



VERIFIED PEPTIDES NETWORK

RESEARCH FIELD MANUAL

PROTOCOL CARD ARCHIVE · BLOOD WORK
GUIDE · APPENDICES

DOCUMENTED · VERIFIED · TRACEABLE

96 protocol cards across 7 research categories

Every dosing field preserved verbatim from the master research sheet

For laboratory and research use only — not a medical document

RESEARCH USE ONLY

NOT FOR HUMAN CONSUMPTION

NOT MEDICAL ADVICE

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DATA FIDELITY

Every vial amount, BAC water volume, dosage, frequency, and cycle length in this manual is transcribed directly from the master research sheet. Nothing has been altered, rounded, or "improved."

ACCURACY NOTE

Where the source sheet left a field blank, this manual shows an em-dash (—) rather than guessing. Cross-reference Appendix B for the original row number of any card.

READ BEFORE PROCEEDING

THIS IS NOT MEDICAL ADVICE

RESEARCH PURPOSES ONLY

Every dosage, frequency, and protocol documented in this manual is provided strictly for research and informational purposes. This is not a recommendation to use, administer, or consume any compound. These materials are not intended for human consumption under any circumstance.

READ BEFORE PROCEEDING

TALK TO YOUR DOCTOR — BEFORE YOU RESEARCH ANYTHING

Before researching any peptide referenced in this manual, speak with your physician. Tell them exactly what you are researching and considering. Full disclosure means your doctor knows what is in your system, what to look for, and how to respond quickly and correctly if something goes wrong. Going in quiet helps no one — least of all you.

IF YOUR DOCTOR WON'T ENGAGE

If your doctor refuses to have this conversation with you, will not work with you, or dismisses your questions outright — **fire them and find one who will.** Your safety depends on having a physician who is informed and prepared, not one who looks away.

SECTION 01 / 07

WEIGHT MANAGEMENT / METABOLIC

15 PROTOCOL CARDS IN THIS SECTION

Compounds researched for appetite regulation, fat oxidation, and metabolic rate — the most heavily requested category in the field.

FOXO4-DRI

OPTION 1 · 5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

1ml

DOSAGE

60 units

FREQUENCY

**Every other
day**

AMOUNT PER DOSE

3mg

CYCLE DURATION

EOD M/W/F/S

SIDE NOTE

—

PURPOSE

**Removes weak/senescent cells, anti-aging, reduces cancer risk,
improves liver and metabolic health**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

FOXO4-DRI

OPTION 1 · 10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

1ml

DOSAGE

50 units

FREQUENCY

**Every other
day**

AMOUNT PER DOSE

5mg

CYCLE DURATION

EOD M/W/F/S

SIDE NOTE

Best Protocol

PURPOSE

**Removes weak/senescent cells, anti-aging, reduces cancer risk,
improves liver and metabolic health**

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medical instruction.

FOXO4-DRI

OPTION 2 · 10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

5 on / 5 off

AMOUNT PER DOSE

1mg

CYCLE DURATION

**Up to 2 weeks
(2x/year)**

SIDE NOTE

1 month from beginning to end

PURPOSE

**Removes dead/senescent cells, anti-aging, reduces cancer risk,
improves liver and metabolic health**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

5-AMINO-1MQ

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

5-20 units

FREQUENCY

**2x daily,
AM/afternoon,
M-F**

AMOUNT PER DOSE

500mcg-2mg

CYCLE DURATION

**30-60 days, 30
off**

SIDE NOTE

Use with NAD+ and MOTS-c

PURPOSE

Fat burning, fat storage regulation, insulin sensitivity, muscle preservation, increased NAD+

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

L-CARNITINE

500MG/ML

VIAL AMOUNT

500mg/ml

BAC WATER

N/A

DOSAGE

50-100 units

FREQUENCY

**Daily, as
needed**

AMOUNT PER DOSE

250-500mg

CYCLE DURATION

Months

SIDE NOTE

Intramuscular / fasted

PURPOSE

Overall body composition, energy, fat loss

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

WEIGHT MANAGEMENT /
METABOLIC

ROW
100

SOURCE
CARD

L-CARNITINE

600MG/ML

VIAL AMOUNT

600mg/ml

BAC WATER

N/A

DOSAGE

50-100 units

FREQUENCY

**Daily, as
needed**

AMOUNT PER DOSE

300-600mg

CYCLE DURATION

Months

SIDE NOTE

Intramuscular / fasted

PURPOSE

Overall body composition, energy, fat loss

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

CARD 6 / 96

AOD-9604

VIAL AMOUNT

5mg

BAC WATER

**1.5ml BAC +
0.5ml acetic
acid**

DOSAGE

12-20 units

FREQUENCY

Daily (AM)

AMOUNT PER DOSE

300-500mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

1.6ml BAC, 0.4ml acetic acid

PURPOSE

Fat loss

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medical instruction.

WEIGHT MANAGEMENT /
METABOLIC

ROW
110

SOURCE
CARD

SLUP-332

VIAL AMOUNT

5mg

BAC WATER

1ml

DOSAGE

10-60 units

FREQUENCY

Up to 3x daily

AMOUNT PER DOSE

500mcg-3mg

CYCLE DURATION

4-6 weeks

SIDE NOTE

May need DMSO/saline to reconstitute

PURPOSE

Fat loss, energy, recovery, heart health

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 8 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
116

SOURCE
CARD

VILON

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

25 units

FREQUENCY

2x daily

AMOUNT PER DOSE

2.5mg

CYCLE DURATION

**10-15 days on,
repeat 4x per
month**

SIDE NOTE

Use with Epitalon

PURPOSE

Anti-aging, anti-cancer, gene remodeling, metabolic support

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 9 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
126

SOURCE
CARD

OVAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20-50 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

2-5mg

CYCLE DURATION

**10-30 days,
2x/year**

SIDE NOTE

Liver-focused

PURPOSE

**Liver inflammation, improves metabolic function, used for
chronic liver disease research**

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medical instruction.

CARD 10 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
152

SOURCE
CARD

CAGRILINTIDE

WEIGHT MGMT

PROTOCOL

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

10-80 units

FREQUENCY

**Weekly or
2x/week**

AMOUNT PER DOSE

0.25-2mg

CYCLE DURATION

**Up to 16
weeks**

SIDE NOTE

Works well with GLP-1 compounds

PURPOSE

Appetite suppression / accelerates fat loss

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 11 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
162

SOURCE
CARD

RETATRUTIDE

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

2x/week

AMOUNT PER DOSE

1mg

CYCLE DURATION

**Until results
are met**

SIDE NOTE

Can add 2mg every 4 weeks, up to 10mg

PURPOSE

**Fat loss, liver fat reduction, insulin sensitivity, appetite
reduction, cholesterol levels**

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medical instruction.

CARD 12 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
163

SOURCE
CARD

RETATRUTIDE

12MG VIAL

VIAL AMOUNT

12mg

BAC WATER

2ml

DOSAGE

16 units

FREQUENCY

2x/week

AMOUNT PER DOSE

1mg

CYCLE DURATION

**Until results
are met**

SIDE NOTE

Can add 2mg every 4 weeks, up to 10mg

PURPOSE

**Fat loss, liver fat reduction, insulin sensitivity, appetite
reduction, cholesterol levels**

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medical instruction.

CARD 13 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
164

SOURCE
CARD

RETATRUTIDE

20MG VIAL

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10 units

FREQUENCY

2x/week

AMOUNT PER DOSE

1mg

CYCLE DURATION

**Until results
are met**

SIDE NOTE

Can add 2mg every 4 weeks, up to 10mg

PURPOSE

**Fat loss, liver fat reduction, insulin sensitivity, appetite
reduction, cholesterol levels**

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medical instruction.

CARD 14 / 96

WEIGHT MANAGEMENT /
METABOLIC

ROW
165

SOURCE
CARD

RETATRUTIDE

30MG VIAL

VIAL AMOUNT

30mg

BAC WATER

3ml

DOSAGE

10 units

FREQUENCY

2x/week

AMOUNT PER DOSE

1mg

CYCLE DURATION

**Until results
are met**

SIDE NOTE

Can add 2mg every 4 weeks, up to 10mg

PURPOSE

**Fat loss, liver fat reduction, insulin sensitivity, appetite
reduction, cholesterol levels**

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medical instruction.

CARD 15 / 96

SECTION 02 / 07

RECOVERY / REPAIR

19 PROTOCOL CARDS IN THIS SECTION

Tissue repair, gut healing, and systemic recovery compounds — the backbone of most injury and inflammation-focused research stacks.

BPC-157 / TB-500 BLEND

VIAL AMOUNT

5mg/5mg

BAC WATER

2ml

DOSAGE

10 units

FREQUENCY

2-3x daily

AMOUNT PER DOSE

250mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

Up to 1000mcg daily

PURPOSE

**Tissue repair, tendons, healing, blood vessels, collagen, gut,
flexibility**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

BPC-157

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

10 units

FREQUENCY

2-3x daily

AMOUNT PER DOSE

250mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

Up to 1000mcg daily

PURPOSE

Tissue repair, tendons, healing, blood vessels, collagen

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

BPC-157

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

8 units

FREQUENCY

2-3x daily

AMOUNT PER DOSE

270mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

Up to 1000mcg daily

PURPOSE

Gut health, inflammation

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TB-500

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

3ml

DOSAGE

20 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

500-1000mcg daily

PURPOSE

Tissue repair, healing, cellular regeneration

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TB-500

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

15 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

500-1000mcg daily

PURPOSE

Anti-inflammatory, flexibility, endurance

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GHK-CU / AHK-CU

VIAL AMOUNT

100mg

BAC WATER

3ml

DOSAGE

8 units

FREQUENCY

Daily

AMOUNT PER DOSE

2.5mg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

Can dose up to 5mg daily

PURPOSE

Healing, skin, hair, anti-inflammatory, collagen

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GLOW (BPC / TB / GHK-CU)

VIAL AMOUNT

10mg/10mg/50mg

BAC WATER

3ml

DOSAGE

10-15 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg/500mcg/3500mcg

CYCLE DURATION

8 weeks on / 8 off

SIDE NOTE

Don't dose higher

PURPOSE

Healing, recovery, anti-aging, inflammation

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

KLOW (BPC / TB / GHK-CU / KPV)

VIAL AMOUNT

10mg/10mg/50mg/10mg

BAC WATER

DOSAGE

15 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg/500mcg/2.5mg/500mcg/ 8

CYCLE DURATION

off

SIDE NOTE

Don't dose higher

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

KPV

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

**Monday-
Friday**

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

Avoid NSAIDs; use acetic acid if gelling

PURPOSE

Anti-inflammatory, gut health, antimicrobial

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GLUTATHIONE

600MG VIAL

VIAL AMOUNT

600mg

BAC WATER

6ml

DOSAGE

100 units

FREQUENCY

**Every other
day or daily**

AMOUNT PER DOSE

100mg

CYCLE DURATION

**Up to 6
months**

SIDE NOTE

Intramuscular / best with NAD+

PURPOSE

Antioxidant, detox, immune support, liver, skin, cell repair

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GLUTATHIONE

1200MG VIAL

VIAL AMOUNT

1200mg

BAC WATER

12ml

DOSAGE

100 units

FREQUENCY

**Every other
day or daily**

AMOUNT PER DOSE

100mg

CYCLE DURATION

**Up to 6
months**

SIDE NOTE

Intramuscular / best with NAD+

PURPOSE

Antioxidant, detox, immune support, liver, skin, cell repair

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GLUTATHIONE

1500MG VIAL

VIAL AMOUNT

1500mg

BAC WATER

15ml

DOSAGE

100 units

FREQUENCY

**Every other
day or daily**

AMOUNT PER DOSE

100mg

CYCLE DURATION

**Up to 6
months**

SIDE NOTE

Intramuscular / best with NAD+

PURPOSE

Antioxidant, detox, immune support, liver, skin, cell repair

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

HUMANIN

VIAL AMOUNT

10mg

BAC WATER

1ml

DOSAGE

10-20 units

FREQUENCY

Daily

AMOUNT PER DOSE

1-2mg

CYCLE DURATION

**2-8 weeks,
1x/year**

SIDE NOTE

Need 2-3 bottles

PURPOSE

**Protects neurons, cardiovascular health, oxidative heart stress,
slows aging**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CHRONLUTEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-50 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

1-5mg

CYCLE DURATION

**30 days, 1-
3x/year**

SIDE NOTE

Can use with Bronchogen

PURPOSE

Lung health

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

VESUGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

2mg

CYCLE DURATION

**30 days, 1-
3x/year**

SIDE NOTE

Pair with Pinealon

PURPOSE

Cognitive support, nerve health, anabolic, anti-aging

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PANCRAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

1x daily

AMOUNT PER DOSE

2mg

CYCLE DURATION

30 days

SIDE NOTE

—

PURPOSE

Repairs cells in the pancreas

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TERIPARATIDE

VIAL AMOUNT

750mcg

BAC WATER

3ml

DOSAGE

8 units

FREQUENCY

Daily

AMOUNT PER DOSE

20mcg

CYCLE DURATION

**30 days - 2
years**

SIDE NOTE

—

PURPOSE

Bone density / osteoporosis research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

ABALOPARATIDE

VIAL AMOUNT

3mg

BAC WATER

3ml

DOSAGE

8-10 units

FREQUENCY

Daily

AMOUNT PER DOSE

80-100mcg

CYCLE DURATION

**Up to 6
months**

SIDE NOTE

—

PURPOSE

Bone density

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CRYSTAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

Daily

AMOUNT PER DOSE

2mg

CYCLE DURATION

30 days

SIDE NOTE

—

PURPOSE

Immunity, health and wellness, protein synthesis, recovery

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SECTION 03 / 07

GH AXIS / BODY COMPOSITION

18 PROTOCOL CARDS IN THIS SECTION

Growth-hormone secretagogues and IGF pathway peptides researched for lean mass, fat partitioning, and recovery.

CJC-1295 (DAC)

2MG VIAL

VIAL AMOUNT

2mg

BAC WATER

1ml

DOSAGE

25 units

FREQUENCY

Mon/Wed/Fri

AMOUNT PER DOSE

500mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

Less "natural" pulse pattern than No-DAC

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CJC-1295 (DAC)

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

Mon/Wed/Fri

AMOUNT PER DOSE

500mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

Less "natural" pulse pattern than No-DAC

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CJC-1295 (NO DAC)

2MG VIAL

VIAL AMOUNT

2mg

BAC WATER

2ml

DOSAGE

15-30 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

During fasted time, short half-life

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CJC-1295 (NO DAC)

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2.5ml

DOSAGE

7-15 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

During fasted time, short half-life

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CJC-1295 (NO DAC)

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2.5ml

DOSAGE

4-8 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

During fasted time, short half-life

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

IPAMORELIN

2MG VIAL

VIAL AMOUNT

2mg

BAC WATER

2ml

DOSAGE

15-30 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

During fasted time

PURPOSE

Fat loss, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

IPAMORELIN

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2.5ml

DOSAGE

7-15 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

Dose CJC/IPA 5mg blend the same as this

PURPOSE

Fat loss, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

IPAMORELIN

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2.5ml

DOSAGE

4-8 units

FREQUENCY

**2-3x daily,
fasted**

AMOUNT PER DOSE

150-300mcg

CYCLE DURATION

**8-12 weeks, 8
off**

SIDE NOTE

During fasted time

PURPOSE

Fat loss, increased growth hormone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TESAMORELIN

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

20-40 units

FREQUENCY

Daily

AMOUNT PER DOSE

1-2mg

CYCLE DURATION

10-16 weeks

SIDE NOTE

PM, fasted

PURPOSE

Belly fat, lowers LDL/triglycerides, cognitive support

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TESAMORELIN

20MG VIAL

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

Daily

AMOUNT PER DOSE

1-2mg

CYCLE DURATION

10-16 weeks

SIDE NOTE

PM, fasted

PURPOSE

Belly fat, lowers LDL/triglycerides, cognitive support

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SERMORELIN

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

**Daily PM,
fasted**

AMOUNT PER DOSE

250-500mcg

CYCLE DURATION

**Up to 6
months max**

SIDE NOTE

Can use with GHRP-2/Ipamorelin

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone, sleep

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SERMORELIN

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

5-10 units

FREQUENCY

**Daily PM,
fasted**

AMOUNT PER DOSE

250-500mcg

CYCLE DURATION

**Up to 6
months max**

SIDE NOTE

Can use with GHRP-2/Ipamorelin

PURPOSE

Muscle, fat loss, anti-aging, increased growth hormone, sleep

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

IGF-1 LR3

VIAL AMOUNT

1mg

BAC WATER

**1.5ml BAC +
0.5ml acetic
acid**

DOSAGE

10-20 units

FREQUENCY

**AM, after
workout**

AMOUNT PER DOSE

50-100mcg

CYCLE DURATION

**10 days - 6
weeks**

SIDE NOTE

Eat carbs right after

PURPOSE

Muscle, recovery, anti-aging, inflammation

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PEG-MGF

VIAL AMOUNT

2mg

BAC WATER

2ml

DOSAGE

**10 units
bilaterally**

FREQUENCY

**3-4x/week,
post-workout**

AMOUNT PER DOSE

**100mcg each
side**

CYCLE DURATION

4-8 weeks

SIDE NOTE

Each arm/leg/shoulder, intramuscular

PURPOSE

Muscle growth/recovery, bone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

MGF (NO PEG) 2MG VIAL

VIAL AMOUNT

2mg

BAC WATER

1ml

DOSAGE

**10 units
bilaterally**

FREQUENCY

**Daily, post-
workout**

AMOUNT PER DOSE

200mcg

CYCLE DURATION

4-8 weeks

SIDE NOTE

Each arm/leg/shoulder, intramuscular

PURPOSE

Muscle growth

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

MGF (NO PEG) 5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

8 units

FREQUENCY

Daily, post-workout

AMOUNT PER DOSE

200mcg

CYCLE DURATION

—

SIDE NOTE

Each arm/leg/shoulder, intramuscular

PURPOSE

Muscle growth

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

MGF (NO PEG) 10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

6 units

FREQUENCY

Daily, post-workout

AMOUNT PER DOSE

200mcg

CYCLE DURATION

4-8 weeks

SIDE NOTE

Each arm/leg/shoulder, intramuscular

PURPOSE

Muscle growth

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

GHRP-2

VIAL AMOUNT

5mg

BAC WATER

2.5ml

DOSAGE

10-13 units

FREQUENCY

2x daily, M-F

AMOUNT PER DOSE

200-250mcg

CYCLE DURATION

8-12 weeks

SIDE NOTE

Take fasted

PURPOSE

Increased growth hormone, fat loss, muscle, sleep, skin

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SECTION 04 / 07

LONGEVITY / MITOCHONDRIAL

9 PROTOCOL CARDS IN THIS SECTION

Mitochondrial support and cellular-aging research compounds
— energy production, oxidative stress, and telomere biology.

MOTS-C

VIAL AMOUNT

10mg

BAC WATER

1ml

DOSAGE

50-100 units

FREQUENCY

1-3x per week

AMOUNT PER DOSE

5-10mg

CYCLE DURATION

8-10 weeks

SIDE NOTE

Best if used after SS-31

PURPOSE

Physical performance, insulin sensitivity, fat loss, mitochondrial support

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 53 / 96

EPITALON 10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

1ml

DOSAGE

50-100 units

FREQUENCY

Daily (PM)

AMOUNT PER DOSE

5-10mg

CYCLE DURATION

**2-3 weeks,
2x/year**

SIDE NOTE

Use with Vilon/Livagen

PURPOSE

**Anti-aging, lengthens telomeres, sleep, skin, immune support,
anti-cancer**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

EPITALON 50MG VIAL

VIAL AMOUNT

50mg

BAC WATER

3ml

DOSAGE

30-60 units

FREQUENCY

Daily (PM)

AMOUNT PER DOSE

5-10mg

CYCLE DURATION

**2-3 weeks,
2x/year**

SIDE NOTE

Use with Vilon/Livagen

PURPOSE

**Anti-aging, lengthens telomeres, sleep, skin, immune support,
anti-cancer**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

NAD+ 500MG VIAL

VIAL AMOUNT

500mg

BAC WATER

5ml

DOSAGE

25 units - 1cc

FREQUENCY

3x/week

AMOUNT PER DOSE

25-100mg

CYCLE DURATION

Up to 12 weeks

SIDE NOTE

Intramuscular or subcutaneous, best with Glutathione & 5-Amino-1MQ — shake before use

PURPOSE

Energy, anti-aging, cognitive support, addiction recovery

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

NAD+ **1000MG VIAL**

VIAL AMOUNT

1000mg

BAC WATER

10ml

DOSAGE

25 units - 1cc

FREQUENCY

3x/week

AMOUNT PER DOSE

25-100mg

CYCLE DURATION

**Up to 12
weeks**

SIDE NOTE

Intramuscular or subcutaneous, best with Glutathione & 5-Amino-1MQ — shake before use

PURPOSE

Metabolic health, pain, mood, recovery, sleep

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SS-31

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

40-100 units

FREQUENCY

Daily

AMOUNT PER DOSE

2-5mg

CYCLE DURATION

8 weeks

SIDE NOTE

Can take up to 10mg/day

PURPOSE

Mitochondrial function, macular degeneration, energy, mitochondrial protection, oxidative stress protection

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SS-31

30MG VIAL

VIAL AMOUNT

30mg

BAC WATER

3ml

DOSAGE

20-50 units

FREQUENCY

Daily

AMOUNT PER DOSE

2-5mg

CYCLE DURATION

—

SIDE NOTE

Can take up to 10mg/day

PURPOSE

—

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SS-31

50MG VIAL

VIAL AMOUNT

50mg

BAC WATER

3ml

DOSAGE

12-30 units

FREQUENCY

Daily

AMOUNT PER DOSE

2-5mg

CYCLE DURATION

8 weeks

SIDE NOTE

Can take up to 10mg/day

PURPOSE

Mitochondrial function, macular degeneration, energy, mitochondrial protection, oxidative stress protection

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

TESTAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

2mg

CYCLE DURATION

**10-30 days,
2x/year**

SIDE NOTE

PCT

PURPOSE

Increases testosterone, energy, cognitive function (stimulates pituitary gland)

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SECTION 05 / 07

NOOTROPIC / COGNITIVE

7 PROTOCOL CARDS IN THIS SECTION

Focus, memory, mood, and neuroprotective compounds researched for cognitive performance and brain health.

SEMAX

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

7-30 units

FREQUENCY

3-7x/week, AM

AMOUNT PER DOSE

250mcg-1mg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

3-7x/week up to daily

PURPOSE

**Cognitive function, neuroprotection, brain-to-blood signaling,
mood**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

ADAMAX

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

15-30 units

FREQUENCY

Daily, AM

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

8 weeks, 4 off

SIDE NOTE

3-7x/week up to daily

PURPOSE

Cognitive function, focus, learning, increased energy, exercise recovery

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PINEALON

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

1x daily

AMOUNT PER DOSE

2mg

CYCLE DURATION

10-30 days, 2-3x/year

SIDE NOTE

Need 3 bottles

PURPOSE

Cognitive function, protects brain cells, sleep

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SELANK

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

6-10 units

FREQUENCY

Daily (AM)

AMOUNT PER DOSE

200-330mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

—

PURPOSE

Anxiety, cognitive function, memory, mood

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

NOOTROPIC / COGNITIVE · ROW 114 · SOURCE CARD

VIP

VIAL AMOUNT

5mg

BAC WATER

3ml

DOSAGE

6-18 units

FREQUENCY

Daily

AMOUNT PER DOSE

100-300mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

May cause flushing

PURPOSE

Memory, autoimmune support, arthritis, blood flow

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 66 / 96

CORTAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-50 units

FREQUENCY

1x daily

AMOUNT PER DOSE

1-5mg

CYCLE DURATION

15-30 days

SIDE NOTE

Pair with other cognitive peptides

PURPOSE

Neuroprotective, mood, focus

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PE-22-28

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

8-30 units

FREQUENCY

Daily

AMOUNT PER DOSE

250mcg-1mg

CYCLE DURATION

8-12 weeks

SIDE NOTE

—

PURPOSE

Cognitive function, antidepressant research, focus

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SECTION 06 / 07

SEXUAL HEALTH / HORMONAL

8 PROTOCOL CARDS IN THIS SECTION

Libido, bonding, and hormonal-axis peptides researched for sexual desire, fertility signaling, and arousal pathways.

KISSPEPTIN

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

2.5ml

DOSAGE

7-10 units

FREQUENCY

Daily, evening

AMOUNT PER DOSE

150-200mcg

CYCLE DURATION

30 on / 30 off

SIDE NOTE

Can be used for PCT — use 0.5cc acetic acid

PURPOSE

Enhances sexual desire, induces puberty signaling, releases dopamine

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

KISSPEPTIN

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

5-6 units

FREQUENCY

Daily, evening

AMOUNT PER DOSE

150-200mcg

CYCLE DURATION

30 on / 30 off

SIDE NOTE

Can be used for PCT — use 0.5cc acetic acid

PURPOSE

Enhances sexual desire, induces puberty signaling, releases dopamine

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 70 / 96

PT-141

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

1ml

DOSAGE

10-20 units

FREQUENCY

**Evening, as
needed**

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

2x per week

SIDE NOTE

Pairs with Kisspeptin

PURPOSE

Sexual desire/satisfaction, erectile dysfunction research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PT-141

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

**Evening, as
needed**

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

2x per week

SIDE NOTE

Pairs with Kisspeptin

PURPOSE

Sexual desire/satisfaction, erectile dysfunction research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

OXYTOCIN

1.5MG VIAL

VIAL AMOUNT

1.5mg

BAC WATER

**1ml BAC +
0.5ml acetic
acid**

DOSAGE

10-15 units

FREQUENCY

AM, as needed

AMOUNT PER DOSE

100-150mcg

CYCLE DURATION

As needed

SIDE NOTE

Before social bonding

PURPOSE

**Bonding, social anxiety, sexual arousal, stress, cortisol
reduction, relaxation, muscle growth**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

OXYTOCIN

5MG VIAL

VIAL AMOUNT

5mg

BAC WATER

**2.5ml BAC +
0.5ml acetic
acid**

DOSAGE

6-9-15 units

FREQUENCY

AM, as needed

AMOUNT PER DOSE

100-150mcg

CYCLE DURATION

As needed

SIDE NOTE

Before social bonding

PURPOSE

**Bonding, social anxiety, sexual arousal, stress, cortisol
reduction, relaxation, muscle growth**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

OXYTOCIN

10MG VIAL

VIAL AMOUNT

10mg

BAC WATER

**2.5ml BAC +
0.5ml acetic
acid**

DOSAGE

3-4 units

FREQUENCY

AM, as needed

AMOUNT PER DOSE

100-150mcg

CYCLE DURATION

As needed

SIDE NOTE

Before social bonding

PURPOSE

**Bonding, social anxiety, sexual arousal, stress, cortisol
reduction, relaxation, muscle growth**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not
medical instruction.

HMG

VIAL AMOUNT

75iu

BAC WATER

**1ml saline
solution**

DOSAGE

100 units

FREQUENCY

3x per week

AMOUNT PER DOSE

75-150iu

CYCLE DURATION

Months

SIDE NOTE

Use immediately after reconstituting, use with HCG

PURPOSE

Testosterone booster

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SECTION 07 / 07

SPECIALTY / GENERAL RESEARCH

20 PROTOCOL CARDS IN THIS SECTION

Immune modulation, organ-specific bioregulators, and general research compounds that don't fit neatly into the other six categories.

FOLLISTATIN 344 (AND 315)

VIAL AMOUNT

1mg

BAC WATER

2ml

DOSAGE

20 units

FREQUENCY

Daily

AMOUNT PER DOSE

100mcg

CYCLE DURATION

10-30 days

SIDE NOTE

Subcutaneous or intramuscular, bilateral (acetic acid)

PURPOSE

Muscle growth

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

THYMOSIN ALPHA-1 5MG

VIAL

VIAL AMOUNT

5mg

BAC WATER

1ml

DOSAGE

30-40 units

FREQUENCY

2-3x weekly

AMOUNT PER DOSE

1.5-2mg

CYCLE DURATION

**7-10 days, up
to 6 months**

SIDE NOTE

Need 15-20mg total

PURPOSE

Immunity, anti-cancer research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

THYMOSIN ALPHA-1 10MG

VIAL

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

30-40 units

FREQUENCY

2-3x weekly

AMOUNT PER DOSE

1.5-2mg

CYCLE DURATION

**7-10 days, up
to 6 months**

SIDE NOTE

Need 15-20mg total

PURPOSE

Immunity, anti-cancer research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PNC-27

VIAL AMOUNT

30mg

BAC WATER

3ml

DOSAGE

5-10 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

30 days

SIDE NOTE

Preventative approach

PURPOSE

Removes cancer cells

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

MELANOTAN 1

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

10 units

FREQUENCY

2-3x weekly

AMOUNT PER DOSE

500mcg

CYCLE DURATION

As needed

SIDE NOTE

—

PURPOSE

Tanning, sun protection, erectile dysfunction research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

B7-33

VIAL AMOUNT

6mg

BAC WATER

2ml

DOSAGE

20-30 units

FREQUENCY

Daily

AMOUNT PER DOSE

600-900mcg

CYCLE DURATION

—

SIDE NOTE

1 bottle = 10 days, AM fasted

PURPOSE

Blood pressure, blood flow

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

HCG

VIAL AMOUNT

5000 IU

BAC WATER

2.5ml

DOSAGE

50-100 units

FREQUENCY

3x per week

AMOUNT PER DOSE

1000-2000 IU

CYCLE DURATION

4-6 weeks

SIDE NOTE

Subcutaneous or intramuscular, up to 4000 IU

PURPOSE

Increases natural testosterone

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

LL-37

VIAL AMOUNT

5mg

BAC WATER

3ml

DOSAGE

9 units

FREQUENCY

**2x daily,
AM/PM**

AMOUNT PER DOSE

150mcg

CYCLE DURATION

50 days on

SIDE NOTE

Subcutaneous, morning/evening

PURPOSE

Immunity, anti-inflammatory, COVID-19 research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

DSIP

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

Daily (PM)

AMOUNT PER DOSE

250-500mcg

CYCLE DURATION

**8 weeks on / 8
off**

SIDE NOTE

1-3 hours before bed

PURPOSE

Sleep

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

SNAP-8

VIAL AMOUNT

10mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

Daily

AMOUNT PER DOSE

500mcg-1mg

CYCLE DURATION

Up to 8 weeks

SIDE NOTE

—

PURPOSE

Anti-wrinkle

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARDIOGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-40 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

1-4mg

CYCLE DURATION

**30 days,
2x/year**

SIDE NOTE

—

PURPOSE

Heart cell growth, reduces scarring, inhibits apoptosis, anti-tumor research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

BRONCHOGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

1-2mg

CYCLE DURATION

**30 days,
2x/year**

SIDE NOTE

Can use with Chronluten

PURPOSE

**Improves lung function, reduces inflammation, stabilizes DNA,
asthma research**

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

PROSTAMAX

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-50 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

5mg

CYCLE DURATION

**30 days,
2x/year**

SIDE NOTE

PCT

PURPOSE

Supports prostate function, reduces inflammation, anti-aging

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARTALAX

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

10-20 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

1-2mg

CYCLE DURATION

**30 days, 1-
3x/year**

SIDE NOTE

Site location specific

PURPOSE

Joint and cartilage regeneration, inflammation

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 90 / 96

LIVAGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

20-100 units

FREQUENCY

**1-2x daily,
AM/PM**

AMOUNT PER DOSE

1-5mg

CYCLE DURATION

15-30 days

SIDE NOTE

Pair with Vilon/Epitalon

PURPOSE

Cellular regeneration, immune system support

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CARD 91 / 96

THYMOGEN

VIAL AMOUNT

20mg

BAC WATER

2ml

DOSAGE

5-20 units

FREQUENCY

1x daily

AMOUNT PER DOSE

500mcg-2mg

CYCLE DURATION

10-20 days

SIDE NOTE

Intramuscular only

PURPOSE

Immunity — viral and bacterial, lung, skin, burns, chemo support research

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

DEMORPHINE

VIAL AMOUNT

5mg

BAC WATER

2ml

DOSAGE

4-10 units

FREQUENCY

As needed

AMOUNT PER DOSE

50-250mcg

CYCLE DURATION

As needed

SIDE NOTE

Can be addictive

PURPOSE

Pain

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CEREBROLYSIN

VIAL AMOUNT

30mg

BAC WATER

2ml

DOSAGE

20-50 units

FREQUENCY

Daily

AMOUNT PER DOSE

2-5mg

CYCLE DURATION

2-4 weeks

SIDE NOTE

—

PURPOSE

Neuroregeneration function

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

CAGRILINTIDE

GENERAL RESEARCH

PROTOCOL

VIAL AMOUNT

10mg

BAC WATER

3ml

DOSAGE

7-60 units

FREQUENCY

—

AMOUNT PER DOSE

0.25-2mg

CYCLE DURATION

—

SIDE NOTE

Titrate up, start low

PURPOSE

—

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

THYMALIN

VIAL AMOUNT

10mg

BAC WATER

1ml

DOSAGE

100 units

FREQUENCY

Daily

AMOUNT PER DOSE

10mg

CYCLE DURATION

10 days

SIDE NOTE

1-4x per year

PURPOSE

Immunity

DOCUMENTED FROM MASTER RESEARCH SHEET · Research reference only – not medical instruction.

BLOOD WORK & LAB GUIDE

Baseline labs belong before any research protocol — not after something feels off. The four panels below cover the systems most commonly affected. Each panel includes a one-tap copy button formatted to drop straight into an email to your doctor.



INSULIN RESISTANCE PANEL

Tracks how your body is handling glucose and insulin — important when researching compounds that affect appetite, fat storage, or metabolic rate.

- > Fasting Insulin
- > Fasting Glucose
- > HbA1c
- > HOMA-IR



COPY INSULIN RESISTANCE PANEL FOR
MY DOCTOR



INFLAMMATION PANEL

Establishes a baseline inflammatory marker level before starting any research protocol, and flags adverse reactions early if levels move.

- > hs-CRP (high-sensitivity C-Reactive Protein)
- > ESR (Erythrocyte Sedimentation Rate)
- > Homocysteine



**COPY INFLAMMATION PANEL FOR MY
DOCTOR**



LIVER PANEL

Most research compounds are processed through the liver. Routine liver panels catch problems early, long before symptoms appear.

- > ALT (Alanine Aminotransferase)
- > AST (Aspartate Aminotransferase)
- > ALP (Alkaline Phosphatase)
- > GGT (Gamma-Glutamyl Transferase)
- > Total & Direct Bilirubin
- > Albumin
- > Total Protein



[COPY LIVER PANEL FOR MY DOCTOR](#)



METABOLIC PANEL

A broad systemic check of kidney function, electrolytes, and lipids — the background context every other panel in this guide should be read against.

- > Glucose
- > BUN (Blood Urea Nitrogen)
- > Creatinine & eGFR
- > Sodium, Potassium, Chloride, CO₂
- > Calcium
- > Lipid Panel (Total Cholesterol, LDL, HDL, Triglycerides)
- > Uric Acid



COPY METABOLIC PANEL FOR MY DOCTOR

ALL-IN-ONE EMAIL TEMPLATE

Prefer to send everything in one message? Copy the full template below — just fill in your doctor's name and yours.

READY-TO-SEND EMAIL

Subject: Lab Work Request - Baseline Panels

Hi Dr. [Name],

I'm doing some self-directed research and would like to establish baseline lab values before I begin, and monitor them periodically afterward. Could you please order the following panels for me?

INSULIN RESISTANCE: Fasting Insulin, Fasting Glucose, HbA1c, HOMA-IR

INFLAMMATION: hs-CRP, ESR, Homocysteine

LIVER PANEL: ALT, AST, ALP, GGT, Total & Direct Bilirubin, Albumin, Total Protein

METABOLIC PANEL: Glucose, BUN, Creatinine & eGFR, Sodium/Potassium/Chloride/CO2, Calcium, Lipid Panel, Uric Acid

I'm happy to discuss what I'm researching and why I'd like this baseline established - I'd rather you have the full picture than guess if anything comes up. Thank you for your time.

[Your Name]



COPY FULL EMAIL TEMPLATE

APPENDIX A — RECONSTITUTION & STORAGE REFERENCE

DILUENT VEHICLES

Bacteriostatic water (BAC water) is the standard diluent referenced throughout this manual. It contains 0.9% benzyl alcohol as a preservative, which extends usable life after reconstitution compared to sterile water alone.

STABILITY FACTORS

- Store reconstituted vials refrigerated (2–8°C / 36–46°F)
- Avoid agitation — swirl gently, never shake
- Protect from direct light
- Discard per the source sheet's stated cycle window once opened

STERILITY FACTORS

- Use a new sterile syringe/needle for every draw
- Wipe vial tops with alcohol before each puncture
- Never reintroduce used needles into a shared vial

DATA STATUS

Reconstitution guidance above is general handling information, not a substitute for the specific instructions on file with a sourced product. When in doubt, default to the most conservative storage and handling practice.

APPENDIX B — SOURCE ROW INDEX

Sheet 1 of 11

ROW	PEPTIDE / PROTOCOL	CATEGORY
31	FOX04-DRI (OPTION 1 · 5MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
32	FOX04-DRI (OPTION 1 · 10MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
34	FOX04-DRI (OPTION 2 · 10MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
62	5-AMINO-1MQ	WEIGHT MANAGEMENT / METABOLIC
99	L-CARNITINE (500MG/ML)	WEIGHT MANAGEMENT / METABOLIC
100	L-CARNITINE (600MG/ML)	WEIGHT MANAGEMENT / METABOLIC
108	A0D-9604	WEIGHT MANAGEMENT / METABOLIC
110	SLUP-332	WEIGHT MANAGEMENT / METABOLIC
116	VILON	WEIGHT MANAGEMENT / METABOLIC

SOURCE ROW INDEX — SHEET 2 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
126	OVAGEN	WEIGHT MANAGEMENT / METABOLIC
152	CAGRILINTIDE (WEIGHT MGMT PROTOCOL)	WEIGHT MANAGEMENT / METABOLIC
162	RETATRUTIDE (10MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
163	RETATRUTIDE (12MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
164	RETATRUTIDE (20MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
165	RETATRUTIDE (30MG VIAL)	WEIGHT MANAGEMENT / METABOLIC
39	BPC-157 / TB-500 BLEND	RECOVERY / REPAIR
41	BPC-157 (5MG VIAL)	RECOVERY / REPAIR
42	BPC-157 (10MG VIAL)	RECOVERY / REPAIR

SOURCE ROW INDEX — SHEET 3 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
44	TB-500 (5MG VIAL)	RECOVERY / REPAIR
45	TB-500 (10MG VIAL)	RECOVERY / REPAIR
47	GHK-CU / AHK-CU	RECOVERY / REPAIR
49	GLOW (BPC / TB / GHK-CU)	RECOVERY / REPAIR
51	KLOW (BPC / TB / GHK-CU / KPV)	RECOVERY / REPAIR
53	KPV	RECOVERY / REPAIR
55	GLUTATHIONE (600MG VIAL)	RECOVERY / REPAIR
56	GLUTATHIONE (1200MG VIAL)	RECOVERY / REPAIR
57	GLUTATHIONE (1500MG VIAL)	RECOVERY / REPAIR

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Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
78	HUMANIN	RECOVERY / REPAIR
130	CHRONLUTEN	RECOVERY / REPAIR
132	VESUGEN	RECOVERY / REPAIR
138	PANCRAGEN	RECOVERY / REPAIR
144	TERIPARATIDE	RECOVERY / REPAIR
146	ABALOPARATIDE	RECOVERY / REPAIR
157	CRYSTAGEN	RECOVERY / REPAIR
2	CJC-1295 (DAC) (2MG VIAL)	GH AXIS / BODY COMPOSITION
3	CJC-1295 (DAC) (5MG VIAL)	GH AXIS / BODY COMPOSITION

SOURCE ROW INDEX — SHEET 5 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
5	CJC-1295 (NO DAC) (2MG VIAL)	GH AXIS / BODY COMPOSITION
6	CJC-1295 (NO DAC) (5MG VIAL)	GH AXIS / BODY COMPOSITION
7	CJC-1295 (NO DAC) (10MG VIAL)	GH AXIS / BODY COMPOSITION
9	IPAMORELIN (2MG VIAL)	GH AXIS / BODY COMPOSITION
10	IPAMORELIN (5MG VIAL)	GH AXIS / BODY COMPOSITION
11	IPAMORELIN (10MG VIAL)	GH AXIS / BODY COMPOSITION
13	TESAMORELIN (10MG VIAL)	GH AXIS / BODY COMPOSITION
14	TESAMORELIN (20MG VIAL)	GH AXIS / BODY COMPOSITION
16	SERMORELIN (5MG VIAL)	GH AXIS / BODY COMPOSITION

SOURCE ROW INDEX — SHEET 6 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
17	SERMORELIN (10MG VIAL)	GH AXIS / BODY COMPOSITION
19	IGF-1 LR3	GH AXIS / BODY COMPOSITION
21	PEG-MGF	GH AXIS / BODY COMPOSITION
23	MGF (NO PEG) (2MG VIAL)	GH AXIS / BODY COMPOSITION
24	MGF (NO PEG) (5MG VIAL)	GH AXIS / BODY COMPOSITION
25	MGF (NO PEG) (10MG VIAL)	GH AXIS / BODY COMPOSITION
95	GHRP-2	GH AXIS / BODY COMPOSITION
29	MOTS-C	LONGEVITY / MITOCHONDRIAL
36	EPITALON (10MG VIAL)	LONGEVITY / MITOCHONDRIAL

SOURCE ROW INDEX — SHEET 7 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
37	EPITALON (50MG VIAL)	LONGEVITY / MITOCHONDRIAL
59	NAD+ (500MG VIAL)	LONGEVITY / MITOCHONDRIAL
60	NAD+ (1000MG VIAL)	LONGEVITY / MITOCHONDRIAL
85	SS-31 (10MG VIAL)	LONGEVITY / MITOCHONDRIAL
86	SS-31 (30MG VIAL)	LONGEVITY / MITOCHONDRIAL
87	SS-31 (50MG VIAL)	LONGEVITY / MITOCHONDRIAL
124	TESTAGEN	LONGEVITY / MITOCHONDRIAL
64	SEMAX	NOOTROPIC / COGNITIVE
66	ADAMAX	NOOTROPIC / COGNITIVE

SOURCE ROW INDEX — SHEET 8 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
80	PINEALON	NOOTROPIC / COGNITIVE
106	SELANK	NOOTROPIC / COGNITIVE
114	VIP	NOOTROPIC / COGNITIVE
136	CORTAGEN	NOOTROPIC / COGNITIVE
148	PE-22-28	NOOTROPIC / COGNITIVE
68	KISSPEPTIN (5MG VIAL)	SEXUAL HEALTH / HORMONAL
69	KISSPEPTIN (10MG VIAL)	SEXUAL HEALTH / HORMONAL
71	PT-141 (5MG VIAL)	SEXUAL HEALTH / HORMONAL
72	PT-141 (10MG VIAL)	SEXUAL HEALTH / HORMONAL

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Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
74	OXYTOCIN (1.5MG VIAL)	SEXUAL HEALTH / HORMONAL
75	OXYTOCIN (5MG VIAL)	SEXUAL HEALTH / HORMONAL
76	OXYTOCIN (10MG VIAL)	SEXUAL HEALTH / HORMONAL
159	HMG	SEXUAL HEALTH / HORMONAL
27	FOLLISTATIN 344 (AND 315)	SPECIALTY / GENERAL RESEARCH
82	THYMOSIN ALPHA-1 (5MG VIAL)	SPECIALTY / GENERAL RESEARCH
83	THYMOSIN ALPHA-1 (10MG VIAL)	SPECIALTY / GENERAL RESEARCH
89	PNC-27	SPECIALTY / GENERAL RESEARCH
91	MELANOTAN 1	SPECIALTY / GENERAL RESEARCH

SOURCE ROW INDEX — SHEET 10 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
93	B7-33	SPECIALTY / GENERAL RESEARCH
97	HCG	SPECIALTY / GENERAL RESEARCH
102	LL-37	SPECIALTY / GENERAL RESEARCH
104	DSIP	SPECIALTY / GENERAL RESEARCH
112	SNAP-8	SPECIALTY / GENERAL RESEARCH
118	CARDIOGEN	SPECIALTY / GENERAL RESEARCH
120	BRONCHOGEN	SPECIALTY / GENERAL RESEARCH
122	PROSTAMAX	SPECIALTY / GENERAL RESEARCH
128	CARTALAX	SPECIALTY / GENERAL RESEARCH

SOURCE ROW INDEX — SHEET 11 OF 11

Continued from previous sheet

ROW	PEPTIDE / PROTOCOL	CATEGORY
134	LIVAGEN	SPECIALTY / GENERAL RESEARCH
140	THYMOGEN	SPECIALTY / GENERAL RESEARCH
142	DEMORPHINE	SPECIALTY / GENERAL RESEARCH
150	CEREBROLYSIN	SPECIALTY / GENERAL RESEARCH
153	CAGRILINTIDE (GENERAL RESEARCH PROTOCOL)	SPECIALTY / GENERAL RESEARCH
155	THYMALIN	SPECIALTY / GENERAL RESEARCH

END OF MANUAL

This document is a research reference, not a prescription. Stay informed, stay disclosed, stay safe — and keep your doctor in the loop.

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