

PATIENT LIBRARY

Peptide & NAD+ guides

Physician reviewed guides to the peptides and NAD+ therapies offered at Regen Therapy MD. Each guide explains what the treatment is, how it works, what the published research shows, how it is given, and what to expect, with every source listed.

GUIDES IN THIS COLLECTION September 2026 edition			
DOCUMENT	GUIDE	U.S. STATUS	PAGES
RTMD-WP-014	PT-141 for Men Supports sexual response through the brain rather than blood flow. What the studies in men show and how it is used.	APPROVED FOR ANOTHER USE	8
RTMD-WP-015	NAD+ Therapy The coenzyme behind cellular energy and repair, and the ways it can be taken: infusion, injection and oral forms.	NOT FDA APPROVED	9
RTMD-WP-016	BPC-157 A gastric peptide studied for tendon, muscle and gut repair. A large body of animal research and early human reports.	NOT FDA APPROVED	10
RTMD-WP-017	TB-500 The actin binding fragment of thymosin beta-4, and how the research on the full protein relates to it.	NOT FDA APPROVED	10
RTMD-WP-018	CJC-1295 and Ipamorelin Two peptides that signal the pituitary to release more of its own growth hormone.	NOT FDA APPROVED	10
RTMD-WP-019	GHK-Cu A copper peptide found in the body, used on the skin and by injection for skin quality and repair.	NOT FDA APPROVED	10
RTMD-WP-020	Epitalon A pineal peptide studied for healthy aging, sleep rhythm and telomere biology.	NOT FDA APPROVED	10
RTMD-WP-021	Thymosin Alpha-1 An immune regulating peptide with decades of clinical use outside the United States.	NOT FDA APPROVED IN THE U.S.	10

DOCUMENT	GUIDE	U.S. STATUS	PAGES
RTMD-WP-022	SS-31 (Elamipretide) A peptide that works inside mitochondria. FDA approved for Barth syndrome.	APPROVED FOR BARTH SYNDROME	11
RTMD-WP-023	Semaglutide A GLP-1 medicine for weight management and metabolic and heart health.	FDA APPROVED	11
RTMD-WP-024	Tirzepatide A dual GIP and GLP-1 medicine for weight management, sleep apnea and type 2 diabetes.	FDA APPROVED	11

HOW TO USE THESE GUIDES

Read the guide for the treatment you are considering before your consultation, and bring your questions. Each guide ends with the questions we suggest you ask us, and with an acknowledgment page for you and your physician to sign.



IMPORTANT NOTICE

These documents are patient education prepared by Regen Therapy MD. They are not medical advice, not prescriptions, and not a promise of any clinical outcome. Several of the peptides described are not approved by the U.S. Food and Drug Administration, and some approved medicines are described for uses outside their approved labeling; each guide states the status of its treatment plainly. Individual results vary.

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