



# MOTS-C 50 MG - VIAL

## RESEARCH USE PROTOCOL

Reconstitution	Reconstitute by adding 5 mL of bacteriostatic water to the vial
Dosage	3 times per week (Monday, Wednesday, Friday) Draw 50 units (5 mg)
Time of Day	AM
Injection Type	Subcutaneous (abdomen, thigh, or upper arm) Can be administered intramuscularly (IM) if experiencing redness, itching, or swelling at the injection site.
Product Details	Concentration: 50 mg / 5 mL
Product Duration	One vial will last 1 month of dosing
Program Duration	1 month, followed by a 3-month break
Storage	Store refrigerated at 2–8°C (36–46°F). Do not freeze. Protect from light.

# WHAT IS MOTS-C ?

MOTS-C is a mitochondrial-derived peptide studied for its role in regulating cellular metabolism and energy balance. It is associated with pathways involved in metabolic flexibility and cellular energy utilization.

It is commonly explored in research related to metabolic function, energy regulation, and performance-related pathways.

## WHAT'S IN THE BOX?



## HOW IT WORKS

### MECHANISM OF ACTION

MOTS-C is studied for its influence on cellular metabolism through key regulatory pathways:

Activates AMPK (AMP-activated protein kinase), a central metabolic regulator

Supports glucose uptake and metabolic signaling

Enhances mitochondrial efficiency

Promotes metabolic flexibility between energy sources

Associated with cellular stress adaptation pathways

These mechanisms are linked to energy regulation and metabolic balance.

## RESEARCH OBSERVATIONS

Studied for metabolic regulation pathways

Studied for cellular energy processes

Studied for metabolic flexibility

Studied for performance-related pathways

Studied for aging-related metabolic processes





## OBSERVED REACTIONS IN RESEARCH SETTINGS

Research observations have noted mild and temporary responses such as localized irritation, mild fatigue, or transient skin reactions. Responses may vary depending on protocol design and individual variability.

## RESEARCH NOTES

In research settings, consistent protocol design may influence observed outcomes. Factors such as timing, frequency, and metabolic conditions may impact response patterns. Individual variability should be considered when interpreting results.

## IMPORTANT CONSIDERATIONS FOR RESEARCH USE

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Not intended for human consumption or therapeutic use

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Not suitable for use during pregnancy or breastfeeding

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Not recommended for individuals with uncontrolled cardiovascular conditions

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Use in research settings may require professional oversight

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Not for use alongside medical treatments without supervision

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Individual variability may influence observed outcomes

## EDUCATION - 05

# Understanding skin reactions with **MOTS-c**.

Some individuals may notice mild redness, itching, warmth, or slight swelling at the injection site when starting MOTS-c, and occasionally a brief sensation of warmth or flushing through the body. These are temporary, localized reactions — generally harmless, and they tend to fade as your body grows familiar with the peptide. Many people never experience them at all.

## Why this happens

MOTS-c is a mitochondrial-derived peptide that supports cellular energy, metabolic balance, and how your cells respond to stress. When introduced beneath the skin, it briefly activates pathways (such as AMPK) involved in energy regulation — and your body can respond with a small, localized release of **histamine** and a short vascular response in the surrounding tissue.

A histamine reaction is the body's way of saying “*something new is here, let's pay attention.*” It widens local blood vessels (the warmth and redness), increases sensitivity in nearby nerves (the itch or tingle), and brings repair cells to the area. It is **not an allergy** in most cases — it's a normal, short-lived signal of your body responding and adapting.

## Before you inject

- **Warm the syringe.** After drawing your dose, let it rest at room temperature for **30–60 minutes**. Cold solutions are more likely to sting and trigger sensitivity.
- **Ice the site.** Apply an ice pack wrapped in a clean cloth for 1–2 minutes to calm the skin.
- **Reconstitute gently.** Swirl, don't shake — and make sure the peptide is fully dissolved.
- **Choose calm skin.** Avoid areas that are irritated, bruised, or freshly worked out.

## During injection

- Inject at a **90° angle** — more comfortable than 45°.
- Insert the needle only **halfway in**, just into the fatty layer.
- Push the plunger **slowly and gently**.
- **Rotate sites** with every dose: upper glute, hip / love-handle, back of upper arm, or thigh.

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## If a reaction occurs

Lower your next dose, change your injection site, and build back up gradually. With MOTS-c, mild flushing or fatigue in the first few days often softens as your metabolism adjusts. If a reaction is severe, spreads beyond the injection site, or causes difficulty breathing, discontinue use and contact your healthcare provider.

### A NOTE ON HORMONAL CYCLES

*For women, hormonal shifts before and during menstruation can heighten histamine sensitivity, so reactions may feel stronger during those days. Lowering the dose, pausing briefly, or extending the ice step can help you stay comfortable through your cycle.*

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This information is for educational purposes only and is not intended as medical advice. Always consult a qualified healthcare provider regarding your individual protocol.