



ELITE PERFORMANCE PROTOCOL

PEPTIDE

CHEAT SHEET

RECONSTITUTION · DOSING · TIMING · CYCLING

TIMING NOTE: AM/PM means you may dose either AM and PM, or AM or PM. Use your discretion based on your individual protocol needs and goals.



PEPTIDE CHEAT SHEET

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HEALING & RECOVERY

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
BPC-157	Healing	10 mg	2 ml	500 mcg	10	AM / PM	Every Day	8 wks on / 8 wks off
TB-500	Healing	10 mg	2 ml	500 mcg	10	AM	Every Day	8 wks on / 8 wks off
BPC-157 / TB-500 Blend	Healing	5mg / 5mg	2 ml	250 mcg / 250 mcg	10	AM / PM	Every Day	8 wks on / 8 wks off
GHK-Cu	Healing	50 mg	3 ml	1.7 mg	10	AM	Every Day	8 wks on / 8 wks off
ARA-290	Healing / Neuropathy	15 mg	1 ml	1.5 mg	10	AM	5 days on / 2 days off	8 wks on / 8 wks off

IMMUNITY

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Thymosin-Alpha 1	Immunity	10 mg	2 ml	1.5 mg	30	AM	5 days on / 2 days off	8 wks on / 8 wks off
LL-37	Immunity	5 mg	2 ml	125 mcg	5	AM	Every Day	50 days straight / 4 wks off
VIP	Immunity	5 mg	5 ml	50 mcg	5	AM / PM	Every Day	8 wks on / 8 wks off
KPV	Immunity	10 mg	2 ml	500 mcg	10	AM	5 days on / 2 days off	8 wks on / 8 wks off

HEALING / BEAUTY BLENDS

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
GLOW Blend (GHK-Cu, BPC-157, TB-500)	Healing / Beauty	50mg/10mg/10mg	2 ml	2.5mg/500mcg/500mcg	10	AM or PM	5 days on / 2 days off	8 wks on / 8 wks off
KLOW Blend (GHK-Cu, BPC-157, TB-500, KPV)	Healing / Recovery	50mg/10mg/10mg/10mg	2 ml	2.5mg/500mcg/500mcg/500mcg	10	AM or PM	5 days on / 2 days off	8 wks on / 8 wks off



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FAT LOSS

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Semaglutide	Fat Loss	3 mg	2 ml	250 mcg	17	AM	Once Per Week	8 wks on / 8 wks off
Tirzepatide	Fat Loss	10 mg	2 ml	0.5 mg	10	AM	3x per week	8 wks on / 8 wks off or until goal
Retatrutide	Fat Loss	10 mg	2 ml	0.5-1 mg	10-20	AM	3-4x per week	8 wks on / 8 wks off or until goal
Tesamorelin	Fat Loss	10 mg	2 ml	1 mg	20	AM / PM	5 days on / 2 days off	8 wks on / 8 wks off
AOD-9604	Fat Loss	5 mg	2 ml	300 mcg	11	AM	5 days on / 2 days off	8 wks on / 8 wks off
Ipamorelin	Fat Loss	10 mg	3 ml	300 mcg	9	AM / PM	5 days on / 2 days off	8 wks on / 8 wks off
MOTS-C	Fat Loss	10 mg	2 ml	1 mg	20	AM	5 days on / 2 days off	8 wks on / 8 wks off
5-Amino-1MQ	Fat Loss / Energy	10 mg	2 ml	1 mg	20	AM	5 days on / 2 days off	8 wks on / 8 wks off
Ipamorelin / CJC-1295 No DAC	Fat Loss	5mg / 5mg	2 ml	250mcg / 250mcg	10	AM / PM	5 days on / 2 days off	8 wks on / 8 wks off
Tesamorelin / Ipamorelin Blend	Fat Loss / Muscle	6mg / 2mg	2 ml	300mcg / 100mcg	10	AM / PM	5 days on / 2 days off	8 wks on / 8 wks off
Cagrilintide	Appetite Suppression	5 mg	2 ml	250 mcg	10	AM	3 days per week	8 wks on / 8 wks off or as needed

MUSCLE BUILDING

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
IGF-1 LR3	Muscle Building	1 mg	1 ml	50 mcg	5	AM	10 days in a row	10 days on / 4 wks off
Follistatin 344	Muscle Building	1 mg	2 ml	50 mcg	10	30 min pre-workout IM	Training Days	8 wks on / 8 wks off
L-Carnitine	Muscle Building	600mg/ml 20ml btl	N/A	200-600 mg	33-100	AM	Every Day	As needed



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LONGEVITY

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Epitalon	Longevity	20 mg	2 ml	2 mg	20	PM	Every Day	20 days in a row / 3x per year
NAD+	Longevity	500 mg	5 ml	100 mg	100	AM	2-3 days per week	As needed
CJC-1295 No DAC	Longevity	10 mg	3 ml	200 mcg	6	PM	5 days on / 2 days off	8 wks on / 8 wks off
SS-31	Longevity	10 mg	2 ml	500 mcg	10	AM	5 days on / 2 days off	8 wks on / 8 wks off
FOXO4-DRI	Longevity	10 mg	2 ml	1 mg	20	AM	5 days on / 2 days off	2 weeks / repeat 2-3x per year
Thyamlin / Thymogen	Longevity	20 mg	2 ml	2 mg	20	PM	Every Day	20 days in a row / 3x per year
Triple Threat Blend (NAD+, MOTS-C, 5-Amino-1MQ)	Fat Loss / Energy	100mg/10mg/10mg	2 ml	10mg/1mg/1mg	20	AM	3-4 days per week	8 wks on / 8 wks off

COGNITION & MOOD

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Semax / NA Semax Amidate	Cognition	30 mg	3 ml	1 mg	10	AM	2-3 days per week	8 wks on / 8 wks off
Selank / NA Selank Amidate	Cognition	30 mg	3 ml	1 mg	10	AM	2-3 days per week	8 wks on / 8 wks off
Melanotan 1	Cognitive Enhancement	10 mg	2 ml	250 mcg	5	AM	2 days per week	8 wks on / 8 wks off
P21	Cognition / Neuro	10 mg	2 ml	250 mcg	5	AM	3-4x per week	8 wks on / 8 wks off
PE-22-28	Cognition / Mood	10 mg	2 ml	250 mcg	5	AM	3-4x per week	8 wks on / 8 wks off



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SLEEP

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
DSIP	Sleep	5 mg	2 ml	250 mcg	10	1–3 hrs before bed	5 days on / 2 days off	8 wks on / 8 wks off

SEXUAL HEALTH

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
PT-141	Sexual Health	10 mg	2 ml	500 mcg	10	30 min before activity	As needed	As needed
Oxytocin	Sexual Health	10 mg	10 ml	50 mcg	5	AM	As needed	As needed
Kisspeptin	Sexual Health	5 mg	2 ml	125 mcg	5	1 hr before bed	Every Day	30 days on / 30 days off

HORMONAL SUPPORT

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Sermorelin	Hormonal / GH	10 mg	2 ml	250 mcg	5	PM (before bed)	Mon–Fri	8 wks on / 8 wks off
HCG	Hormonal Support	5000 iu	2 ml	250–500 iu	10–20	AM	2–3x per week	As needed
HMG	Hormonal Support	75 iu	0.5 ml	75 iu	50	AM	3x per week	As needed

MALE HEALTH

PEPTIDE	PURPOSE	AMOUNT IN VIAL	BAC WATER	REC. DOSAGE	UNITS / DOSE	TIMING	FREQUENCY	DURATION
Prostamax	Prostate Health	20 mg	2 ml	2 mg	20	AM / PM	30 days in a row	1 mo on / 2 mo off / 2–3x per year
Testagen	Male Hormones	20 mg	2 ml	2 mg	20	AM / PM	30 days in a row	1 mo on / 2 mo off / 2–3x per year



ELITE PROTOCOL NOTICE

This cheat sheet is intended for educational and informational purposes only. All peptide protocols should be supervised by a qualified healthcare professional. Individual responses to peptide therapy vary. This document does not constitute medical advice, diagnosis, or treatment.