

ADVANCED THERAPY PEPTIDE GUIDE

WHAT ARE PEPTIDES?

Peptides are short chains of amino acids that act as precise biological messengers, signaling cells to initiate specific functions within the body. By binding to receptors on target cells, they can regulate processes such as tissue repair, collagen production, hormone signaling, immune response, and metabolic activity. In clinical use, peptide therapy is designed to restore or enhance these natural signaling pathways, helping optimize functions like recovery, fat metabolism, cognitive performance, and overall cellular health. Because peptides mimic the body's own communication system, they offer a targeted, physiologic approach to improving wellness and performance with a high level of specificity.

AVAILABLE PEPTIDES

Peptide therapy may interact with certain medications or underlying medical conditions, which can affect both safety and effectiveness. For this reason, all patients should consult with our qualified medical provider before starting treatment. A thorough evaluation, including review of current medications and health history, is essential to determine whether a specific peptide is appropriate for your goals and can be used safely as part of your care plan.

WEIGHT LOSS & METABOLISM

- **GLP Support (Kali Blend):** Reduces nausea, preserves muscle, improves energy
- **Cagrilintide:** Enhances satiety and weight loss
- **5-Amino-1MQ:** Boosts metabolism and fat loss
- **Adonix / Inferno:** Advanced fat-burning and metabolic optimization

ENERGY, FATIGUE & PERFORMANCE

- **MOTS-C / SS-31:** Cellular and mitochondrial energy
- **NAD+:** Improves energy and cellular repair
- **Hyperion:** Energy, recovery, and metabolic support

HORMONES & BODY COMPOSITION

- **Tesamorelin / Ipamorelin / CJC-1295:** Growth hormone support
- **Enclomiphene:** Testosterone optimization
- **Apex / Atlas:** Muscle, recovery, and performance

RECOVERY, INJURY & PAIN

- **BPC-157:** Tissue and gut healing
- **TB-500:** Joint and muscle recovery
- **Wolverine Stack:** Accelerated healing combination
- **Valkyr:** Advanced recovery blend

SKIN, HAIR & ANTI-AGING

- **GHK-Cu:** Collagen, skin, and hair support
- **Epitalon:** Longevity and anti-aging
- **FOXO4-DRI:** Cellular aging support
- **Selene / Helios:** Skin, metabolism, and rejuvenation

BRAIN, FOCUS & MOOD

- **Semax / Selank:** Focus, calm, and cognitive clarity
- **Dihexa / Pinealon:** Neuroprotection and memory
- **Lucid / Kalm / Bodhi:** Advanced cognitive and mood support

SLEEP & RECOVERY

- **DSIP / Selank:** Sleep and relaxation

- **Hypnos:** Deep sleep and recovery optimization

IMMUNE & GUT HEALTH

- **Thymosin Alpha-1:** Immune support
- **LL-37 / KPV:** Inflammation and infection support
- **Larazotide:** Gut barrier repair
- **Sentinel:** Full immune optimization blend

INTIMACY & WELLNESS

- **PT-141:** Libido and performance
 - **Oxytocin:** Connection and mood
 - **Crave / Love & Happiness:** Intimacy and emotional wellness
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SIGNATURE PEPTIDE BLENDS

RECOVERY & LONGEVITY

- **Fountain of Youth:** Full-body regeneration and anti-aging
- **Valkyr:** Injury and recovery support

METABOLIC & WEIGHT LOSS

- **Adonix / Inferno:** Fat loss and metabolic enhancement
- **Kali:** GLP therapy support

PERFORMANCE & STRENGTH

- **Apex / Atlas:** Muscle, strength, and recovery

BRAIN & MOOD

- **Lucid / Kalm / Bodhi:** Focus, calm, and cognition

SLEEP

- **Hypnos:** Deep restorative sleep

AESTHETIC & REJUVENATION

- **Selene / Helios / Samson & Delilah:** Skin, hair, and anti-aging

IMMUNE DEFENSE

- **Sentinel:** Immune and inflammation support

INTIMACY

- **Crave / Love & Happiness:** Connection and libido
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WHAT TO EXPECT

Peptide therapy is designed to work with your body's natural signaling processes, so results tend to build gradually rather than all at once. Many patients begin to notice subtle improvements within the first few weeks, such as better energy, sleep quality, or recovery, with more measurable changes in areas like body composition, skin quality, or overall performance developing over several weeks to a few months depending on the specific peptides used.

Treatment is typically well-tolerated, as peptides are naturally occurring in the body. Most people experience minimal side effects, though mild reactions such as temporary redness or irritation at the injection site, slight headaches, or fatigue can occur as the body adjusts. Consistency is key, and outcomes are often enhanced when combined with proper nutrition, hydration, sleep, and physical activity.

Overall, peptide therapy is a gradual, targeted approach focused on optimizing function and supporting long-term health rather than delivering immediate, short-term results.

SAFETY & FOLLOW-UP

When starting peptide therapy, safety and proper follow-up are essential to ensure both effectiveness and a positive experience.

Peptides should always be prescribed and monitored by a qualified medical provider. Before beginning treatment, a thorough consultation and, when appropriate, baseline labs help determine if peptide therapy is right for you and which protocols best align with your goals. Dosing is individualized and may be adjusted over time based on your response.

Consistency and proper administration matter. If your treatment involves injections, you'll be guided on correct technique, site rotation, and storage to maintain safety and effectiveness. It's important to follow instructions closely and avoid adjusting doses on your own.

Follow-up is a key part of the process. Most patients are re-evaluated periodically to assess progress, review any changes in symptoms, and determine if labs should be repeated. This allows your provider to fine-tune your treatment plan for optimal results while minimizing any potential side effects.

While peptide therapy is generally well tolerated, you should report any unexpected or persistent symptoms such as prolonged irritation, swelling, headaches, or changes in how you feel. Staying in communication with your provider ensures small issues are addressed early.

Ultimately, peptide therapy works best when it's part of a comprehensive approach to health, supported by regular follow-up, open communication, and a commitment to long-term optimization.

SCHEDULE CONSULTATION



ELITETOTALWELLNESS.ORG



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(469) 915-5069



1402 S. CUSTER RD. STE 704
MCKINNEY, TX 75072