSIP

## Sleep peptide

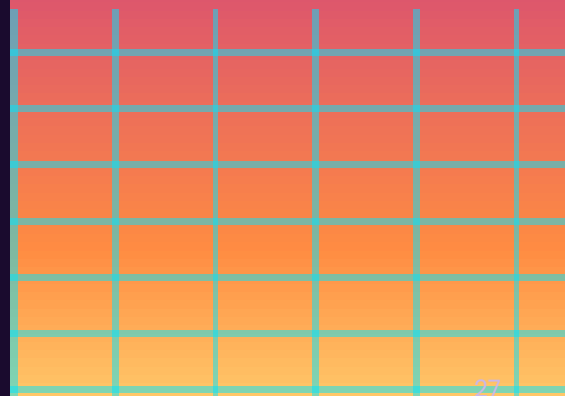
### Benefits

- Better sleep quality
- Stress reduction
- Recovery support

### Watch For

- Drowsiness

*Often used in sleep and recovery protocols.*



# Pinealon

## Neuroprotective peptide

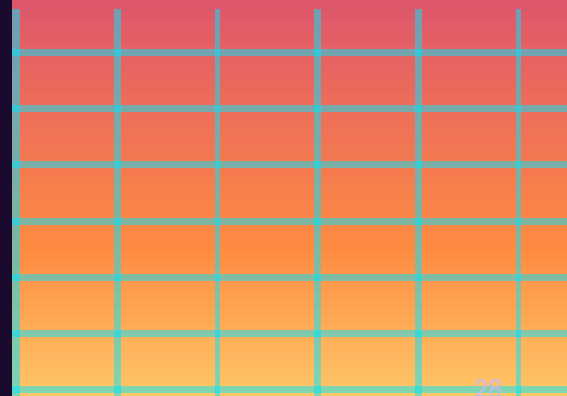
### Benefits

- Memory support
- Mental clarity
- Brain support

### Watch For

- Mild fatigue

*Frequently paired with other anti-aging peptide protocols.*



# Dihexa

## Cognitive research peptide

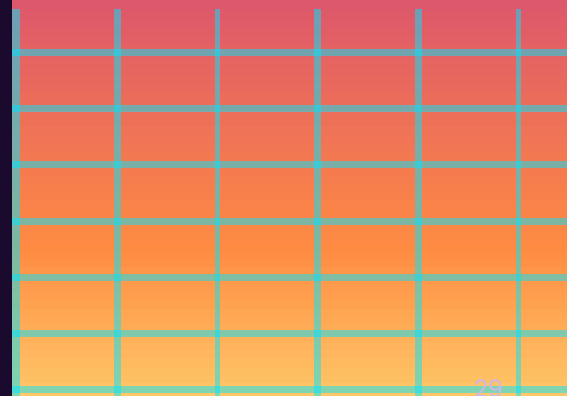
### Benefits

- Learning support
- Neuroplasticity support
- Memory support

### Watch For

- Limited safety data

*An experimental cognitive-enhancement peptide.*



# Cerebrolysin

## Neurotrophic peptide complex

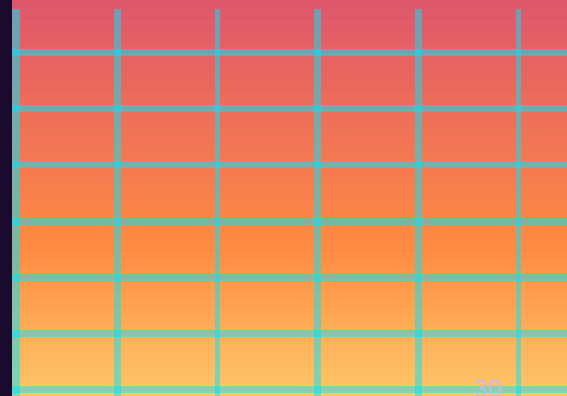
### Benefits

- Brain recovery support
- Neuroprotection support
- Cognitive support

### Watch For

- Fatigue
- Headaches

*Studied in stroke and neurodegenerative research.*





# BEST COGNITIVE STACKS

## Focus Stack

Semax

Selank

## Sleep & Recovery Stack

DSIP

Ipamorelin

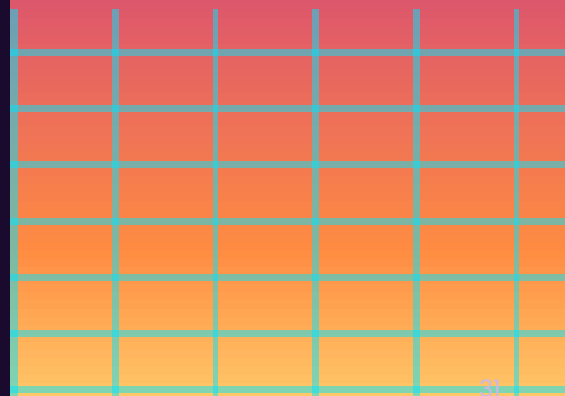
CJC-1295

## Advanced Brain Stack

Dihexa

Semax

Cerebrolysin





# TISSUE REPAIR & REGENERATIVE PEPTIDES

*These peptides may support:*

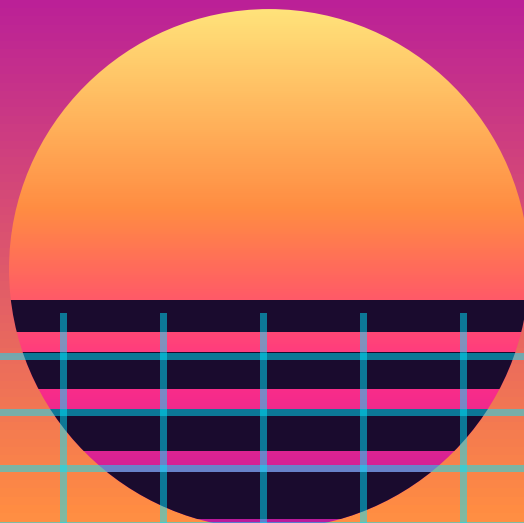
Injury recovery

Tendon repair

Joint support

Gut repair

Tissue regeneration





# BPC-157

## Regenerative peptide

### Benefits

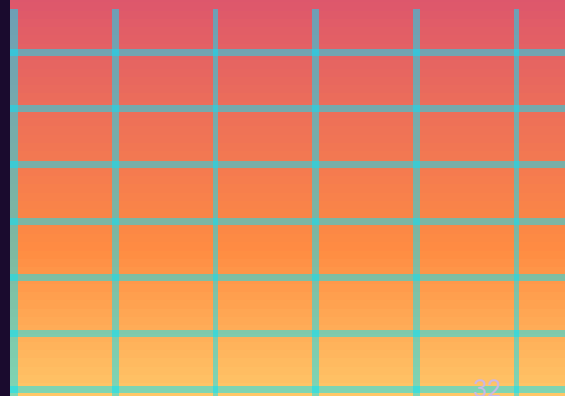
- Tendon support
- Gut healing support
- Muscle repair support
- Reduced inflammation

### Watch For

- Dizziness
- Fatigue

---

*One of the most widely discussed recovery peptides.*





# TB-500

## Healing peptide

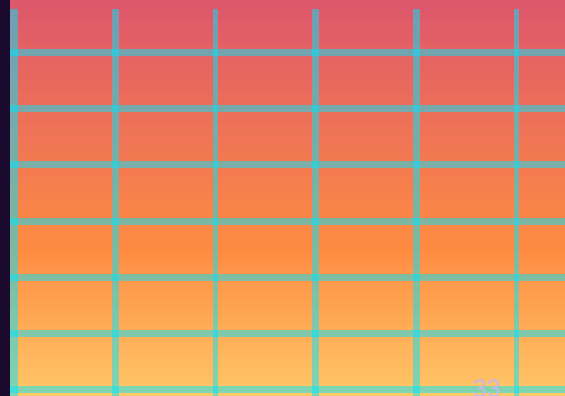
### Benefits

- Faster recovery
- Reduced inflammation
- Flexibility support

### Watch For

- Fatigue
- Headaches

*Frequently paired with BPC-157.*





# KPV

## Anti-inflammatory peptide

### Benefits

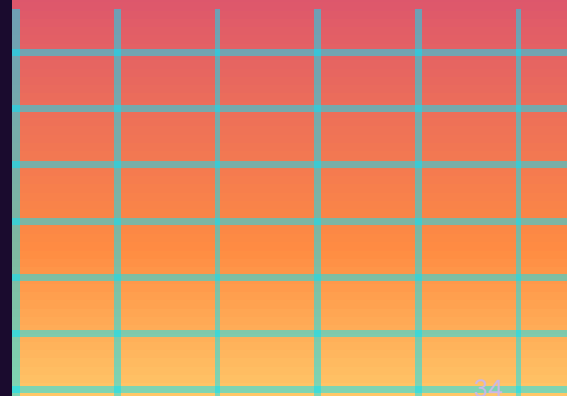
- Gut support
- Reduced inflammation
- Immune support

### Watch For

- Mild nausea

---

*A promising anti-inflammatory research peptide.*





# GHK-Cu

## Repair peptide

### Benefits

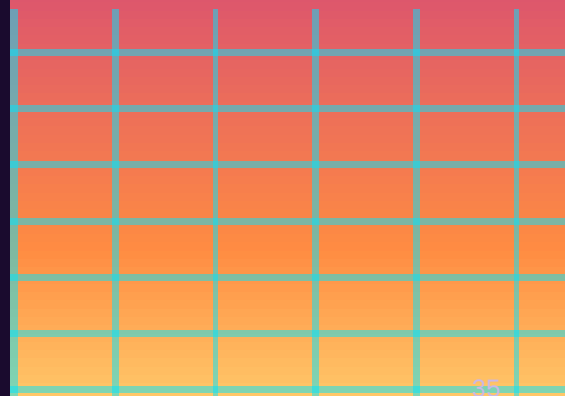
- Skin repair
- Collagen support
- Wound healing support

### Watch For

- Skin irritation

---

*Strong cosmetic and regenerative research base.*





# BEST TISSUE STACKS

## Recovery Duo Stack

**BPC-157**

**TB-500**

## Gut Healing Stack

**BPC-157**

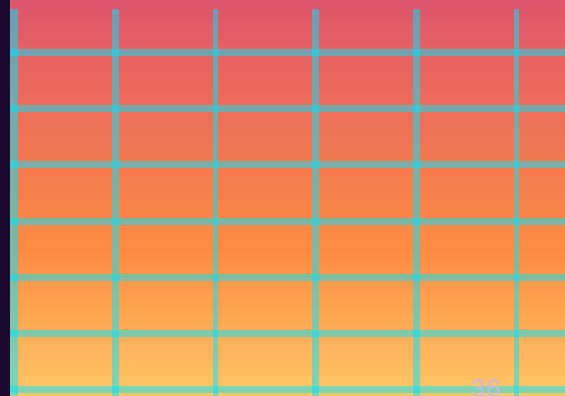
**KPV**

## Advanced Recovery Stack

**BPC-157**

**TB-500**

**SS-31**





06

# IMMUNE MODULATING PEPTIDES

*These peptides may support:*

Immune balance

Recovery support

Inflammation control

Antimicrobial support





# Thymosin Alpha-1 (TA-1)

## Immune peptide

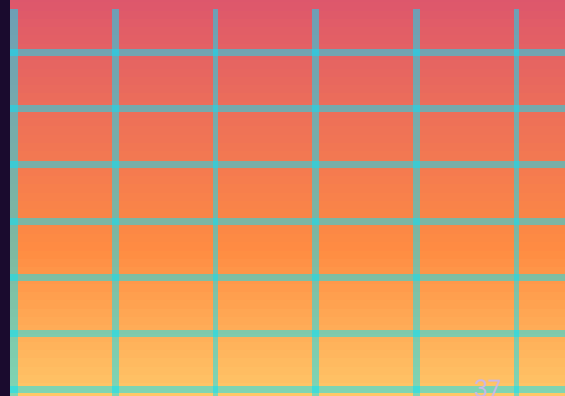
### Benefits

- Immune support
- Viral defense support
- Recovery support

### Watch For

- Fatigue
- Injection irritation

*Well represented in immune-support research.*





# LL-37

## Antimicrobial peptide

### Benefits

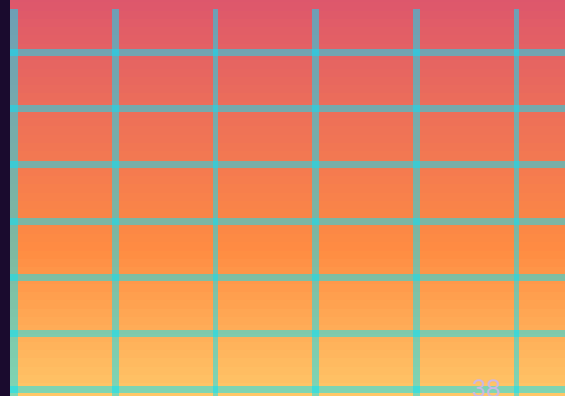
- Antimicrobial support
- Wound healing support
- Immune enhancement

### Watch For

- Flu-like symptoms

---

*Studied in infection and wound-healing research.*





# KPV

## Anti-inflammatory peptide

### Benefits

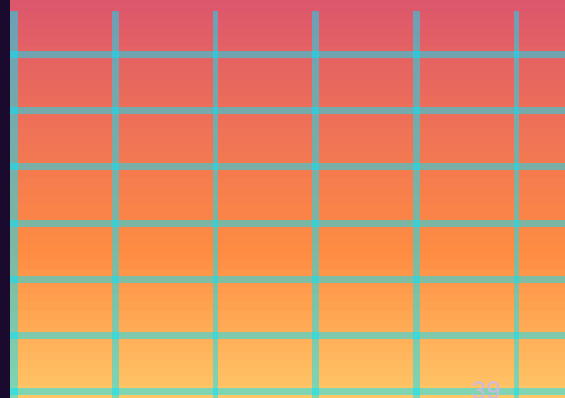
- Gut support
- Immune balance
- Reduced inflammation

### Watch For

- Digestive discomfort

---

*A promising inflammation-related research peptide.*





# Thymulin

## Immune peptide

### Benefits

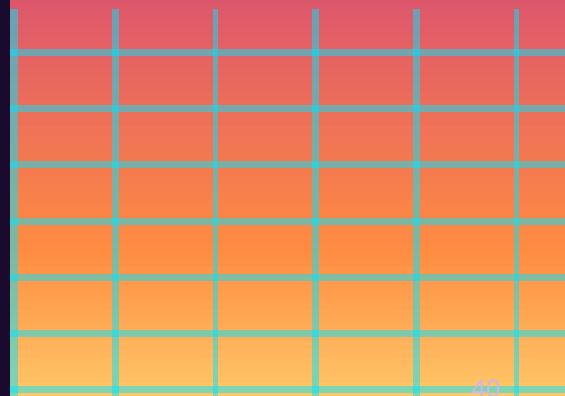
- Immune balance support
- Recovery support
- Anti-inflammatory support

### Watch For

- Fatigue

---

*Studied for its role in immune regulation.*





# BEST IMMUNE STACKS

## Beginner Immune Stack

TA-1

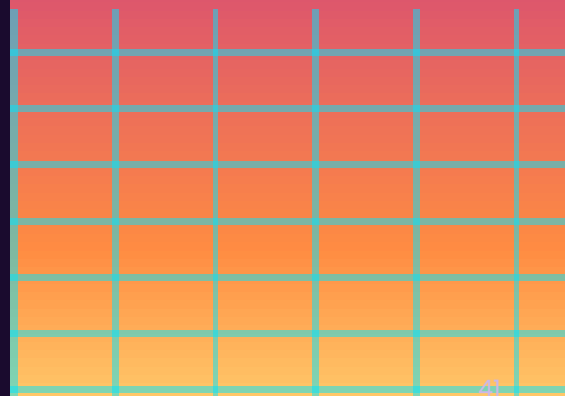
KPV

TA-1

## Advanced Immune Stack

LL-37

Thymulin





# SEXUAL FUNCTION & LIBIDO PEPTIDES

*These peptides may support:*

Libido enhancement

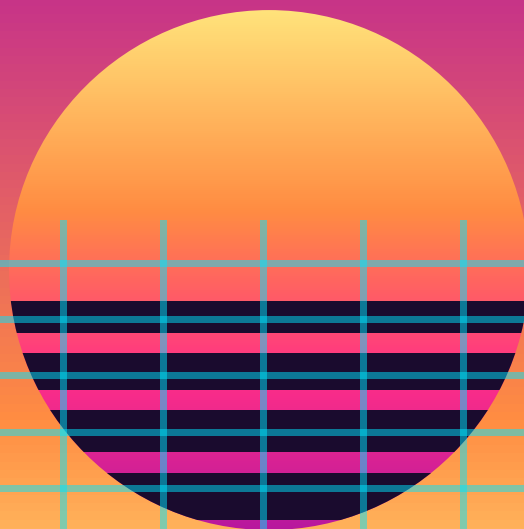
Erectile function

Sexual performance

Hormonal support

Fertility support

Blood flow



# PT-141 (Bremelanotide)

## Libido peptide

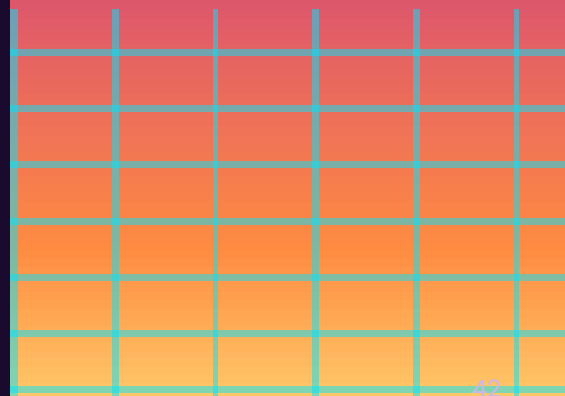
### Benefits

- Increased libido
- Improved erectile quality
- Enhanced arousal
- Increased sexual desire

### Watch For

- Nausea
- Flushing
- Headache

*FDA-approved for female sexual desire disorder; widely researched for libido.*





# Kisspeptin-10

## Hormonal signaling peptide

### Benefits

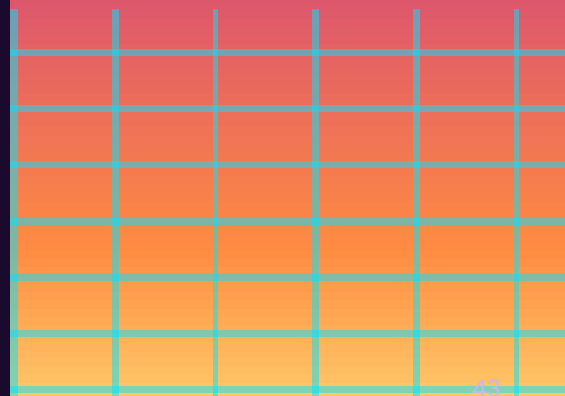
- Libido support
- Testosterone signaling support
- Fertility support

### Watch For

- Flushing
- Headaches

---

*Backed by strong reproductive-hormone research.*



# Gonadorelin

## GnRH peptide

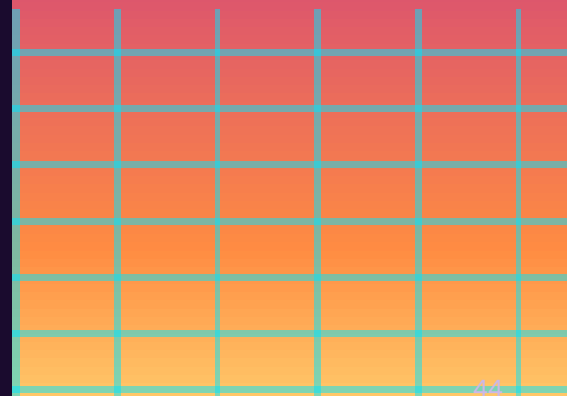
### Benefits

- Testosterone support
- Fertility support
- Hormonal recovery support

### Watch For

- Mood swings
- Hormonal fluctuations

*Used clinically in reproductive medicine.*



# HCG

## Hormonal support peptide hormone

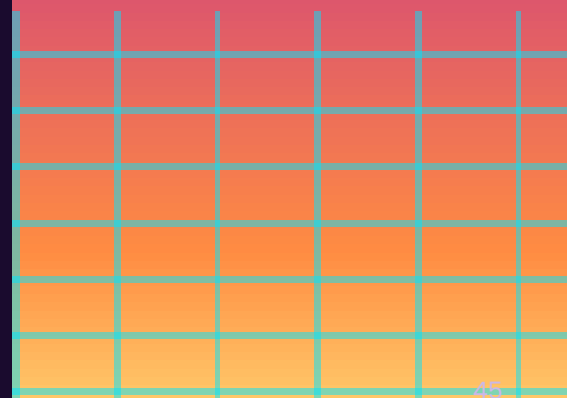
### Benefits

- Testosterone support
- Libido support
- Fertility support

### Watch For

- Estrogen increase
- Water retention
- Mood changes

*Commonly used in fertility and hormone therapy settings.*



# Melanotan II

## Melanocortin peptide

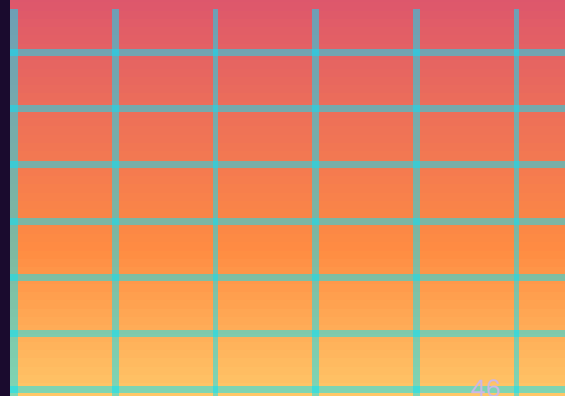
### Benefits

- Increased libido
- Enhanced erections
- Increased arousal

### Watch For

- Nausea
- Flushing
- Darkening of moles

*Known for strong libido-related effects.*



# Oxytocin

## Bonding & intimacy peptide

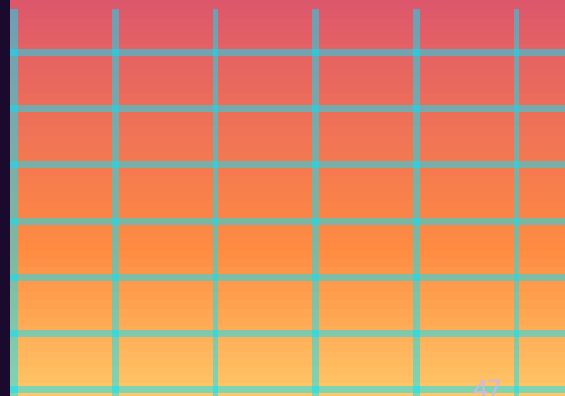
### Benefits

- Emotional bonding support
- Reduced anxiety
- Intimacy enhancement

### Watch For

- Drowsiness
- Headaches

*Widely researched for emotional bonding and social effects.*



# VIP

## Vasodilation peptide

### Benefits

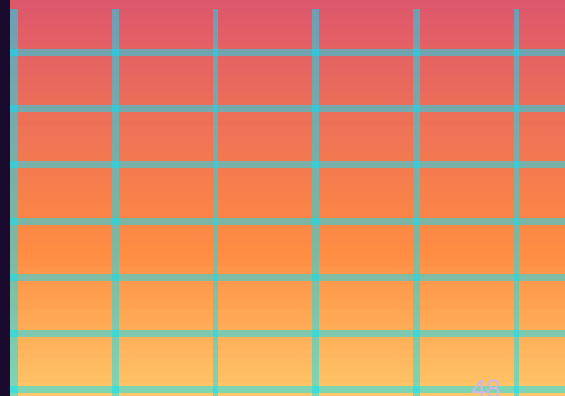
- Blood flow support
- Erectile function support
- Circulation enhancement

### Watch For

- Low blood pressure
- Flushing
- Dizziness

---

*Studied for circulation and vascular function.*





# BEST SEXUAL STACKS

## Beginner Libido Stack

PT-141

Kisspeptin-10

## Male Performance Stack

PT-141

HCG

Gonadorelin

## Intimacy & Bonding Stack

Oxytocin

PT-141

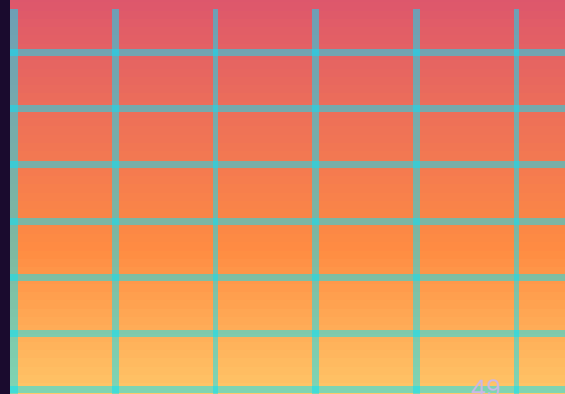
## Advanced Sexual Wellness Stack

PT-141

Melanotan II

Kisspeptin-10

VIP



# IMPORTANT BEGINNER PEPTIDE TIPS

**1**

## *Start low*

Starting too aggressively increases the risk of side effects — small, conservative doses let you see how your body responds before adjusting anything.

**2**

## *Prioritize sleep & nutrition*

Peptides work best alongside high protein intake, good hydration, regular exercise, and consistent sleep — not as a replacement for any of them.

**3**

## *Monitor blood work*

This matters most with growth hormone peptides, IGF-1 peptides, hormonal peptides, and metabolic peptides — get baseline labs and recheck periodically.

**4**

## *Use sterile technique*

Poor injection practices raise the risk of infection — clean hands, clean skin, and single-use needles every time.

**5**

## *Avoid overstacking*

Beginners almost always do better starting with one peptide at a time rather than combining several unfamiliar compounds at once.



# ON DOSING & CYCLING

This guide intentionally does not publish specific dosing amounts, injection schedules, or cycle lengths. Individual response to peptides varies enormously based on age, body weight, health history, current medications, hormone levels, and personal goals — a number that looks "standard" online can be inappropriate, or unsafe, for any given person.

If you choose to explore any peptide in this guide, do it together with a qualified healthcare provider who can build an individualized protocol and monitor you with bloodwork — this is especially important for growth hormone peptides, IGF-1 peptides, hormonal peptides (HCG, Gonadorelin, Melanotan II, Kisspeptin-10), and metabolic peptides (Semaglutide, Tirzepatide, Retatrutide).

Use sterile, single-use injection supplies every time, and never share needles or vials.



# FINAL SUMMARY

## Best Overall Beginner Peptide

- Semaglutide
- BPC-157
- CJC-1295
- Ipamorelin
- Selank
- GHK-Cu
- PT-141

## Best Advanced Performance Peptides

- Retatrutide
- IGF-1 LR3
- Follistatin-344
- SS-31
- Dihexa

## Best Recovery & Healing Stack

- BPC-157
- TB-500
- SS-31

## Best Longevity Stack

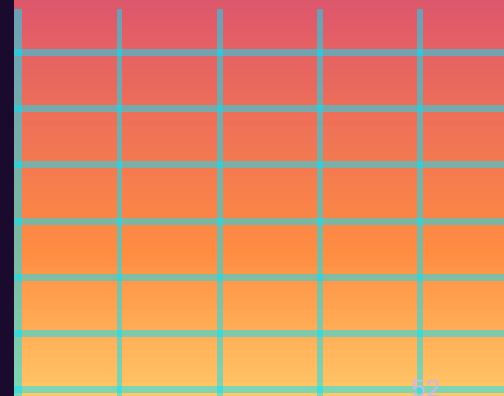
- MOTS-c
- Humanin
- SS-31
- Epitalon

## Best Cognitive Stack

- Semax
- Selank
- Dihexa

## Best Sexual Wellness Stack

- PT-141
- Kisspeptin-10
- HCG
- VIP





## VERIFIED PEPTIDES NETWORK

Educational content only — not medical advice.  
Always consult a qualified healthcare professional  
before using any peptide.

# HOW TO BUY PEPTIDES WITH CRYPTO

**EXCHANGE** = SIMPLE. SAFE. **SUPPORTED.**

Use a regulated exchange for peace of mind. Keep it simple.



**REGULATED PLATFORMS**



**24/7 CUSTOMER SUPPORT**



**FUNDS PROTECTION & SAFEGUARDS**



**EASY TO USE INTERFACE**



**MOBILE FRIENDLY**

## USE A REGULATED EXCHANGE

**VS**

## USE A PERSONAL WALLET

Perfect if you're buying crypto to use as payment for peptides (not for long-term holding).



### ✓ SIMPLE & USER FRIENDLY

Easy to buy, send, and use. No technical knowledge needed.

### ✓ REGULATED & TRUSTED

Companies like Robinhood and Wealthsimple are regulated and must follow strict financial rules.



### ✓ CUSTOMER SUPPORT

If something goes wrong, you can reach out to support and they can help.



### ✓ FUNDS PROTECTION

Exchanges have safeguards in place. If an issue occurs on their end, they can often help recover or reimburse lost funds.



### ✓ QUICK ON/OFF RAMP

Easy to deposit fiat (e-transfer, bank, card) and convert to crypto fast.

Best for long-term investors who plan to hold crypto as an asset.



### ✗ COMPLEX & RISKY

Harder to set up and use. One wrong move can cost you your funds.



### ✗ YOU ARE 100% RESPONSIBLE

No company to call. No support to help. You are your own bank.



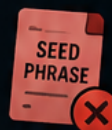
### ✗ NO SUPPORT

If funds are lost or sent to the wrong address, no one can help you get it back.



### ✗ NO SAFEGUARDS

If your wallet is hacked, you're on your own. No reimbursements. No do-overs.



### ✗ EASY TO MAKE MISTAKES

Wrong address, wrong network, lost seed phrase = lost funds forever.

## WHEN TO USE WHAT



**BUY PEPTIDES EASILY & SAFELY**

### USE AN EXCHANGE IF:

- ✓ You want a simple, safe, and fast experience
- ✓ You're buying crypto to pay for peptides
- ✓ You're not planning to hold crypto long term
- ✓ You want support and protections
- ✓ You value convenience and peace of mind

### USE A WALLET IF:

- ✓ You plan to hold crypto as a long-term investment
- ✓ You understand how wallets and security work
- ✓ You accept 100% responsibility
- ✓ You want full control of your assets
- ✓ You are comfortable with the risks



**INVEST & HOLD LONG TERM**

## RECOMMENDED FLOW FOR PEPTIDES

1



**SIGN UP**

Create an account on a regulated exchange (Robinhood, Wealthsimple)

2



**DEPOSIT FIAT**

Add funds using e-transfer, bank or card.

3



**BUY CRYPTO**

Purchase the crypto you need (BTC, ETH, USDT etc.).

4



**SEND TO VENDOR**

Send crypto directly from the exchange to the peptide vendor.

5



**RECEIVE PEPTIDES**

Vendor confirms payment and ships your order.



### BOTTOM LINE:

For most people buying peptides, a regulated exchange is the safest, simplest, and smartest choice.



**KEEP IT SIMPLE. KEEP IT SAFE.**

**GET YOUR PEPTIDES**