

EPITALON 10mg – “FOUNTAIN OF YOUTH”

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Epithalon (Epitalon) — Educational Information Sheet

For educational purposes only. Not medical advice. Epithalon is not FDA-approved. Always consult a licensed medical provider before use.

What Is Epithalon?

Epithalon (also called Epitalon) is a synthetic tetrapeptide originally developed and studied in Eastern European longevity research. It has been investigated primarily for its role in **cellular signaling, circadian rhythm regulation, and age-related physiological processes**.

Epithalon is best understood as a **research peptide** with potential applications in healthy aging—not as a medication, cure, or guaranteed anti-aging treatment.

What Does the Research Suggest?

Based on limited human studies, animal research, and observational use, Epithalon has been studied for its potential to:

- Support **healthy circadian rhythm regulation** and sleep quality
- Influence **cellular signaling pathways associated with aging**
- Modulate **immune system communication** (not immune “boosting”)
- Support **cellular resilience** under age-related stress
- Reduce **oxidative stress** through indirect antioxidant mechanisms

Some research has explored Epithalon’s interaction with **telomerase activity**, a process involved in cellular aging. However:

⚠ Definitive telomere lengthening or lifespan extension in humans has not been proven.

🚫 Important Clarifications

Epithalon **should not** be described as:

- A proven lifespan-extending therapy in humans
- A treatment or prevention for cancer, cardiovascular disease, or neurodegenerative disorders
- A replacement for medical care, lifestyle interventions, or prescribed medications

Claims suggesting disease prevention, guaranteed rejuvenation, or human lifespan extension are **not supported by high-quality clinical evidence** and should be avoided.

Dosing Overview — Educational Context Only

Beginner vs Advanced Comparison

Category	Beginner	Advanced / Experienced
Goal	Assess tolerance, gentle introduction	Deeper circadian & longevity support
Daily Dose Range	500 mcg daily	1,000 mcg daily
Injection Frequency	Once daily	Once daily or split AM / PM
Common Route	Subcutaneous (SC)	Subcutaneous (SC) or IM*
Cycle Length	10 days	10–20 days
Cycles per Year	1	1–2
Break Between Cycles	4–6 months	4–6 months
Monitoring	General health awareness	Health checkups & labs recommended

*IM use reflects historical research methods and does not indicate superiority.

Visual Syringe Math (Example)

Example Reconstitution:

- 10 mg vial + 1 mL bacteriostatic water
- Final concentration: **10,000 mcg per mL**

Dose Syringe Units (1 mL syringe)

500 mcg 5 units

1,000 mcg 10 units

2,000 mcg 20 units

⚠ Always confirm mcg vs mg

1 mg = 1,000 mcg

Cycle Timing & Safety Principles

- Start **low and slow**, especially for first-time users
- Avoid continuous or year-round use
- Allow adequate breaks for physiologic reset
- More is **not** always better with peptides
- Discontinue use if adverse symptoms occur

Stacking Considerations (Educational)

Historically, Epithalon has been studied alongside **Thymalin**, another peptide researched for immune-endocrine signaling. Modern clinical data on stacking is limited, and combined use should be approached conservatively and with professional oversight.

Key Takeaway

Epithalon is a longevity-focused research peptide that may support circadian rhythm and cellular health, but it is not a proven anti-aging cure. Responsible use prioritizes education, conservative dosing, and medical awareness.

Epithalon Beginner Checklist

Educational Use Only — Not Medical Advice

BEFORE YOU START

- Understand Epithalon is a **research peptide**, not a medication
- Review unit basics: **1 mg = 1,000 mcg**
- Commit to a **conservative first cycle**
- Consider speaking with a **licensed medical provider**, especially if you have medical conditions or take medications

RECONSTITUTION & STORAGE

- Confirm vial strength (example: **10 mg**)
- Reconstitute with the **correct amount of bacteriostatic water**
- Label vial with **date + concentration**
- Store refrigerated per supplier guidance

SYRINGE MATH (DOUBLE-CHECK EVERY TIME)

- Confirm final concentration after reconstitution
- Verify target dose in **mcg (not mg)**
- Match dose to **correct syringe units**
- If unsure, **pause and recalculate before injecting**

DOSING & CYCLE PLANNING

- Start low (commonly discussed: **500 mcg daily**)
- Use **once-daily dosing** for your first cycle
- Limit initial cycle to **~10 days**
- Plan a **4–6 month break** before any additional cycle

DURING YOUR CYCLE

- Monitor sleep quality and overall well-being
- Maintain hydration, nutrition, and consistent sleep timing
- Avoid stacking with other peptides as a beginner
- Stop use if unexpected or concerning symptoms appear

🚫 COMMON BEGINNER MISTAKES TO AVOID

- ✗ Confusing **mcg** with **mg**
- ✗ Increasing dose too quickly
- ✗ Running longer cycles “just in case”
- ✗ Continuous or year-round use
- ✗ Copying advanced protocols without experience

FINAL REMINDER

Beginners succeed by prioritizing accuracy, patience, and restraint.
Education and consistency matter more than higher doses.
