

WEEK 1

planner



Code: PEP5

DAY

AM

units

PM

units

MONDAY	12	GHK-CU	20	TB500
	6	BPC157	6	BPC157
	7*	CJC-1295 + IPAMORELIN	7*	CJC-1295 + IPAMORELIN
TUESDAY	12	GHK-CU		
	6	BPC157	6	BPC157
	7*	CJC-1295 + IPAMORELIN	7*	CJC-1295 + IPAMORELIN
	10*	NAD+		
WEDNESDAY	12	GHK-CU	40	TB500
	6	BPC157	6	BPC157
	7*	CJC-1295 + IPAMORELIN	7*	CJC-1295 + IPAMORELIN
THURSDAY	12	GHK-CU		
	6	BPC157	6	BPC157
	7*	CJC-1295 + IPAMORELIN	7*	CJC-1295 + IPAMORELIN
	10*	NAD+		
FRIDAY	12	GHK-CU	20	TB500
	6	BPC157	6	BPC157
	7*	CJC-1295 + IPAMORELIN	7*	CJC-1295 + IPAMORELIN
SATURDAY	12	GHK-CU		
	12	BPC157		
SUNDAY	12	GHK-CU		
	12	BPC157		
	50	TIRZEPATIDE		

* WEEK 1 ONLY, PLEASE SEE PROTOCOL FOR WEEKS 2+

PEPTIDE *Protocol*



Code: PEP5

PEPTIDE	RECONSTITUTE	DOSAGE*	DURATION*
GHK-CU 50MG	3ML BAC WATER	2000MCG/2MG 12 UNITS DAILY AM	4-6 WEEK ON 1 MONTH OFF
BPC-157 10MG	2ML BAC WATER	600MCG/0.6MG 12 UNITS 300MCG 2X PER DAY 6 UNITS 2X PER DAY	ACUTE INJURY: 4-6 WEEKS CHRONIC INJURY: 8-12 WEEKS (SOME EXTEND UP TO 16 WEEKS WITH RE-EVALUATION)
TB500 10MG	1ML BAC WATER	2000MCG/2MG 20 UNITS 2X PER WEEK PM	4-6 WEEK DEPENDING UPON RECOVERY (EXTENDED 1X PER WEEK AS NEEDED FOR MAINTENANCE)
CJC-1295 + IPAMORELIN 10MG (5MG/5MG)	3ML BAC WATER	WEEK 1 250MCG/0.25MG 125MCG 2X PER DAY 7 UNITS 2X PER DAY WEEK 2-12 300MCG 150MCG 2X PER DAY 9 UNITS 2X PER DAY	5 DAYS ON-2 DAYS OFF 2MONTHS ON 1 MONTH OFF
NAD+ 500MG	2ML BAC WATER	1-2 WEEK: 25MG (10 UNITS) 2X/WEEK 3-4 WEEK: 50MG (20 UNITS) 2X/WEEK 5-6 WEEK: 100MG (40 UNITS) 2X/WEEK 7+ WEEK:100MG (40 UNITS) 2-3X WEEK	2MONTHS ON 1 MONTH OFF
TIRZEPATIDE 10MG	2ML BAC WATER	2500/2.5MG 50 UNITS DAILY WEEKLY	THIS IS A FOR WEEK 1 & MAINTENANCE. SEE WEBSITE FOR FUTHER DOSING.

*IMPORTANT: RESEARCH THE WEEKLY & YEARLY INJECTION CYCLE PLAN FOR EACH PEPTIDE (WITH SCHEDULED BREAKS)

PEPTIDE BREAKDOWN + STACKING GUIDE

1. GHK-CU

WHAT IT IS: A COPPER-BINDING PEPTIDE FOUND NATURALLY IN THE BODY.

BENEFITS:

POWERFUL SKIN REGENERATION + COLLAGEN STIMULATION

REDUCES INFLAMMATION AND REPAIRS DAMAGED TISSUE

IMPROVES HAIR GROWTH AND SCALP HEALTH

SUPPORTS WOUND HEALING

STACKING:

✓ STACKS WELL WITH BPC-157, NAD+, EPITALON

2. BPC-157

WHAT IT IS: A BODY-PROTECTING COMPOUND DERIVED FROM GASTRIC PROTEINS.

BENEFITS:

EXCELLENT FOR INFLAMMATION

SPEEDS HEALING OF JOINTS, GUT LINING, LIGAMENTS

REDUCES SYSTEMIC INFLAMMATORY RESPONSE

HELPS CHRONIC PAIN + POST-PROCEDURE HEALING

STACKING:

✓ PAIRS EXTREMELY WELL WITH TB-500 (GOLD STANDARD HEALING STACK)

✓ COMPATIBLE WITH CJC/IPAMORELIN

✓ WORKS SYNERGISTICALLY WITH NAD+ FOR CELLULAR REPAIR

3. TB-500 (THYMOSIN BETA-4 FRAGMENT)

WHAT IT IS: A PEPTIDE THAT INCREASES ACTIN PRODUCTION FOR RAPID TISSUE REPAIR.

BENEFITS:

SPEEDS MUSCLE, TENDON, LIGAMENT RECOVERY

IMPROVES BLOOD VESSEL GROWTH

REDUCES INFLAMMATION

OFTEN USED FOR CHRONIC INJURIES OR POST-SURGICAL RECOVERY

STACKING:

✓ BEST STACKED WITH BPC-157

✓ OKAY WITH LONGEVITY PEPTIDES LIKE EPITALON

4. CJC-1295 (NO DAC)

WHAT IT IS: A GHRH ANALOG THAT INCREASES NATURAL GROWTH HORMONE PULSE.

BENEFITS:

PROMOTES FAT LOSS

IMPROVES SLEEP

ENHANCES MUSCLE RECOVERY

INCREASES IGF-1 LEVELS

STACKING:

✓ DESIGNED TO STACK WITH IPAMORELIN

✓ SAFE WITH NAD+, NMN

✗ DO NOT STACK WITH TIRZEPATIDE FOR WEIGHT LOSS PURPOSES (COUNTERINTUITIVE TO GOALS)

5. IPAMORELIN

WHAT IT IS: A GHRP THAT STIMULATES GH RELEASE WITH MINIMAL SIDE EFFECTS.

BENEFITS:

ENHANCES LEAN MUSCLE

SUPPORTS BETTER SLEEP

IMPROVES RECOVERY TIME

MILD APPETITE SUPPRESSION

STACKING:

✓ BEST PAIRED WITH CJC-1295

✓ SAFE WITH BPC-157, TB-500, NAD⁺, EPITALON

6. NAD⁺

WHAT IT IS: A COENZYME ESSENTIAL FOR CELLULAR ENERGY, MITOCHONDRIAL FUNCTION, AND DNA REPAIR.

BENEFITS:

ANTI-AGING CELLULAR REPAIR

BRAIN FUNCTION + ENERGY BOOST

REDUCES INFLAMMATION

SUPPORTS METABOLIC HEALTH

STACKING:

✓ EXCELLENT WITH EVERY LONGEVITY PEPTIDE, ESPECIALLY NMN + EPITALON

✓ SAFE WITH CJC/IPA AND BPC/TB

✓ WORKS WELL WITH TIRZEPATIDE FOR METABOLIC SUPPORT

7. NMN

WHAT IT IS: A PRECURSOR THAT CONVERTS TO NAD⁺ INSIDE CELLS.

BENEFITS:

SUPPORTS NAD⁺ LEVELS

IMPROVES ENERGY, BRAIN FUNCTION, AND CELLULAR REPAIR

HELPS METABOLIC BALANCE

STACKING:

✓ ALWAYS PAIRED WITH NAD⁺

✓ WORKS WELL WITH ANTI-INFLAMMATORY PEPTIDES

8. TIRZEPATIDE

WHAT IT IS: A GLP-1 + GIP DUAL AGONIST FOR WEIGHT LOSS AND METABOLIC IMPROVEMENT.

BENEFITS:

POWERFUL APPETITE SUPPRESSION

SIGNIFICANT FAT LOSS

IMPROVES INSULIN SENSITIVITY

CONTROLS BLOOD SUGAR

STACKING:

✓ WORKS WELL WITH NAD⁺ OR NMN

✓ SAFE WITH BPC-157 FOR GUT SUPPORT

9. EPITALON

WHAT IT IS: A PINEAL GLAND PEPTIDE THAT REGULATES TELOMERASE AND CIRCADIAN RHYTHM.

BENEFITS:

LONGEVITY + ANTI-AGING

IMMUNE SUPPORT

SLEEP REGULATION

TELOMERE MAINTENANCE

STACKING:

✓ GREAT WITH NAD⁺, NMN

✓ WORKS WELL WITH GHK-CU

✓ MILD SYNERGY WITH CJC/IPA

STACKING SUMMARY (EASY GUIDE)

BEST SYNERGY STACKS

1. HEALING + INFLAMMATION STACK

BPC-157 + TB-500

→ GOLD-STANDARD STACK FOR INJURIES, INFLAMMATION, TENDONS, LIGAMENTS.

2. ANTI-AGING + LONGEVITY STACK

NAD⁺ + NMN + EPITALON + GHK-CU

→ DEEP CELLULAR REPAIR, SKIN REJUVENATION, BETTER ENERGY, IMPROVED SLEEP.

3. GROWTH HORMONE OPTIMIZATION STACK

CJC-1295 + IPAMORELIN

→ BEST FOR SLEEP, FAT LOSS, AND ANTI-AGING GH SUPPORT.

4. WEIGHT LOSS STACK

TIRZEPATIDE + NAD⁺/NMN

→ PROTECTS MITOCHONDRIA AND ENERGY WHILE CUTTING APPETITE.