

# WELLNESS GUIDE

BALANCED AESTHETICS + WELLNESS

# INDEX

---

**01**

Welcome

**02**

Our Mission

**03**

What are Peptides?

**04**

5 Amino 1MQ

**05**

Amlexanox

**06**

AOD-9604

**07**

BPC-157

**08**

DHHB

**09**

FGL

**10**

ARA-290

**11**

Macimorelin

**12**

GHK-Cu Topical

**13**

IGF-1

**14**

NAD+

**15**

Pentadeca  
Arginate

**16**

Pinealon

**17**

PT-141

**18**

Sermorelin

**19**

TB-500

**20**

Tesamorelin

**21**

SS-31

**22**

Tesofensine

**23**

Tetradecylthioacetic Acid

**24**

Thymulin

**25**

VIP

**26**

CJC-1295 + Ipamorelin

**27**

Sermorelin + Ipamorelin

**28**

PE-22-28

**29**

Semax

**30**

Selank

**31**

SLU-PP-32

**32**

Tirzepatide

**33**

Semaglutide

**34**

TRT

**35**

Cypionate

**36**

Enanthate

**37**

hCG

**38**

Enclomiphene

**39**

Progesterone

**40**

HGH

**41**

Post Consultation Timeline

**42**

Memberships

**43**

Regenerative Wellness Subscriptions

**44**

Contact Us



---

# HELLO *and* WELCOME

We are Balanced Aesthetics Medspa + Wellness.  
In this guide, you can find information  
pertaining to all of our wellness offerings,  
therapies, services, and more.



ABOUT US

# Our Mission

*At Balanced Aesthetics Medspa + Wellness, we are all about a beautiful balance of aesthetics and wellness, and to achieve beauty from the inside out.*

Balanced Aesthetics + Wellness is a premier Medical Spa & Wellness Clinic specializing in Skin Rejuvenation, Facial Balancing with Injectables, Body Contouring, Optimal Wellness Peptide Therapy, Hormone Replacement Therapy, and Weight Loss Programs.

We are the ONLY Aesthetics & Wellness clinic in the Southeast offering elite Regenerative Medicine Modalities through our State-of-the-Art Hyperbaric Chamber, Prism Red Light Pod, Haelo PEMF, and Biocharger.





A man and a woman are performing a lunge exercise outdoors in a park setting. The man, in the foreground, is wearing a grey t-shirt and black leggings, with his hands raised and palms facing forward. The woman, in the background, is wearing a black long-sleeved top and black leggings, also with her hands raised. The background shows trees and a building under a bright sky.

# PEPTIDES

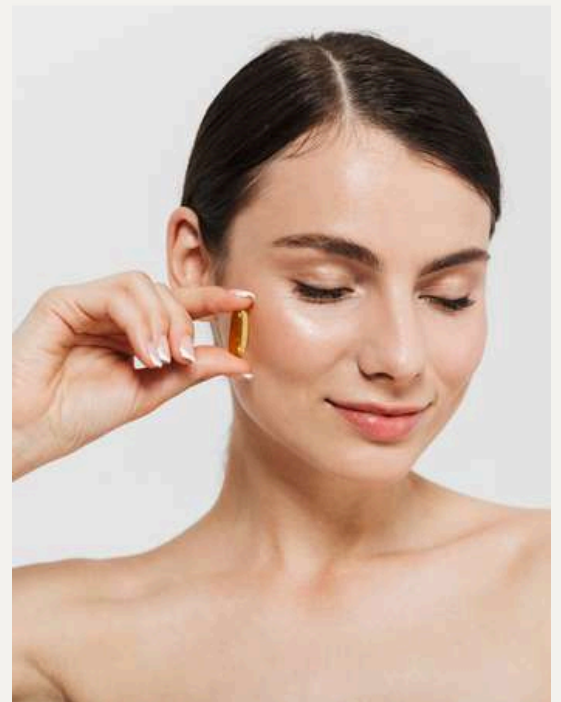
*Bar*

# So, What Are Peptides?

Peptides are short chains of amino acids that play a crucial role in various biological functions within the body. They are naturally occurring within the body and can also be found in foods, supplements, medications, and skincare products.

They can be used to promote hair growth and improve overall skin health, while other peptides can help with faster recovery time, improved cognitive function, anti-aging benefits, weight loss, or gaining more muscle tone more easily, making them a popular choice among those looking to improve their overall health.

In order to get the most out of your peptide regimen, we recommend engaging in regular exercise, getting 7-9 hours of sleep per night, eating a healthy high protein diet, and taking daily supplements such as probiotics.



## PEPTIDE THERAPY

# 5 Amino 1MQ

What is 5 Amino 1MQ? 5-amino-1MQ allows your body to burn fat for energy while maintaining muscle mass preferentially. 5-amino-1MQ is both safe and effective for reversing and preventing diet-induced obesity.

It is a potentially superior treatment option for individuals suffering from (or who are at risk for) type II diabetes and other metabolic comorbidities to obesity. It is an inhibitor of NNMT and is ideal for treating adipogenesis, type 2 diabetes, and obesity because it does not affect the activity of any of the other enzymes involved in the metabolic process. By inhibiting NNMT, the 1 MQ peptide shrinks fat cells by stopping their growth and correcting their metabolism, which accelerates weight loss.

Furthermore, the activation of SIRT1 by an increase in NAD<sup>+</sup> suggests 5-amino-1MQ is a good option for patients who are looking to develop

a comprehensive anti-aging protocol.

How does 5 Amino 1MQ work?

5-Amino 1MQ interferes with the enzyme's regular action by suppressing NNMT, which causes a number of beneficial metabolic alterations for those who want to improve their general health and physique. This inhibition has the ability to tip the scales in favor of a more active metabolism, which can reduce fat storage, promote the use of fat for energy, and possibly slow down cellular aging processes.

Use of this peptide can result in improved metabolic efficiency, which can stimulate muscle growth, aid in weight loss, and potentially lengthen one's life. The compound's capacity to control cellular metabolism presents a viable path for optimizing health!

## Key features

### BENEFITS

- Muscle growth & faster recovery
- Weight & fat loss
- Longevity
- Increased energy levels & vitality
- Anti-inflammatory effects
- Anyone can benefit from taking this peptide.

### POSSIBLE OCCURRENCES

- Dizziness
- Mild gastrointestinal discomfort
- Difficulty sleeping if taken too late in the day

Side effects usually resolve within a few days.

### ADMINISTRATION

- Capsule/Orally

### RECOMMENDED DOSAGE

- 1 capsule daily, for 30 days





## PEPTIDE THERAPY

# Amlexanox

### What is Amlexanox?

Amlexanox is an anti-inflammatory and anti-allergic compound which has traditionally be used to treat ulcers by reducing healing time and pain, but is also used for weight loss. Studies have suggested that

Amlexanox can improve metabolic profiles in those overweight, indicating potential benefits for metabolic disorders msuch as type 2 diabetes. Amlexanox appears to enhance insulin sensitivity and promote weight loss!

### How does Amlexanox work?

Amlexanox is a therapeutic agent known for its anti-inflammatory and anti-allergic properties, often used to treat aphthous ulcers (canker sores). It works by inhibiting inflammatory mediators, such as histamine and leukotrienes, from mast cells and neutrophils, though the exact mechanism remains unclear.

Beyond treating canker sores, Amlexanox has shown potential in treating metabolic disorders by increasing metabolism. Instead of acting as an appetite suppressant, it "releases the brake" on metabolism, allowing the body to burn more fat and store less. This dual action—reducing inflammation and enhancing metabolism—broadens its potential uses in treating various inflammatory and metabolic conditions.

## Key features

### BENEFITS

- Reduction in body fat
- Increased energy
- Improved insulin resistance
- Improved glucose control
- Improved liver health
- May modulate some immune responses

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Headache
- Mild gastrointestinal discomfort
- Nausea

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Capsule/Orally

### RECOMMENDED DOSAGE

3 capsules daily

*Can be taken easily with breakfast, lunch, and dinner.*





## PEPTIDE THERAPY

# AOD-9604

**What is AOD-9604?** Also called the *fat-burning peptide*, is an anti-obesity drug (AOD) that can also be used for losing weight for non-obese patients.

AOD-9604 is a crucial peptide for its role in weight loss and fat reduction, as well as regenerative properties. AOD is the last 15 amino acid sequence of human Growth Hormone and it is this sequence that holds the fat reducing capabilities of Growth Hormone.

### How does AOD-9604 reduce fat?

AOD 9604 works by stimulating lipolysis in adipocytes or fat cells by stimulating the pituitary gland which exists in the back of the brain and controls several natural processes. Lipolysis is the breakdown of fats and lipids by hydrolyzation of triglycerides into glycerol and fatty acids.

AOD also inhibits fat synthesis, or lipogenesis, the metabolic process that forms fat and increases triglycerides in the body. It does all of this by mimicking the effects of human Growth Hormone, without growth promotion or pro-diabetic (increased blood sugar) effects. AOD 9604 targets the areas of the body where the levels of fat are the highest (chest, stomach, thighs, etc). This can also help you build muscle mass. Thanks to fat loss, you may see a significant decrease in your body weight.

## Key features

### BENEFITS

- Decreases growth of new fat
- Boosts metabolism & burns calories
- Regulates blood sugar
- No increase in hunger or cortisol levels

*AOD-9604 will provide greater fat loss and increased caloric burn when regular exercise and a well-balanced diet are optimized.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Headache
- Chest tightness
- Palpitations

*These side effects are rare. AOD is recognized by the FDA as safe via its GRAS Status.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F)  
via subcutaneous injection  
*Best on an empty stomach*



# PEPTIDE THERAPY

## BPC-157

### What is BPC-157?

BPC-157, or Body Protecting Compound 157, is a naturally-occurring peptide made of 15 amino acids derived from human gastric juices that aid the body in recovery at the cellular level.

In a nutshell, BPC-157 works by enhancing your body's natural healing processes and thereby speeding up the rate of recovery from injury. BPC-157's function is to help with the body's regenerative process, which aids your cells in restoring the body by increasing the body's cellular production cycle. These benefits are most evident in injuries that result in muscle or tendon tears. When taking BPC-157 for injury recovery, there are many other benefits that could be expected, such as helping with healing in the gastrointestinal tract.

### How does BPC-157 work?

The regenerative properties of BPC-157 cause angiogenesis to occur. This means that the body produces new capillary tissue and increases its collagen production.

This combination of processes is what promotes the healing properties of BPC-157. This compound can significantly help those who may heal at a slower pace, such as the elderly or people with chronic illnesses. BPC-157 also has been shown to have a wide variety of protective effects on the organs. Specifically, human trials found BPC-157 to demonstrate this protective effect in the prevention of gastric ulcers while also healing stomach ulcers.

## Key features

### BENEFITS

- Accelerated healing & cellular regeneration
- Optimized joint health & reduced inflammation
- Better cognitive performance
- Alleviation of pain
- Amplified muscle strength & endurance

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Diarrhea
- Dizziness
- Mild GI discomfort

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*Best administered before bedtime.*



## PEPTIDE THERAPY

# DHHB

### What is DHHB?

DHH-B works by enhancing the effects of GABA, a neurotransmitter that helps calm the brain, leading to improved sleep and reduced anxiety. It also activates natural cannabinoid receptors in the body, which improves mood, relieves pain, and reduces inflammation. As a potent antioxidant, DHH-B lowers inflammation and oxidative stress throughout the body. Additionally, it reduces adrenaline levels, which are elevated during chronic stress, making it especially beneficial for those with Adrenal Fatigue Syndrome (AFS). DHH-B also lowers cortisol levels, helping to prevent serious physical issues associated with high stress. Unlike traditional anti-anxiety medications like benzodiazepines, DHH-B reduces anxiety without impairing respiration or motor skills, offering a safer alternative with fewer side effects.

### Why DHHB?

DHH-B promotes better sleep by boosting GABA activity, which relaxes both the mind and body, helping you fall asleep faster and increasing REM sleep.

Its antioxidant properties protect brain cells from damage and support overall brain health. DHH-B also reduces anxiety by calming excitatory neurons and lowering stress hormones like adrenaline and cortisol. Additionally, it can help alleviate headaches and muscle pain.

## Key features

### BENEFITS

- Stress reduction
- Improved mood
- Better sleep
- Reduced inflammation
- Neuroprotection
- Cardiovascular support
- Anti-anxiety

*Anyone with psychological conditions, stress, want to increase their energy, or are experiencing a decline in cognitive functions can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Possible neurotoxicity if taken at a high dose

*DHHB is very tolerable and there are very few side effects. It is known to be a powerful anti-anxiety medication without the muscle relaxation.*

### ADMINISTRATION

Capsule/Orally

### RECOMMENDED DOSAGE

1 capsule daily.  
Best to take before bedtime.



## PEPTIDE THERAPY

# FGL

### What is FGL?

Our brain has trillions of synaptic connections, which control cognitive functions and are constantly changing in strength, a process called "synaptic plasticity," essential for learning and memory. Cognitive deficits like autism and Alzheimer's are linked to altered synaptic plasticity. Research shows that FGL (Fibroblast Growth Factor) can enhance synaptic plasticity.

FGL also plays a role in the formation of synapses between neurons which results in improved synaptic plasticity and neuronal development. This in combination with enhanced synaptic transmission means FGL can help encode information, resulting in improved learning and memory. Add in neuronal cell protection and preservation and FGL becomes an important peptide with the potential to treat multiple conditions affecting cognitive function.

### What is FGL's role in the human brain?

FGL enhances memory in mice due to increased synaptic transmission. FGL improves several forms of memory and learning, including fear memory, spatial memory, and motor learning. In particular, improved spatial memory can last up to two weeks after FGL administration. In addition to enhancing many forms of memory, the FGL peptide can even prevent spatial memory impairment due to chronic stress. Additionally, it's being researched on its antidepressant properties.

### Can FGL be used to treat cognitive disorders?

Right now, there is research being conducted on FGL's potential positive effects on patient's with Alzheimer's, spinal cord injuries, stroke recovery, traumatic brain injuries, and multiple sclerosis. There are studies that show FGL has the ability to improve the brain's ability to modify connections between neurons and neuroplasticity.

## Key features

### BENEFITS

- Neuroprotective benefits
- Improved cognitive function
- Improved memory & learning
- Protection against neurotoxicity
- Antidepressant features

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Uncomfortable sensations in the nose
- Runny eyes

*Only a small percentage of participants reported these side effects.*

### ADMINISTRATION

Intranasal

### RECOMMENDED DOSAGE

5x a week (M-F) via nasal spray.



## PEPTIDE THERAPY

# ARA-290

### What is ARA-290?

ARA-290 is a synthetic peptide derived from erythropoietin (EPO), a hormone primarily known for regulating red blood cell production. Unlike EPO, ARA-290 does not significantly affect erythropoiesis (red blood cell formation). Instead, it selectively targets the innate repair receptor (IRR), a receptor complex involved in tissue protection and anti-inflammatory responses. Due to its unique mechanism, ARA-290 is being researched as a potential therapeutic for conditions involving chronic inflammation, nerve damage, and metabolic disorders.

### How Does ARA-290 Work?

ARA-290 exerts its effects by binding to the innate repair receptor (IRR), a specialized receptor found on cells involved in tissue repair and immune modulation. This activation leads to multiple beneficial physiological effects:

- **Reduces Inflammation:** ARA-290 helps modulate the immune response, reducing chronic inflammation associated with conditions like small fiber neuropathy (SFN), autoimmune disorders, and metabolic diseases.
- **Promotes Nerve Repair:** The peptide enhances nerve regeneration by protecting against oxidative stress and inflammatory damage, which may help alleviate neuropathic pain and improve nerve function.
- **Enhances Tissue Protection:** By stimulating IRR, ARA-290 helps mitigate tissue damage in organs such as the kidneys, heart, and vascular system, offering potential therapeutic applications for diabetic complications and cardiovascular health.
- **Improves Insulin Sensitivity:** Early research suggests that ARA-290 may have beneficial effects on glucose metabolism, making it a candidate for conditions like diabetes-related neuropathy.

## Key features

### BENEFITS

- Reduces inflammation
- Promotes nerve repair
- Protects tissues & organs
- Improves insulin sensitivity
- Minimal impact on red blood cell production

### POSSIBLE OCCURRENCES

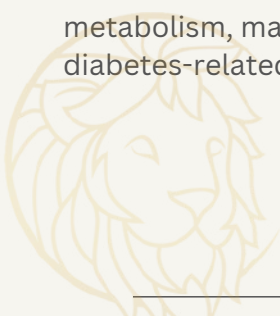
- Mild fatigue or dizziness
- Potential immune modulation effects

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once daily or a few times per week



# Macimorelin

## What is Macimorelin?

Macimorelin is a growth hormone secretagogue designed to increase growth hormone (GH) levels and insulin-like growth factor (IGF-1). By mimicking the effects of ghrelin—the body’s natural hunger hormone—macimorelin binds to ghrelin receptors (GHSR) in the brain, stimulating GH secretion throughout the body. This process influences key functions such as memory, appetite, pleasure, and cognition. One notable effect of GH secretagogues like ibutamoren is a significant increase in appetite.

## What does Macimorelin do?

Macimorelin triggers increased growth hormone production to help slow down the aging process and regulate other bodily functions. By stimulating growth hormone secretion, macimorelin can provide healthy patients and adults with GH deficiencies with several benefits, including body fat management, reduction in fatigue, more energy and faster recovery.

## Key features

### BENEFITS

- Increased muscle mass
- Reduced fat
- Improved sleep
- Increased bone density
- Improved cellular production

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- High sugar levels
- Water Retention
- Bloating

*Only a small percentage of participants reported these side effects.*



# PEPTIDE THERAPY

## *GHK-Cu*

### *Topical*

#### **What is GHK-Cu Topical?**

GHK-Cu, or Glycyl-L-Histidyl-L-Lysine Copper Peptide, is a naturally occurring peptide found in the human body. It possesses powerful regenerative properties and has been extensively studied for its ability to stimulate collagen production, promote wound healing, and support tissue remodeling.

GHK-Cu Peptide Therapy is a highly effective skincare solution, designed to enhance skin repair and reduce signs of aging. Originating from human plasma, this peptide demonstrates remarkable results in improving skin elasticity, reducing fine lines, and promoting a youthful complexion.

#### **How does GHK-Cu work?**

GHK-Cu acts to stimulate the production of metalloproteases and protease inhibitors which function to remove damaged tissue proteins. Together these functions increase the function of the cellular machinery and scaffolding to initiate repair and healthier tissue. One of the primary causes of skin aging is a decrease in the synthesis of collagen and elastin, proteins that provide firmness to the skin. GHK-Cu increases collagen and elastin formation in skin cells, which helps improve skin firmness and elasticity.

Copper Peptides including GHK-Cu help encourage hair growth by blocking the hormone dihydrotestosterone (DHT) which has been shown to curb hair growth. DHT is converted from testosterone thanks to the enzyme known as 5-alpha reductase. Copper peptides however, can help to stop this process because of their ability to obstruct the enzyme, therefore blocking the production of DHT and further hair loss.



## *Key features*

#### **BENEFITS**

- Stimulation of collagen synthesis
- Enhanced wound healing
- Anti-aging effects
- Accelerated tissue regeneration
- Antioxidant and anti-inflammatory properties
- Protect skin cells from UV radiation

*Anyone can benefit from taking this peptide.*

#### **POSSIBLE OCCURRENCES**

- Mild rash
- Mild GI discomfort
- Allergic reaction

*Side effects usually resolve within a few days.*

#### **ADMINISTRATION**

Topically

#### **RECOMMENDED DOSAGE**

After cleansing your skin, apply two pumps of the GHK-Cu cream to the skin or area of interest and gently massage it in for 5-10 seconds, once a day.

# IGF-1

### What is IGF-1?

Insulin-like growth factor-1 (IGF-1) is a hormone that, along with growth hormone (GH), helps promote normal bone and tissue growth and development. IGF-1 is primarily produced in the liver, skeletal muscles, and many other tissues in response to GH stimulation. IGF-1 mediates many of the actions of GH, stimulates the growth of bones and other tissues, and promotes the production of lean muscle mass.

Although IGF-1 provides several benefits similar to insulin such as lower blood sugar levels, the key difference is that “insulin mediates mainly a metabolic response, whereas IGF-1 mediates growth-promoting effects.” More specifically, IGF-1 works well in promoting and managing the effects of growth hormone in the body.

### Why does IGF decrease as we age?

It is well-documented that both growth hormone and insulin-like hormone-1 decline with age, as many things do, and the causes are multifactorial. Some of this is related to changes in sleep, stress, physical activity levels, body composition, and nutrition, which are common changes that happen as people age.

### How does IGF-1 help you gain muscle?

IGF-1 is known to promote nitrogen retention so your body can hold onto more protein for protein synthesis, which helps with muscle growth and tissue damage repair.

It is also known to protect you from bodily inflammation that occurs from high-intensity workouts, speeds up recovery times, stimulates skeletal muscle hypertrophy allowing you to build strength easily, and inhibits muscle breakdown. Lastly, it helps preserve muscle protein and age related muscle wasting.

## Key features

### BENEFITS

- Helps build muscle mass & increase strength
- Enhances physical performance
- Supports muscle recovery
- Regulates blood sugar levels
- Supports vascular health & bone health

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Nausea
- Headache
- Low blood sugar
- Fatigue
- Bloating

*If you are new to IGF-1, start with the recommended dose.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*Best administered 45 minutes before the gym or at night.*



## PEPTIDE THERAPY

# NAD<sup>+</sup>

### What is NAD<sup>+</sup>?

NAD, or nicotinamide adenine dinucleotide, is a coenzyme that naturally occurs in the body and plays a crucial role in various bodily functions such as muscle tone and growth, cell growth, and damage repair. However, the body's natural NAD levels decrease over time due to factors such as stress, environmental factors, and drug use.

Restoring NAD levels can have many health benefits, including improved metabolism, cognitive function, and the potential to reverse neurodegenerative diseases like Alzheimer's. Maintaining optimal NAD levels can promote positive long-term health outcomes by supporting healthy mitochondrial growth and function.

### Why should I take NAD<sup>+</sup>?

NAD<sup>+</sup> is considered a "miracle molecule" and can help repair cells throughout the body including neurons in the brain. It is used to power metabolism by enabling the mitochondria – the 'power stations' of the cell to convert the food we eat into the energy our body needs to sustain all its functions.

NAD<sup>+</sup> is highly regarded for its effect on aging and is considered the "closest we've gotten to a fountain of youth", according to a 2018 article published in TIME Magazine. Our bodies naturally produce NAD<sup>+</sup> but it has been observed to decline with age, hindering the natural repair mechanisms within our cells. So, if you can increase the levels of NAD<sup>+</sup> in your body, you may be able to stay healthy longer.

Additionally, NAD<sup>+</sup> has been known to help patients with drug and substance abuse, psychological conditions such as depression and anxiety, and anyone interested in increasing their neurological function.

## Key features

### BENEFITS

- Increase energy levels
- Enhanced mood & mental clarity
- Reduced fatigue & improve sleep
- Prevent & correct damage to DNA
- Restore brain chemistry & neurotransmitter function

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Flushing & warm sensation
- Headaches
- Nausea
- Dizziness
- Pain at the injection site

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Can be taken daily via intramuscular, depending on the dosage.

*Best administered in the morning.*

# Pentadeca Arginate

## What is Pentadeca Arginate?

Pentadeca Arginate, also known as Peptide PDA, is a bioactive compound recognized for its regenerative and healing properties. It is derived from a peptide sequence known as BPC-157, which consists of 15 amino acids and is originally found in human gastric juice.

Pentadeca Arginate is used primarily for its ability to enhance tissue repair, promote muscle growth, and aid in sports performance. It supports the body's natural processes in building muscle, reducing fat, and improving overall cellular function.

This peptide has been shown to accelerate the healing of wounds, tendons, and ligaments, reduce inflammation, and protect organs, including the heart and stomach.

## How does Pentadeca Arginate work?

Pentadeca Arginate (PDA) promotes angiogenesis, the formation of new blood vessels, aiding in wound healing and tissue repair by improving oxygen and nutrient supply to damaged tissues.

With anti-inflammatory properties from arginine, PDA can reduce inflammation, alleviate pain, and speed up healing. It also boosts collagen production, strengthening skin, tendons, and connective tissues.

PDA is beneficial for sports performance, as well as for individuals who heal slower, such as the elderly or those with chronic illnesses, and offers protective effects for organs.



## Key features

### BENEFITS

- Tissue repair & wound healing
- Muscle growth & sports performance
- Anti-aging
- Pain reduction
- Anti-inflammatory properties
- Collagen synthesis

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Mild GI discomfort
- Dizziness
- Irritation at the injection site

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection or Capsules

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection or can be taken by mouth if preferred.

*Best administered at night before bedtime.*

# PEPTIDE THERAPY

## Pinealon

### What is Pinealon?

Pinealon is a highly regarded nootropic peptide, known for its neuroprotective and cognitive-enhancing properties. Originally derived from the neuroprotective agent Cortexin, Pinealon is a synthetic tripeptide composed of Glutamine, Asparagine, and Arginine (Glu-Asp-Arg). It falls under a class of peptide bioregulators called cytogens, which target specific organs or tissues—in this case, the pineal gland.

Pinealon has shown promise in reversing age-related cognitive decline by stimulating the nervous system and increasing oxygen supply to the brain. This has been linked to improvements in memory, learning, and overall brain function. Its potential to treat neurological disorders like Alzheimer's, Parkinson's, and other cognitive impairments is garnering significant attention in the medical community. As research progresses, Pinealon is emerging as a groundbreaking peptide with life-changing potential for those suffering from neurodegenerative conditions.

### Why Pinealon?

Pinealon peptide therapy helps improve attention, memory, and sleep, while also combating stress, fatigue, insomnia, and depression. It's being researched for treating brain injuries, stroke, chronic fatigue, Parkinson's, Alzheimer's, and neuro-infections. Pinealon integrates with brain DNA, potentially restoring cell protein synthesis.

It may boost oxygen flow to the brain, stimulate the nervous system, and help treat central and peripheral nervous system diseases. Known for its anti-aging benefits, Pinealon could slow aging and improve brain function, showing immense potential in neuroprotection.

## Key features

### BENEFITS

- Increased cognitive function
- Boosts memory & clears brain fog
- Regulates sleep cycles
- Boosts oxygen and blood flow
- Improves vascular health

*Anyone who struggles with attention deficit disorders, a decline in cognitive function, or who want to maintain a healthy brain and memory function can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Headaches
- Dizziness
- Irritation at the injection site
- Runny or stuffy nose

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

## PEPTIDE THERAPY

# PT-141

### What is PT-141?

PT-141 (Bremelanotide), also known as “the love hormone,” is a peptide derived from the melanocortin family. This unique compound has been developed to activate specific receptors in the brain, primarily the melanocortin-4 receptor (MC4R). By binding to these receptors, PT-141 (Bremelanotide) stimulates the release of various neurotransmitters, resulting in a cascade of effects that can have profound implications for sexual health and overall well-being.

Imagine a key that unlocks the doors to improved sexual health and enhanced well-being. PT-141 is just that key, a revolutionary peptide that has garnered significant attention for its potential in transforming the lives of individuals dealing with sexual dysfunction and other related issues.

### How does PT-141 work?

PT-141 (Bremelanotide) stimulates the central nervous system, increasing dopamine and affecting norepinephrine and serotonin, which regulate sexual desire, arousal, and mood. Unlike other treatments, it targets the nervous system, not the vascular system, to boost sexual desire. PT-141 is FDA-approved for hypoactive sexual desire disorder.

PT-141 when used correctly, can boost your sexual desire and arousal to lead to improvements in your sexual health and/or performance. But no matter what, make sure you use the correct dosage of PT-141 to maximize its benefits while minimizing the likelihood of any side effects.

## Key features

### BENEFITS

- Enhanced sexual libido
- Improved sexual satisfaction
- Reduced sexual anxiety & improved confidence
- Aid in treating erectile dysfunction (ED)
- Enhanced sexual arousal

*Anyone experiencing sexual dysfunction can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Flushing
- Headaches
- Nausea
- Irritation at the injection site
- Runny or stuffy nose

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection or Intranasal

### RECOMMENDED DOSAGE

Before sexual activity via a subcutaneous injection.

*Best administered 45 minutes before.*





# Sermorelin

## What is Sermorelin?

Sermorelin is a growth hormone-releasing hormone analog that stimulates the pituitary gland to release growth hormone. It has 29 amino acid chains and is primarily used as a base for introducing people to peptide therapy. Besides stimulating the release of GH, Sermorelin extends growth hormone highs.

Sermorelin offers a powerful and targeted approach to optimizing growth hormone levels for improved physical performance, body composition, and overall vitality. Some of the benefits that Sermorelin can produce are boosting lean muscle mass, improving immune system health and can also help enhance natural sleeping patterns.

## Why Sermorelin?

Sermorelin can help us turn back the clock of aging. It is best used to help increase lean body mass, increase your libido, help improve sleep, help you boost your immunity, as well as help to improve cognitive function. It can also be used as a replacement for hGH.

## Key features

### BENEFITS

- Increased muscle mass & fat loss
- Improved sleep quality
- Enhanced energy levels
- Improves cognitive function
- Boosted immune function
- Enhanced Recovery & healing

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Headache
- Mild GI discomfort
- Flushing

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*For best results, administer at bedtime.*



# PEPTIDE THERAPY

## TB-500

### What is TB-500?

TB-500's low molecular weight and structure give it the mobility needed to circulate throughout the entire body and travel through tissues, taking corrective action on injured areas. This peptide is typically used for muscle regrowth and repair in patients who have experienced trauma or to help speed up recovery time for athletic injuries as well.

### Why TB-500?

#### Are there any specific conditions or injuries that TB-500 is particularly effective for?

- **Muscle Injuries:** TB-500 has demonstrated promise in fostering the regeneration and repair of muscles, suggesting that it may be advantageous for treating muscle rips, strains, or injuries brought on by trauma or physical exercise.
- **Tendon and Ligament Injuries:** TB-500 may help treat tendon and ligament injuries, such as tendonitis or ligament sprains, because of its capacity to encourage collagen synthesis and induce tissue regeneration.
- **Wound Healing:** Ulcers and chronic wounds may heal more quickly thanks to TB-500's stimulation of angiogenesis, cell migration, and tissue repair mechanisms.
- **Joint Health:** People with osteoarthritis or other degenerative joint disorders may find relief from joint injuries because to TB-500's anti-inflammatory properties and capacity to promote tissue repair.
- **Neurological Disorders:** According to certain research, TB-500 may have neuroprotective properties and be helpful in treating neurological diseases including traumatic brain damage, stroke, Alzheimers. Nonetheless, additional study in this field is required.

## Key features

### BENEFITS

- Reduces inflammation
- Increases joint flexibility
- Helps repair the heart
- Promotes bone healing
- Promotes faster wound healing
- Promotes hair growth
- Improves cardiovascular function

*Anyone with muscle-related injuries, suppressed immune system, or athletes can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Head rush
- Fatigue
- Nausea
- 
- 

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*Can be administered in the morning or nighttime.*



## PEPTIDE THERAPY

# Tesamorelin

**What is Tesamorelin?** Tesamorelin's origin is rooted in scientific research aimed at understanding and addressing hormone regulation and metabolism. Specifically, Tesamorelin was developed with the goal of stimulating the production and release of growth hormone-releasing hormone in the body.

While Tesamorelin's primary action is increasing an individual's natural growth hormone levels, its effects on fat loss have garnered considerable attention. Research has shown that Tesamorelin can significantly help reduce visceral fat in people with excessive abdominal fat.

### How does Tesamorelin work?

Once Tesamorelin is inside the human body, the peptide binds to GHRH receptors to stimulate the pituitary gland into releasing growth hormone at a rate similar to the body's naturally occurring GHRH traveling through the bloodstream. Once more growth hormone is released, it boosts metabolism and improves muscle growth, which helps to burn more calories and decrease body fat.

The peptide can also help to increase insulin growth factor (IGF-1), which can help to lower glucose levels and further stimulate weight loss. By increasing growth hormone levels, Tesamorelin can promote the breakdown of fat stores, particularly visceral fat (abdominal) leading to improvements in body composition and fat distribution.

## Key features

### BENEFITS

- Increased fat loss
- Reduction of abdominal fat
- Increased IGF-1 levels
- Improved sleep quality
- Increased lean muscle growth & strength
- Improved cardiovascular function & stamina
- Boosts immune system

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Muscle pain or stiffness
- Headache
- Dizziness

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*For best results, administer at bedtime or 90 minutes after your last meal.*



# PEPTIDE THERAPY

## SS-31

### What is SS-31?

SS-31 (also known as elamipretide) is a synthetic tetrapeptide designed to target and protect mitochondria, the energy-producing structures within cells. It works by stabilizing cardiolipin, a crucial phospholipid found in the inner mitochondrial membrane, which helps maintain mitochondrial function and efficiency. By reducing oxidative stress and enhancing energy production, SS-31 has shown promise in treating various conditions associated with mitochondrial dysfunction, such as neurodegenerative diseases, cardiovascular conditions, and age-related decline.

### How does SS-31 work?

SS-31 works by stabilizing mitochondrial membranes through its interaction with cardiolipin, reducing oxidative stress by neutralizing excess reactive oxygen species (ROS), and enhancing ATP production for improved cellular energy. By protecting against mitochondrial dysfunction, SS-31 supports overall cell health, preventing damage linked to chronic diseases and aging.

## Key features

### BENEFITS

- Enhances mitochondrial function
- Reduces oxidative stress
- Protects against cellular aging
- Support cardiovascular health
- Improves muscle and metabolic health

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Mild Nausea
- Fatigue

*TTA is safe and well tolerated. Side effects usually resolve within a few days, if any at all.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once daily





## PEPTIDE THERAPY

# Tesofensine

### What is Tesofensine?

Tesofensine is a drug that was initially investigated as a treatment for Alzheimer's disease due to its ability to enhance brain function. However, during clinical trials, researchers observed a significant side effect: weight loss. This unexpected discovery prompted further investigation into tesofensine's potential as a weight loss aid.

### How does Tesofensine work?

Dopamine, norepinephrine, and serotonin help balance energy and are linked to depression and obesity. Tesofensine boosts neurotransmitter transmission in the brain. Dopamine, in particular, creates feelings of pleasure and satisfaction. Low dopamine levels can lead to behavioral changes, glucose intolerance, obesity, and weight gain.

Here's how it achieves these effects:

***Appetite Suppression:*** Tesofensine affects certain neurotransmitters in the brain, such as serotonin, norepinephrine, and dopamine. By modulating these neurotransmitters, it helps control appetite and reduce food cravings, making it easier to consume fewer calories and avoid overeating.

***Increased Energy Expenditure:*** Tesofensine also increases the body's energy expenditure or metabolism to help the body burn more calories, even when at rest. This effect contributes to weight loss by creating a calorie deficit and allowing the body to burn more calories than it consumes.

## Key features

### BENEFITS

- Reduction in body weight
- Reduction in body fat
- Mood regulation
- Reduction in visceral fat
- Better sleep
- Improvement in overall quality of life

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Dry mouth
- Headaches
- Increased blood pressure & heart rate

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Orally

### RECOMMENDED DOSAGE

Once a day in the morning.



# Tetradecylthioacetic Acid

## What is Tetradecylthioacetic Acid (TTA)?

Tetradecylthioacetic Acid is an omega-3 fatty acid with fat-burning properties. While your body cannot use it as a source of energy, it can help regulate the amount of fat that your body can store by affecting genes associated with metabolism.

In addition, Tetradecylthioacetic Acid is also known to improve your overall health through its antioxidant, anti-inflammatory, and anti-cancer properties.

## How does Tetradecylthioacetic Acid work?

Tetradecylthioacetic acid (TTA) protects the body from excess fat by activating PPAR- $\alpha$ , which removes fat from the blood and burns it for energy. This also reduces bad cholesterol (LDL) and lowers blood pressure.

TTA, often combined with supplements like Sesamin, helps reduce hunger, promotes fat burning, and enhances mitochondrial function to boost metabolism.

Additionally, TTA has antioxidant, anti-inflammatory, and immune-boosting properties. By improving glucose use and reducing insulin levels, TTA helps prevent fat storage and supports overall fat loss.

## Key features

### BENEFITS

- Promotes fat loss
- Improves cholesterol levels & cardiovascular health
- Improves blood sugar levels
- Fights inflammation
- Offers anti-oxidative effects

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Headache
- Cramping

*TTA is safe and well tolerated. Side effects usually resolve within a few days, if any at all.*

### ADMINISTRATION

Capsule/Orally

### RECOMMENDED DOSAGE

3 capsules daily.

*Can be taken easily with breakfast, lunch, and dinner.*



## PEPTIDE THERAPY

# Thymulin

**What is Thymulin?** The thymus produces and secretes the hormone thymosin, as well as thymopoietin and thymulin. Thymulin is involved in the creation of cells responsible for driving your body's immune response. It is a nonapeptide hormone consisting of nine amino acids and is primarily produced by thymic epithelial cells.

Thymulin is sometimes used interchangeably with Thymalin. Thymulin enhances the proliferation of both T-helper cells involved in viral infections as well as T-suppressor cells which help in regulating autoimmune diseases and protecting against cancer.

It's also known as a neuroendocrine hormone because of its role in the immune system, exerting immunoregulatory actions that contribute to overall health and vitality. As we age, the levels of Thymulin decline leading to potential imbalances in the immune system with associated health issues.

### How does Thymulin work?

Thymulin supports the thymus and helps regulate its function. Thymulin itself is a hormone produced by the thymus gland that is important for the development and function of immune cells. The thymus gland produces thymulin and T-cells, a type of white blood cell that plays a critical role in fighting infections and diseases.

Thymulin's primary mode of action with respect to immunity involves the creation of cells responsible for driving the body's immune response. As stated before, as we age our body's natural levels of Thymulin decrease which can lead to health issues. That is where supplementing with Thymulin peptide therapy can help!

## Key features

### BENEFITS

- Immune system support
- Anti-aging properties
- Better stress response
- Better wound healing
- Anti-inflammatory effects
- Metabolic regulation
- Cognitive function
- Increased longevity

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritated/red injection site (*common*)
- Palpitations and irritability
- Dizziness

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

5x a week (M-F) via a subcutaneous injection.

*For best results, administer at the discretion of your wellness provider.*



## PEPTIDE THERAPY

# VIP

### What is Vasoactive Intestinal Peptide (VIP)?

VIP is a 28-amino-acid peptide that is primarily produced in the hypothalamus, but many other tissues in the human body as well – immune cells, endocrine cells, the pancreas, and more. But unlike other peptides, it has numerous health benefits for several biological systems.

Vasoactive intestinal peptide (VIP), a gut peptide hormone originally reported as a vasodilator in 1970, has multiple physiological and pathological effects on development, growth, and the control of neuronal, epithelial, and endocrine cell functions that in turn regulate ion secretion, nutrient absorption, gut motility, glycemic control, carcinogenesis, immune responses, and circadian rhythms.

VIP is known as neuropeptide that functions as a neuromodulator and neurotransmitter. It is a potent vasodilator, regulates smooth muscle activity, epithelial cell secretion, and blood flow in the gastrointestinal tract. There are so many known benefits to VIP which contribute to increasing your lifespan and a reduce the chance of contracting age-related diseases.

## Key features

### BENEFITS

- Immune modulation and anti-inflammatory properties
- Promotes a healthy gut
- Improved respiratory health & heart health
- Boosts immune system
- Possible treatment for arthritis

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Low blood pressure
- Rashes
- Dizziness
- Headaches & migraines (not as common)

*Side effects usually resolve within a few days, but it is one of the most tolerated peptides on the market.*

### ADMINISTRATION

Intranasal

### RECOMMENDED DOSAGE

5x a week (M-F) via a nasal spray, up to 4x a day.



## PEPTIDE THERAPY COMBINATIONS

# CJC-1295+ Ipamorelin

**What is CJC-1295?** CJC-1295 is an incredibly effective peptide which works by stimulating the release of your own body's growth hormones (which drop quickly after the age of 30). Research has shown that CJC-1295 can increase growth hormone levels by 200-1000% and the elevated growth hormone production continues for up to 6 days.

### What is Ipamorelin?

Ipamorelin acts in a completely different way than CJC-1295 by mimicking ghrelin. This is an important distinction between both peptides because Ghrelin is responsible for initiating the breakdown of fat for use as energy as well as preventing the breakdown of muscles. Ipamorelin is cleared from the body more rapidly as its half-life is much shorter.

### Why combine these together?

CJC-1295 and Ipamorelin are combined in therapy because they are known to work very well together. Generally, when combined, we see a 3-5 fold increase in growth hormone release over Ipamorelin alone. This will increase the benefits of your peptide therapy over using a single peptide alone. CJC-1295/Ipamorelin is a combination of peptides designed to stimulate the body's natural production of growth hormones. These injections are used to promote muscle growth, aid in fat loss, and improve overall vitality.

## Key features

### BENEFITS

- Improved stamina & higher energy
- Anti-aging benefits
- Increased metabolism & mental focus
- Improved joint health
- Stronger nails and hair
- Lower inflammation in the body

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritation at injection site
- Headaches
- Water retention
- Nausea

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once a day via subcutaneous injection.

*Most patients see changes in 1mo, but best results are seen 3-6mo after therapy.*



## PEPTIDE THERAPY COMBINATIONS

# Sermorelin + Ipamorelin

### What is Sermorelin?

Sermorelin is a synthetic version of growth hormone-releasing hormone (GHRH), which stimulates natural growth hormone production. It's commonly used in peptide therapy to optimize GH levels, enhancing physical performance, body composition, and vitality. Benefits of Sermorelin include increased lean muscle mass, improved immune health, better sleep, and enhanced cognitive function. It can also be used as an anti-aging therapy, boosting libido and serving as an alternative to hGH.

### What is Ipamorelin?

Ipamorelin is a synthetic version of ghrelin, which stimulates the release of growth. Acting like ghrelin, ipamorelin stimulates the release of growth hormone-releasing hormone and reduces the release of somatostatin.

### Why combine these together?

Sermorelin and Ipamorelin are often combined because they have synergistic properties. Research and real-world application have proven them to help slow down the aging process, increase muscle mass, decrease fat mass, reduce inflammation, and heal the gut. These two signaling molecules mimic natural hormones within the body to stimulate the release of growth hormones from the pituitary gland. Not only do they stimulate the production and release of your own body's growth hormone, but they are able to do so in a way that is safe and complementary with one another.

## Key features

### BENEFITS

- Increased body fat loss & muscle mass
- Increased cognitive function
- Enhanced immune system
- Better sleep
- Enhanced flexibility & joint health
- Lower inflammation in the body

*Anyone can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Irritation at injection site
- Headaches
- Mild GI discomfort
- Flushing

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once a day via subcutaneous injection.

*Most patients see changes in 1mo, but best results are seen 3-6mo after therapy.*





## PEPTIDE THERAPY

# PE-22-28

### What is PE-22-28?

PE-22-28 is a synthetic peptide derived from adrenocorticotrophic hormone (ACTH), specifically designed to mimic its neuroprotective and mood-regulating properties. This peptide is being explored for its potential to influence the central nervous system (CNS) by modulating stress responses, anxiety, and depressive symptoms. Unlike traditional treatments, PE-22-28 is thought to provide neuroprotection with fewer side effects, making it a promising candidate for mental health and cognitive function applications.

### How PE-22-28 works?

PE-22-28 acts through several key mechanisms to support brain health and emotional well-being:

- Regulates Neurotransmitters – Influences dopamine and serotonin pathways, potentially reducing symptoms of depression and anxiety.
- Modulates Stress Response – Interacts with the hypothalamic-pituitary-adrenal (HPA) axis to help balance cortisol levels and improve resilience to stress.
- Supports Neuroprotection – Enhances neuronal survival and may help mitigate neurodegeneration by reducing oxidative stress and inflammation.
- Improves Cognitive Function – May enhance focus, learning, and memory by supporting healthy brain cell function.

## Key features

### BENEFITS

- May reduce anxiety and depression
- Supports stress resilience
- Potential neuroprotective properties
- Enhances cognitive performance

### POSSIBLE OCCURRENCES

- Mild fatigue
- Possible mood fluctuations

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once daily



## PEPTIDE THERAPY

# Semax

### What is Semax?

Semax is a synthetic peptide originally developed in Russia as a nootropic and neuroprotective agent. It is derived from adrenocorticotrophic hormone (ACTH) but lacks hormonal effects, making it safe for long-term use. Semax is widely used for its ability to enhance cognitive function, neuroplasticity, and mental performance, while also offering neuroprotection against stress and brain injuries.

### How Semax works?

Semax exerts its effects through multiple mechanisms to support brain function:

- Increases BDNF (Brain-Derived Neurotrophic Factor) – Enhances neuroplasticity, aiding memory formation and learning.
- Modulates Neurotransmitters – Regulates dopamine and serotonin levels, improving mood and mental clarity.
- Reduces Oxidative Stress – Protects neurons from damage and supports brain cell longevity.
- Enhances Blood Flow to the Brain – Improves oxygen and nutrient delivery, promoting cognitive function and focus.
- Supports Stress Resilience – Helps regulate the hypothalamic-pituitary-adrenal (HPA) axis to mitigate the effects of stress and fatigue.

## Key features

### BENEFITS

- Enhances memory & learning
- Boosts focus and mental clarity
- Supports mood & emotional stability
- Provides neuroprotection
- Improves recovery from brain injuries

### POSSIBLE OCCURRENCES

- Mild irritability
- Insomnia
- Headaches

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once or twice daily



## PEPTIDE THERAPY

# Selank

### What is Selank?

Semax is a synthetic peptide originally developed in Russia as a nootropic and neuroprotective agent. It is derived from adrenocorticotrophic hormone (ACTH) but lacks hormonal effects, making it safe for long-term use. Semax is widely used for its ability to enhance cognitive function, neuroplasticity, and mental performance, while also offering neuroprotection against stress and brain injuries.

### How Selank works?

Semax exerts its effects through multiple mechanisms to support brain function:

- Increases BDNF (Brain-Derived Neurotrophic Factor) – Enhances neuroplasticity, aiding memory formation and learning.
- Modulates Neurotransmitters – Regulates dopamine and serotonin levels, improving mood and mental clarity.
- Reduces Oxidative Stress – Protects neurons from damage and supports brain cell longevity.
- Enhances Blood Flow to the Brain – Improves oxygen and nutrient delivery, promoting cognitive function and focus.
- Supports Stress Resilience – Helps regulate the hypothalamic-pituitary-adrenal (HPA) axis to mitigate the effects of stress and fatigue.

## Key features

### BENEFITS

- Enhances memory & learning
- Boosts focus and mental clarity
- Supports mood & emotional stability
- Provides neuroprotection
- Improves recovery from brain injuries

### POSSIBLE OCCURRENCES

- Mild irritability
- Insomnia
- Headaches

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

Once or twice daily



## PEPTIDE THERAPY

# SLU-PP-32

### What is SLU-PP-32?

SLU-PP-32 is a synthetic estrogen receptor-related orphan receptor (ERR) agonist, which activates an amplified aerobic exercise mode. This agent improves a natural metabolic route which typically happens in response to exercise, it amplifies energy expenditure and results in faster body fat metabolism. The drug can potentially transform the future of fitness and can facilitate weight loss by stimulating the body's muscles during exercise. The mechanism of action of SLU-PP-32 is to activate ERRs, leading to increased energy expenditure, fatty acid oxidation, and decreased fat mass accumulation

### What is an exercise mimetic?

An exercise mimetic is a compound or drug that mimics some of the beneficial effects of physical exercise at a cellular or metabolic level without requiring actual physical activity. These compounds typically work by activating pathways involved in energy metabolism, endurance, muscle function, or fat burning—similar to how the body responds to exercise. Exercise mimetics target key biological processes, such as:

- Mitochondrial function – Enhancing the body's ability to produce and use energy.
- AMPK activation – A key enzyme that regulates energy balance and mimics endurance training effects.
- PPAR/ERR activation – Boosting fat metabolism and endurance, similar to long-duration exercise.

## Key features

### BENEFITS

- Enhanced metabolism
- Improved endurance
- Mitochondrial function support
- Potential therapeutic applications

### POSSIBLE OCCURRENCES

- Water retention
- Bloating







GLP-1s

ba

## PEPTIDE THERAPY

# Tirzepatide

### What is Tirzepatide?

Tirzepatide is a medication that is used for weight loss and obesity treatment. It works as a Glucagon-like peptide (GLP)-1 receptor agonist and Gastric Inhibitory Peptide (GIP) agonist to maximize similar benefits seen with other GLP-1 medications, such as Semaglutide.

Tirzepatide is given as a once-weekly injection and is used in conjunction with diet and exercise to help people lose weight.

### How does Tirzepatide work?

Tirzepatide activates GLP-1 receptors in the brain, which reduces the activity in the brain that controls appetite and increases the neuronal functions that control feelings of fullness.

Tirzepatide increases insulin secretion, suppresses glucagon secretion, and slows gastric emptying. As a GIP, it activates the glucagon receptors, leading to weight loss and improved glucose control.

Specifically, it works by activating GLP-1 receptors in the brain, which reduces the activity of the brain regions that control appetite and increases the activity of the brain regions that control feelings of fullness. This leads to a decrease in food cravings and a decrease in the amount of food that is consumed during meals. *Tirzepatide results in decreased appetite, increased satiety, and increased weight loss.*

## Key features

### BENEFITS

- Significant weight loss (15-20% average)
- Improved metabolic health & blood sugar control
- Reduced risk of weight-related health conditions such as diabetes & high blood pressure

*Anyone experiencing obesity, insulin resistance due to diabetes or PCOS, and pre-diabetics can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Nausea
- Dizziness
- GI discomfort & constipation
- Fatigue

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

1x a week, via a subcutaneous injection.





## PEPTIDE THERAPY

# Semaglutide

### What is Semaglutide?

Semaglutide is a medication that is used for weight loss and obesity treatment. It is given as a once-weekly injection and is used in conjunction with diet and exercise to help people lose weight.

Semaglutide targets brain appetite centers, decreasing hunger and increasing satiety, aiding in calorie reduction and a healthier diet. It also delays the rate at which the stomach empties, which results in a slower absorption of nutrients, including glucose.

### Why Semaglutide?

Semaglutide works by mimicking a naturally occurring hormone. As those hormone levels rise, the molecules go to your brain, telling it you're full. It also slows digestion by increasing the time it takes for food to leave the body. This helps patients lose weight by reducing appetite and increasing feelings of fullness, which leads to a decrease in food intake and calorie consumption.

Specifically, it works by activating GLP-1 receptors in the brain, which reduces the activity of the brain regions that control appetite and increases the activity of the brain regions that control feelings of fullness. This leads to a decrease in food cravings and a decrease in the amount of food that is consumed during meals, which therefore leads to help in losing more weight faster!

## Key features

### BENEFITS

- Significant weight loss (15-20% average)
- Improved metabolic health & blood sugar control
- Reduced risk of weight-related health conditions such as diabetes & high blood pressure

*Anyone experiencing obesity, insulin resistance due to diabetes or PCOS, and pre-diabetics can benefit from taking this peptide.*

### POSSIBLE OCCURRENCES

- Nausea
- Dizziness
- GI discomfort & constipation
- Fatigue

*Side effects usually resolve within a few days.*

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

1x a week, via a subcutaneous injection.



# HORMONES

*ba*

## HORMONE THERAPY

# TRT

### What is TRT?

As vital as endogenous testosterone is, our bodies gradually lose some of this hormone over time, resulting in the need for therapy to bring this essential substance back to normal levels. This moment is where testosterone therapy or TRT (testosterone replacement therapy) enters the picture.

In the case of TRT, this means using exogenous testosterone (generally prescribed as an injection) to bring testosterone levels back to a healthy range and help maintain those levels in the human body.

Normal blood work is important before and during TRT to ensure that red blood cell counts, blood lipids, and prostate-specific antigen are healthy. It's important to remember that TRT is not a one-size-fits-all treatment protocol; some men will respond to testosterone more quickly than others.

### What are the benefits?

- Heightened libido & sex drive
- Better erectile quality
- Improvement in energy levels and cognitive function
- More vitality, motivation, and confidence throughout the day
- Healthier appetite regulation
- Improved sleep quality

After several months of TRT, many patients experience:

- More efficient muscle growth (as part of a diligent weight training regimen)
- Enhanced recovery after exercising
- Fuller facial hair growth
- Better bone and joint health
- Increase in red blood cell production
- Improved immune function

## Key features

### POSSIBLE OCCURRENCES

- Oily skin & acne
- Polycythemia
- Peripheral edema
- Insomnia

### ADMINISTRATION

Injection

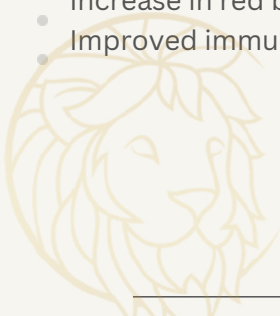
### RECOMMENDED DOSAGE

1-2x a week, via a intramuscular injection.

### TYPES AVAILABLE:

- Cypionate
- Enanthate
- hCG
- Enclomiphene

*Type will be determined after a wellness consultation and bloodwork.*





# Testosterone Cypionate

## What is Testosterone Cypionate?

Testosterone Cypionate is used to treat males whose bodies do not make enough natural testosterone, a condition called hypogonadism. Testosterone is a male hormone responsible for the growth and development of the male sex organs and maintenance of secondary sex characteristics.

Low testosterone levels in males can lead to mood changes, difficulty concentrating, erectile dysfunction (trouble getting or keeping an erection), and low sex drive. It can also cause loss of body hair and muscle mass, anemia (low level of red blood cells), and osteoporosis (weakened bones).

There are two types of hypogonadism: *Primary* and *Hypogonadotropic*. This drug may be used to treat both. *Primary hypogonadism* occurs when the testicles can't produce enough testosterone. *Hypogonadotropic hypogonadism* occurs when there is damage to parts of the brain (hypothalamus or pituitary gland) that tell the testicles to produce testosterone.

## Key features

### BENEFITS

- Heightened libido & sex drive
- Better erectile quality
- Improvement in energy levels and cognitive function
- More vitality, motivation, and confidence throughout the day
- Improved immune function

### POSSIBLE OCCURRENCES

- Oily skin & acne
- Polycythemia
- Peripheral edema
- Insomnia

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

1-2x a week, via a intramuscular injection.



# Testosterone Enanthate

## What is Testosterone Enanthate?

Testosterone Enanthate is a long-acting form of the hormone testosterone. It is commonly prescribed to treat conditions arising from a deficiency or absence of endogenous testosterone, such as hypogonadism in males.

Research indicates that Testosterone Enanthate effectively mimics the body's natural production of testosterone, providing a steady release of the hormone into the bloodstream.

## How does Testosterone Enanthate work?

The mechanism of action of Testosterone revolves around its role as a synthetic form of testosterone. Once administered, it is absorbed into the bloodstream and subsequently converted into both testosterone and dihydrotestosterone. These hormones bind to androgen receptors located in various tissues throughout the body.

Testosterone enhances protein synthesis and nitrogen retention, leading to increased muscle mass and strength. It also influences other physiological processes such as red blood cell production and bone density. By binding to androgen receptors, it modulates the transcription of specific genes, leading to the development and maintenance of male secondary sexual characteristics.

## Key features

### BENEFITS

- Heightened libido & sex drive
- Better erectile quality
- Improvement in energy levels and cognitive function
- More vitality, motivation, and confidence throughout the day
- Improved immune function

### POSSIBLE OCCURRENCES

- Oily skin & acne
- Polycythemia
- Peripheral edema
- Insomnia

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

1-2x a week, via a intramuscular injection.



## HORMONE THERAPY

# hCG

### What is hCG?

hCG is analog of luteinizing hormone (LH), which is produced in a man's pituitary gland and plays a critical role in men by signaling the testes to produce testosterone.

In men, doctors prescribe hCG to help address the symptoms of hypogonadism, such as low testosterone and infertility. hCG can help the body increase its production of testosterone and sperm, which can help reduce infertility.

Symptoms of testosterone deficiency include:

- Fatigue
- Stress
- Low libido
- Depressed mood

### What are the benefits?

- **Improved fertility:** hCG can help restore sperm production that has been suppressed by testosterone replacement therapy or hypogonadism. It can also be used in combination with other fertility drugs to help women get pregnant.
- **Increased testosterone levels:** hCG can help increase testosterone production, which can lead to increased libido and sexual performance.
- **Maintained testicular function:** hCG can help maintain testicular size and function, including sperm production. This can help prevent testicular atrophy, which can be a side effect of testosterone replacement therapy.
- **Reversed effects of steroid use:** hCG can help reverse and prevent side effects of excessive steroid use, such as shrunken testicles, infertility, and enlarged prostate glands.

## Key features

### POSSIBLE OCCURRENCES

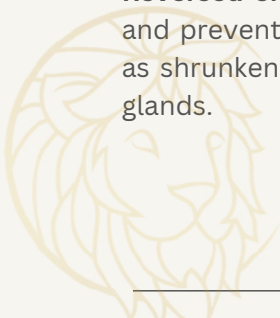
- Pain at injection site
- Stomach pain
- Vomiting
- Nausea

### ADMINISTRATION

Injection

### RECOMMENDED DOSAGE

To be determined by provider, via intramuscular injection.





# Enclomiphene

**What is Enclomiphene?** Enclomiphene is a medication that's used to treat male infertility and secondary hypogonadism. It's a selective estrogen receptor modulator (SERM) that increases testosterone production by blocking estrogen receptors in the brain. This causes the body to release more chemicals that help produce testosterone.

## How does Enclomiphene work?

- **Blocking estrogen receptors:** Enclomiphene blocks the negative feedback loop that estrogen receptors normally create.
- **Stimulating gonadotropin-releasing hormone (GnRH):** This hormone stimulates the release of follicle-stimulating hormone (FSH) and luteinizing hormone (LH) from the anterior pituitary.
- **Increasing testosterone production:** Enclomiphene speeds up the body's natural production of testosterone.

## Key features

### BENEFITS

- Boosts testosterone levels
- Treats male fertility
- Enhances athletic performance

### POSSIBLE OCCURRENCES

- Acne
- Headache
- Nausea

### ADMINISTRATION

Orally

### RECOMMENDED DOSAGE

1 capsule once daily.



# Progesterone

### What is Progesterone?

While commonly associated with women's health, Progesterone is essential for men's hormonal balance and well-being, beyond just being a precursor to testosterone. It regulates important functions like bone density, blood sugar levels, and cognitive health. Low progesterone in men can cause "estrogen dominance," leading to symptoms such as erectile dysfunction, fatigue, and decreased libido.

Studies also show men with lower progesterone are more likely to be overweight, while those with lean body mass tend to have naturally higher levels. Supplementing with progesterone has been shown to reduce stress, enhance mood, and increase alertness. Under medical supervision, progesterone supplementation can restore balance, alleviate symptoms of deficiency, and promote optimal health and vitality in men.

### What are the benefits?

- **Sperm production:** Progesterone supports sperm production, contributing to male fertility and reproductive health.
- **Mood regulation:** Progesterone plays a role in regulating mood and emotional well-being, helping to alleviate symptoms of anxiety and mood swings.
- **Stress reduction:** Progesterone supplementation can aid in reducing stress levels, promoting relaxation and overall mental well-being.
- **Blood sugar regulation:** Progesterone regulates blood sugar levels, crucial for metabolic health and diabetes prevention.
- **Prostate health:** Maintaining adequate progesterone levels is essential for prostate health, helping to reduce the risk of prostate-related complications.
- **Lean muscle maintenance:** Progesterone supports the maintenance of lean muscle mass, contributing to physical strength and endurance.

## Key features

### POSSIBLE OCCURRENCES

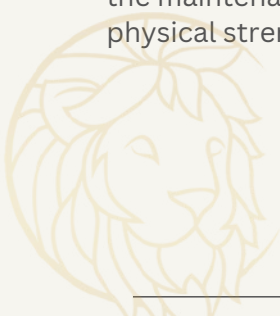
- Cold or flu-like symptoms
- Fatigue
- Increased risk of depression

### ADMINISTRATION

Orally

### RECOMMENDED DOSAGE

1 capsule once daily at bedtime.



## HORMONE THERAPY

# HGH

### What is HGH?

HGH Peptide is an important type of growth hormone your body needs to function. It plays an important role in metabolism regulation and helps men maintain their stamina, energy levels, muscle mass, cognitive function, and many other factors.

When your natural human growth hormone levels decrease, you might start to experience symptoms that negatively impact your quality of life. These can include fatigue, low sex drive, anxiety, depression, and weight gain with increased body fat.

As men age, it's common for HGH Peptide levels to decrease, leading to a growth hormone deficiency and resulting in the above-mentioned issues. But luckily, HGH Peptide therapy can help to increase these hormone levels naturally so that you can feel like your best self.

HGH Therapy is good for men who have low levels of HGH Peptide, otherwise known as HGH Peptide deficiency. Specifically, men who experience anxiety and depression, lethargy, a low sex drive, and weight gain (including around the waist), are the ideal candidate for this type of treatment.

Additionally, men who want to build lean body mass and strong bones, burn fat more easily, and feel more energy could benefit from HGH treatment.

## Key features

### BENEFITS

- Improved libido and performance
- Increased muscle mass
- Weight loss, including targeting the abdominal area
- Improved mood
- Healthier looking skin
- Maintained bone density
- Improved overall sense of wellness
- Better memory

### POSSIBLE OCCURRENCES

- Joint and muscle pain
- Fluid retention
- Swelling

### ADMINISTRATION

- Injection

### RECOMMENDED DOSAGE

- 5x a week (M-F) via a subcutaneous injection.



WHAT TO EXPECT

# POST CONSULTATION TIMELINE

## Step 1

Your provider sends your request to the compounding pharmacy.

01

## Step 2

Your items are freshly compounded and shipped to you. Shipping takes 7-10 business days.

02

## Step 3

Review the injection guide in detail, your dosage card and watch the how-to-inject video.

03

## Step 4

Begin your medications and follow your personalized treatment plan. Be sure to reach out to our wellness providers if you have any concerns.

04

## Step 5

Start experiencing results, wellness, and improved quality of life.

05

## Step 6

Follow up with your provider at 4 weeks to check-in, assess, and add/maintain your treatment plan.

06



## MEMBERSHIPS & SUBSCRIPTIONS

# MEMBERSHIP OPTIONS

### TRT Membership

VALUED AT \$400+

**\$130/mo**



Testosterone or Estrogen  
Blocker Prescription



Cialis or Viagra Prescription



Bloodwork 4x/yr



All supplies, syringes,  
needles, alcohol wipes,  
sharps container included



10% off Peptide Therapy

### Aesthetics Membership

VALUED AT \$450+

**\$149/mo**



FREE Monthly Signature  
Express Facial



FREE Monthly Laser Hair  
Removal Session



FREE Weekly Methyl B12  
Shots



FREE Monthly  
Dermaplaning Session



10% off ALL Aesthetics  
Services + 5% off ALL  
Injectables Services

### Weight Loss Membership

STARTING AT

**\$299/mo**



Semaglutide Starting  
at \$299 a Month



Trizepatide Starting at  
\$399 a Month



All Supplies and  
Shipping Included



No Contract, Cancel  
Anytime



Free Telehealth  
Appointments



MEMBERSHIPS & SUBSCRIPTIONS

# REGENERATIVE WELLNESS SUBSCRIPTION OPTIONS

## *Option 1*

VALUED AT \$500

*\$199/mo*



Unlimited use of PEMF  
(Pulsating Electro Magnetic Field)



Unlimited use of  
Biocharger

## *Option 2*

VALUED AT \$1000

*\$449/mo*



Unlimited use of Red Light  
Therapy Bed



Unlimited use of Hyperbaric  
Oxygen Therapy



ABOUT US

# CONTACT *DETAILS*

*Are you ready to get Balanced?*

*We know we covered a lot of information, don't worry, at your wellness consultation you will be able to go over any and all concerns.*

*If we missed anything, you can always contact us.*

## HOURS

---

Monday - Thursday  
9:30am - 5:30pm  
Friday 8am - 4pm  
Occasionally Open On  
Saturdays

## ADDRESS

---

1350 Dresden Dr #1006  
Brookhaven,  
Georgia 30319

## CONTACT BY PHONE

---

470-226-2390

## SEND US AN EMAIL

---

[info@balancedaestheticsmedspa.com](mailto:info@balancedaestheticsmedspa.com)

## ON SOCIAL MEDIA

---

[@balancedaestheticswellness](#)

