

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
5 Amino 1MQ	<ul style="list-style-type: none"> • Fat loss • NAD+ • Longevity 	Subcutaneous Oral capsules	Oral: 50mg 2-3x/day Subq: 500-1000mcg/day	8-12 weeks ON 4-6 weeks OFF
ACE-031	<ul style="list-style-type: none"> • Muscle Growth 	Subcutaneous	100-500mcg 1-3x/week	4-6 weeks ON 8 weeks OFF
AICAR	<ul style="list-style-type: none"> • Fat loss / mitochondrial exercise mimetic 	Subcutaneous	10-50mg/day	2-8 weeks ON 4-8 weeks OFF
AOD-9604	<ul style="list-style-type: none"> • Fat loss stubborn fat 	Subcutaneous, localized to stubborn fat deposits	300-500mcg 1-2x/day 5-7 days/wk	12 weeks ON 4 weeks OFF
ARA-290	<ul style="list-style-type: none"> • Healing / neuroprotective 	Subcutaneous	2-4mg 5-7 days/wk	4-6 weeks ON 4-8 weeks OFF
BPC / TB blend	<ul style="list-style-type: none"> • Healing / anti-inflammatory 	Subcutaneous OR intramuscular near injury	250-1000mcg of each 1-2x/day 1000mcg per admin saturation dose	2-4 weeks ON (max 8 weeks), EQUAL time OFF
BPC-157	<ul style="list-style-type: none"> • Healing / anti-inflammatory tissue, GI tract, neuroprotective 	Subcutaneous OR intramuscular near injury OR oral/nasal for gut health	250-1000mcg 1-2x/day 1000mcg per admin saturation dose	2-4 weeks ON(max 8 weeks) Equal time OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Bronchogen (bioregulator)	• Lung Support	Subcutaneous	2mg/day x 20 days	2-3 times per year
Cagrilintide	• Fat loss / appetite suppressant	Subcutaneous	250mcg 2-3x/week titrate up 250mcg per week as needed	8-12 weeks ON 4-8 weeks OFF
Cardiogen (bioregulator)	• Heart support	Subcutaneous	2mg/day x 20 days	2-3 times per year
Cartalax (bioregulator)	• Joint & cartilage Support	Subcutaneous	2mg/day x 20 days	2-3 times per year
Chonluten aka Khonluten (bioregulator)	• Respiratory & gastrointestinal Support	Subcutaneous	2mg/day x 20 days	2-3 times per year
CJC / Ipa blend	• Fat Loss / Longevity	Subcutaneous	100mcg of each (1mg/kg saturation dose) 1-3x/day 5-7 days/week	6 months on 2-3 months off OR 8 weeks on, rotate with Tesamorelin for next 8 weeks
Cortexin aka Cortagen (bioregulator)	• Brain support BDNF / neuralplasticity cognitive enhancement	Subcutaneous	2mg/day x 20 days	2-3 times per year

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Dihexa	<ul style="list-style-type: none"> • Cognitive enhancement repairs neural synapse neural plasticity • BDNF 	Subcutaneous OR Oral capsules OR transermally	Subq: 1-2mg/day each other day OR daily	6-8 weeks ON 4 weeks OFF
DSIP	<ul style="list-style-type: none"> • Sleep cortisol modulation 	Subcutaneous	100-500mcg 30-60 min before bed	8 weeks ON 4 weeks OFF
Epithalon (bioregulator)	<ul style="list-style-type: none"> • Anti-aging / longevity telomere lengthening pineal gland support 	Subcutaneous	2mg/day x 20 days (40mg total) OR 10mg/day x 10 days (100mg total) OR 10mg/day every 3rd day (50mg total)	2-3 times per year
FGL aka Fibroblast Growth Loop	<ul style="list-style-type: none"> • Neural regeneration 	Subcutaneous	100 to 300mcg/day	4-6 weeks ON 2 weeks OFF
Follistatin	<ul style="list-style-type: none"> • Myostatin inhibitor telomere lenthening 	Intramuscular	100-500mcg/day 30 mins before training	8 weeks ON 8 weeks OFF
FOXO4-DRI aka Proxofim	<ul style="list-style-type: none"> • Longevity 	Subcutaneous	1mg/day x 14 days 5-7 days/wk	2-3 times per year
GHK-Cu	<ul style="list-style-type: none"> • Healing, skin & hair neuroprotective anti-inflammatory 	Subcutaneous	1-2mg/day up to 4mg/day	4-8 weeks ON 4 weeks OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
GHRP-2	<ul style="list-style-type: none"> • Fat Loss, • GH secretion appetite stimulate 	Subcutaneous	100-300mcg 2-3x/day	6 months ON 2-3 months OFF
GHRP-6	<ul style="list-style-type: none"> • Fat Loss, • GH secretion appetite stimulate 	Subcutaneous	100-300mcg 2-3x/day	6 months ON 2-3 months OFF
GLOW	<ul style="list-style-type: none"> • Healing, • Skin & hair 	Subcutaneous	Daily: 1-2mg GHK 200-400mcg BPC-157 200-400mcg TB-500	4-8 weeks ON 4 weeks OFF
GLP-1 (S)	<ul style="list-style-type: none"> • Fat loss improves insulin sensitivity 	Subcutaneous	250mcg per week tritate up 0.25mg every 4 week	Long Term
GLP-2 (T)	<ul style="list-style-type: none"> • Fat loss / dual action improves insulin sensitivity 	Subcutaneous	0.5mg 3x/wk OR 1mg every 3rd day	Long Term
GLP-3 (R)	<ul style="list-style-type: none"> • Fat loss / dual action improves insulin sensitivity 	Subcutaneous	0.5mg 3x/wk OR 1mg every 3rd day	Long Term
Glutathione	<ul style="list-style-type: none"> • Detoxification anti-aging / longevity • Liver support 	Intramuscular preferred	100-250mg/day 2-4x/week	Long Term

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Gonadorelin	<ul style="list-style-type: none"> • Fertility • PCT 	Subcutaneous	100-300mcg daily or every other day	8 week ON 4 weeks OFF
HCG	<ul style="list-style-type: none"> • Fertility • PCT 	Subcutaneous	500-1000iu 3-5 days/week	Long Term for fertility
HMG	<ul style="list-style-type: none"> • Fertility 	Subcutaneous	75iu/day every other day alternate with HCG	Long Term for fertility
Humanin (bioregulator)	<ul style="list-style-type: none"> • Longevity / anti-aging • Mitochondrial support • Neuro & cardioprotective 	Subcutaneous	2mg/day x 20 days	2-3 times per year
Ipamorelin	<ul style="list-style-type: none"> • Fat loss / GHRP 	Subcutaneous	100-300mcg 5-7 days/wk	6 months ON 2-3 months OFF
Kisspeptin	<ul style="list-style-type: none"> • Sexual Health • Fertility 	Subcutaneous	100-200mcg 2-5x days/wk	8 weeks ON 4 weeks OFF
KLOW	<ul style="list-style-type: none"> • Healing • Skin • Hair 	Subcutaneous	1-2mg GHK 200-400mcg each of BPC-157, TB-500, KPV	4-8 weeks ON 4 weeks OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
KPV	<ul style="list-style-type: none"> • Immunity • Gut Health 	Subcutaneous preferred	250-500mcg	Max 8 weeks with equal time OFF
L-Carnitine	<ul style="list-style-type: none"> • Fat Loss 	Intramuscular preferred	250-1000mg preworkout	Long Term
Livagen (bioregulator)	<ul style="list-style-type: none"> • Liver Support 	Subcutaneous	2mg/day x 20 days	2-3 times per year
LL-37	<ul style="list-style-type: none"> • Immunity • Wound Healing 	Subcutaneous	125mcg	4-10 weeks ON 2-4 weeks OFF
Melanotan I	<ul style="list-style-type: none"> • Tanning • Cognitive enhancement 	Subcutaneous	250mcg 2x/week	8 weeks ON 8 weeks OFF
Melanotan II	<ul style="list-style-type: none"> • Tanning • Sexual Health • Appetite suppression 	Subcutaneous	50mcg titrate up to 0.5mg 2-3x/week	8 weeks ON 8 weeks OFF <i>can use loading phase</i>
MGF	<ul style="list-style-type: none"> • Muscle Growth 	Intramuscular	50-300mcg preworkout 2-4x/week	4-6 weeks ON 2-4 weeks OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
MOTS-c	<ul style="list-style-type: none"> • Fat loss/energy • Mitochondrial health 	Subcutaneous	5-10mg 3x/week avoid taking on consecutive days	6-8 weeks ON 2-4 weeks OFF
NAD+	<ul style="list-style-type: none"> • Longevity • Mitochondrial support 	Subcutaneous OR Intramuscular	50-100mg 3-7 day/wk OR 100-250mg 1-3 days/wk UP TO 250-500mg 2-3 days/wk	Long Term
Ovagen (bioregulator)	<ul style="list-style-type: none"> • Liver & Stomach support 	Subcutaneous	20mg/day x 20 days	2-3 times per year 4-8 weeks OFF
Oxytocin	<ul style="list-style-type: none"> • Sexual Health 	Subcutaneous	50mcg	As Needed
P21	<ul style="list-style-type: none"> • Neuroprotective • BDNF • Cognitive enhancing 	Subcutaneous OR Intranasal	Subq: 200-1000mcg/day Intranasal: 100-500mcg/day, 1-2x/day	4-6 weeks ON 2-4 weeks OFF
Pancragen (bioregulator)	<ul style="list-style-type: none"> • Pancreas support 	Subcutaneous	2mg/day x 20 days	2-3 times per year
PE-22-28	<ul style="list-style-type: none"> • Neuroprotective • Mood Enhancement 	Subcutaneous	100-500mcg	2-4 weeks ON 2-4 weeks OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
PEG MGF	• Muscular Growth	Subcutaneous OR Intramuscular	100-1000mcg preworkout 2-3x/week	4-8 weeks ON 2-4 weeks OFF
Pentadeca Arginate	• Healing • Anti-Inflammatory angiogenesis	Subcutaneous	200-400mcg/day	4-6 weeks ON 2 weeks OFF
Pinealon (bioregulator)	• Brain • Pineal support	Subcutaneous	2mg/day x 20 days	2-3 times per year
PNC27	• Anti Cancer	Subcutaneous	250mcg-1mg 2x/day 5-7 days/week	8-12 weeks ON 4-8 weeks OFF
Prostamax (bioregulator)	• Prostate support	Subcutaneous	2mg/day x 20 days	2-3 times per year
PT-141	• Sexual Health	Subcutaneous	500mcg 30min prior to sexual activity	As Needed
Retinalamin aka Visoluten (bioregulator)	• Eye Support/ Ocular health	Subcutaneous	2mg/day x 20 days	2-3 times per year

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Selank	<ul style="list-style-type: none"> • Cognitive enhancement • Mood enhancement • BDNF 	Intranasal preferred OR Subcutaneous	100-300mcg 1-3x/day	as needed take 1-2 week breaks (completely off)
Semax	<ul style="list-style-type: none"> • Cognitive enhancement • Mood enhancement • BDNF 	Intranasal preferred OR Subcutaneous	200-400mcg 1-3x/day	as needed take 2-4 week breaks (completely off)
Sermorelin	<ul style="list-style-type: none"> • Fat loss • GHRH 	Subcutaneous	200-300mcg before bed 5-7 days/week	6 months ON reassess IGF-1 levels
SLU-PP-332	<ul style="list-style-type: none"> • Fat loss • Exercise mimetic • Metabolic upregulation 	Subcutaneous OR Oral	Subq: 50-250mcg 1-2x/day Oral: 250-500mcg 2x/day	10-12 weeks ON 2 weeks OFF
SS-31 aka Elamipretide	<ul style="list-style-type: none"> • Fat loss • Longevity • Mitochondrial repair 	Subcutaneous	1-10mg 5-7 days/week	4-12 weeks ON 4-8 weeks OFF
TB-500	<ul style="list-style-type: none"> • Anti-inflammatory 	Subcutaneous	300-1000mcg/day 5-7days/week OR 2.5-5mg 2-3x/week	12 weeks ON 4 weeks OFF
Tesa / Ipa Blend	<ul style="list-style-type: none"> • Fat loss • GHRH & GHRP 	Subcutaneous	250-500mcg of each 2x/day 5-7 days/week	6 months ON 2-3 months OFF

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Tesamorelin	<ul style="list-style-type: none"> • Fat loss/GHRH/ Muscle Growth • IGF-1 Support • Abdominal & Visceral Fat 	Subcutaneous	1mg 5-7 days/week	6 months ON 2-3 months OFF OR 8 weeks ON rotate with CJC/lpa for next 8 weeks
Tesofensine	<ul style="list-style-type: none"> • Appetite Suppression • Fat loss 	Oral Capsules	0.5-1mg daily taken in morning due to stimulant effect	8-12 weeks ON 4 weeks OFF
Testagen (bioregulator)	<ul style="list-style-type: none"> • Pituitary/testicular support • PCT 	Subcutaneous	2mg/day x 20 days	2-3 times per year
Thymalin (bioregulator)	<ul style="list-style-type: none"> • Immunity/ Longevity • Thymus support 	Subcutaneous	2mg/day x 20 days	2-3 times per year
Thymogen (bioregulator)	<ul style="list-style-type: none"> • Immunity 	Subcutaneous	2mg/day x 20 days	2-3 times per year
Thymosin Alpha-1	<ul style="list-style-type: none"> • Urinary, Bladder & Prostate Support • Fertility 	Subcutaneous	1.5mg 2-3 days/week	6-12 weeks ON 4-8 weeks OFF
Vesilute (bioregulator)	Healing / anti-inflammatory tissue, GI tract, neuroprotective	Subcutaneous	2mg/day x 20 days	2-3 times per year

MASTER PEPTIDE LIST



REJUVENATEYOU.IO

HEALTH • LONGEVITY
BIOHACKING

PEPTIDE	PURPOSE	MEDIUM	DOSING	TIME
Vesugen (bioregulator)	• Vascular Health	Subcutaneous	2mg/day x 20 days	2-3 times per year
Vilon (bioregulator)	• Thymus health • Immunity	Subcutaneous	2mg/day x 20 days	2-3 times per year
VIP Vasoactive Intestinal Peptide	• Immunity • Brain & Lung Inflammation	Subcutaneous	50-100mcg 1-2x/day	6-12 weeks ON 4-6 weeks OFF
Zinc Thymulin	• Immunity • Skin	Subcutaneous	5-10mg per week (dosing can be split across multiple days)	12 weeks ON 4 weeks OFF

As a general rule, unless following a specific protocol, you should always start with the lowest dose and titrate up as needed

Cycling is done to prevent receptor desensitization reduce the need to titrate dosing as well as to modulate immune response to peptides

"Do not mix peptides in a syringe, unless they are commonly mixed, such as BPC-157 and TB-500. Mixing peptides can disrupt peptide bonds and reduce potency and effectiveness of the peptides"

For more information on each peptide, visit **rejuvenateyou.io** and navigate to each peptide's blog post.

Copyright rejuvenateyou.io

Peptide Calculator

<https://rejuvenateyou.io/58-2/>

10% DISCOUNT
at wellnesspeptides.io with code

REJUV10

RECOMMENDED READING LIST

- Peptide Protocols by William Seeds, MD
- The Quantum Power of GLP-1 Peptides by William Seeds, MD
- The Redox Promise by William Seeds, MD

- The Peptide Bioregulator Revolution by Marios Kyriazis, MD
- Peptides in the Epigenetic Control of Ageing by Vladimir Khavinson, MD
- The Peptide Book Collection Series (6 volumes) by Felix Strom, MD