

# ORAL PEPTIDE QUICK REFERENCE GUIDE

CONDITION > PEPTIDE v	Gut and Digestion	Weight Management	Injury Healing and Recovery	Brain, CNS and nerves	Anti-Aging & Longevity	Pain and Inflammation	Immune Regulation	Muscle and Strength	Focus and Energy	Skin
AC-SDKP and Ac-LKKTETQ	★ ★ ★	★ ● ●	★ ★ ★	★ ★ ●	★ ★ ●	★ ★ ★	★ ● ●	★ ★ ●	★ ● ●	★ ★ ●
BPC-157	★ ★ ★	● ● ●	★ ★ ★	★ ★ ●	★ ★ ●	★ ★ ★	★ ★ ●	★ ★ ●	★ ★ ●	★ ★ ★
Dihexa	● ● ●	● ● ●	★ ★ ●	★ ★ ★	★ ★ ★	★ ● ●	● ● ●	● ● ●	★ ★ ★	● ● ●
DNF-10	● ● ●	★ ★ ★	● ● ●	● ● ●	★ ● ●	★ ● ●	★ ● ●	● ● ●	● ● ●	● ● ●
Epitalon	● ● ●	★ ● ●	● ● ●	● ● ●	★ ★ ★	★ ★ ●	● ● ●	★ ● ●	★ ★ ●	★ ● ●
GHK-CU	★ ★ ★	● ● ●	★ ★ ★	★ ● ●	★ ★ ★	★ ★ ●	★ ★ ●	★ ● ●	★ ● ●	★ ★ ★
JBSNF-000098	★ ● ●	★ ★ ★	★ ● ●	★ ● ●	★ ★ ★	● ● ●	★ ● ●	★ ★ ●	★ ● ●	★ ● ●
KPV	★ ★ ★	★ ● ●	★ ★ ●	★ ★ ●	★ ● ●	★ ★ ★	★ ★ ★	● ● ●	★ ★ ●	★ ★ ★
LARAZOTIDE	★ ★ ★	● ● ●	★ ● ●	★ ★ ●	★ ● ●	★ ● ●	★ ★ ●	● ● ●	● ● ●	★ ● ●
MK-677	★ ● ●	● ● ●	★ ★ ★	★ ● ●	● ● ●	● ● ●	● ● ●	★ ★ ★	★ ● ●	● ● ●
Tesofensine	● ● ●	★ ★ ★	● ● ●	★ ★ ★	● ● ●	● ● ●	● ● ●	● ● ●	★ ★ ★	● ● ●
5-Amino-1MQ	● ● ●	★ ★ ★	● ● ●	★ ● ●	★ ★ ★	● ● ●	★ ● ●	★ ★ ●	★ ● ●	★ ● ●

\*GOLD = Top peptide suggestion for each health category

# INJECTABLE PEPTIDE QUICK REFERENCE GUIDE

CONDITION > PEPTIDE v	Gut and Digestion	Weight Management	Injury Healing and Recovery	Brain, CNS and nerves	Anti-Aging & Longevity	Pain and Inflammation	Immune Regulation	Muscle Growth	Focus and Energy	Skin
AOD-9604		✓✓✓	✓✓✓			✓				
ARA-290	✓		✓✓	✓✓✓	✓	✓✓✓	✓✓			
Cerebrolysin			✓	✓✓✓	✓✓	✓✓			✓✓	
CJC-1295	✓	✓	✓✓✓		✓			✓✓✓	✓✓	✓
DSIP		✓	✓	✓✓	✓✓	✓✓	✓✓✓		✓✓✓	
FOXO4-DRI	✓			✓	✓✓✓	✓	✓	✓	✓	✓✓
GHRP2/6		✓	✓✓✓		✓			✓✓✓	✓✓	✓
Ipamorelin		✓	✓✓✓		✓			✓✓✓	✓✓	✓
LL37	✓✓✓					✓✓	✓✓✓			
MELANOTAN I/II	✓✓	✓✓		✓✓	✓	✓	✓✓	✓	✓	✓✓✓
MOTS-C		✓✓	✓	✓✓	✓✓✓	✓	✓		✓✓✓	
P-21			✓	✓✓✓	✓	✓✓			✓✓	
PNC-27		✓				✓✓✓				
PT-141				✓✓✓					✓✓✓	
SELANK / SEMAX			✓	✓✓✓	✓✓	✓	✓		✓✓✓	
Semaglutide	✗	✓✓✓			✓			✗		
SS-31		✓✓	✓	✓✓	✓✓✓	✓	✓		✓✓✓	
TB500 / TB4	✓✓✓		✓✓✓	✓✓	✓✓	✓✓	✓✓	✓✓		✓✓
Tesamorelin	✓	✓	✓✓✓		✓			✓✓✓	✓✓	✓
Thymosin A1	✓✓		✓	✓	✓	✓✓	✓✓✓			
VIP	✓✓✓			✓✓	✓	✓✓	✓✓✓			✓

✗ = Potential negative effects

# PEPTIDE QUICK REFERENCE - SUMMARY INFORMATION

## Ac-SDKP & Ac-LKKTETQ (TB-4 Fragments)

Ac-SDKP and Ac-LKKTETQ are orally active fragments of Thymosin Beta-4 / TB500 that elicit many of the positive and regenerative properties of its parent peptide TB500 without the need to inject. Promising effects include gastrointestinal, musculoskeletal, and connective tissue healing and more. Orally dosed in DR capsules at 250mcg-1mg per day.

## AOD-9604

AOD 9604 is a modified form of amino acids 176-191 of the GH protein that has been studied for its potential to aid in fat loss. It has subsequently shown promise for bone, joint, and cartilage tissue regeneration. It's typically administered through subcutaneous injections or intra-articular (with Hyaluronic Acid for cartilage) at doses around 0.3-1.3 mg per day.

## ARA-290

ARA-290 is a peptide therapeutic that belongs to the class of erythropoietin (EPO) derived peptides. It has been shown to promote nerve repair and regeneration without EPO's red blood cell stimulatory effects. It may help with conditions related to neuropathic damage/pain and inflammation. ARA-290 is administered subcutaneously at 1-4mg/day.

## BPC-157

BPC-157 is a synthetic peptide derived from a protein in the stomach. It's being studied for its potential healing properties, particularly in gastrointestinal issues, muscle and tendon injuries, and other inflammatory conditions. The typical dose ranges from 250 to 500 micrograms per day, administered either orally or via injection, or nasal spray.

## Cerebrolysin

Cerebrolysin (FPF1070) is a porcine brain-derived neuropeptide that stimulates neurotrophic regulatory and neuroprotective effects in the central nervous system. That also mimics neurotrophic factors that are responsible for growing, repairing, and maintaining neurons. Dosing suggestions range from 5-10ml per day, for a 10-20-day cycle.

## CJC-1295 DAC

CJC-1295 contains the first 29 amino acids of growth hormone-releasing hormone (GnRH) and is designed to increase growth hormone production. It's typically administered via subcutaneous injection, often at a dose of 500-2000 mcg/week split into 1-4 doses.

## Dihexa

Dihexa (N-hexanoic-Tyr-Ile-(6) aminohexanoic amide) is a six-amino-acid peptide directly derived from Angiotensin IV (Ang IV). Dihexa was found to be seven orders of magnitude more powerful than BDNF in enhancing new synapse formation; thereby helping develop new neuronal connections, repair failing brain cells, and protect healthy brain cells. Dose: 5mg-45mg/day.

## DSIP

Deep Sleep-Inducing Peptide, originally named after it induced sleep and was isolated during slow-wave sleep in animal studies, this corticotropin-altering peptide has been suggested to induce sleep in the setting of chronic insomnia (restoring sleep). It also may affect pain, immune, and stress responses. Doses range from 100mcg-500mcg/day.

## DNF-10

DNF-10 also known as yeast hydrolysate, is a peptide protein that can drastically reduce appetite at the hypothalamic level and reduce caloric intake, therefore leading to marked reductions in the accumulation of body fat, and drastic reduction of caloric intake. Doses 250-500 mg/day orally.

## Epitalon

Epitalon is a peptide that has the potential to extend lifespan by regulating the expression of telomerase and telomere length. It is typically administered via subcutaneous injection or orally, with dosing ranging from 5 to 10 milligrams per day for a duration of 10 to 20 days, followed by periodic maintenance doses every six months to a year.

## FOXO4 - DRI

FOXO4-DRI is a peptide-based drug designed to selectively target senescent cells, potentially delaying aging-related processes. It is typically administered via injection, and dosing varies based on the specific protocol, but a common recommendation is 1-3 mg injected subcutaneously every other day for six days, repeating this short cycle 1-3 times per year.

# PEPTIDE QUICK REFERENCE - SUMMARY INFORMATION

## **GHK-Cu**

GHK-Cu is a copper peptide complex that has shown potential in promoting wound healing, tissue regeneration, and cosmetic and internal anti-aging effects. It is commonly administered topically, orally, and through SUBQ injections. For IV or IM injections, a dose of 0.5 mg/kg is most commonly recommended. Oral dosed at 2.5-5mg/day. Skincare at 1-5%.

## **GHRP-2 and GHRP-6**

GHRP-2 is a growth hormone-releasing peptide that stimulates the release of growth hormone from the pituitary gland. It is commonly administered via subcutaneous injection and typically dosed around 100-300 mcg per injection, with multiple injections per day depending on individual goals and tolerance.

## **Ipamorelin**

Ipamorelin is a synthetic peptide known for its growth hormone-releasing properties, stimulating the pituitary gland to release growth hormone. It is typically administered via subcutaneous injection and dosing ranges from 100 to 300 micrograms per injection, usually taken one to three times daily.

## **JBSNF-000098**

This peptide inhibits NNMT activity, reduces MNA levels, and drives insulin sensitization, glucose modulation, and body weight reduction in mouse models of metabolic disease. JBSNF-000088 caused a reduction in body weight, improved insulin sensitivity, and normalized glucose tolerance to the level of lean control mice. Dose oral 2-5mg/day.

## **KPV**

KPV peptide is a tripeptide fragment of alpha-MSH; composed of lysine (K), proline (P), and valine (V). KPV is often used for its healing, anti-inflammatory, and immune-modulatory properties. Studies show promise in IBD conditions and CIRS/MCAS illness. Dosed orally between 250-500 mcg 1-2 times per day.

## **Larazotide (AT-1001)**

Larazotide, AKA the 'Anti-Coeliac' peptide, is a short-chain peptide that when administered has powerful effects on the regulation and reduction of intestinal hyperpermeability via antagonism of the zonulin protein that regulates membrane permeability in the GI tract and Brain (BBB). Dosed orally at between 250mcg-500mcg, or post gluten exposure.

## **LL-37**

LL-37 is a naturally occurring antimicrobial peptide with the potential to assist in gastrointestinal issues; bacterial overgrowths, candida, and parasitic infections as well as Lyme and coinfections. It is typically administered topically or via injection at dosages between 75-125 mcg/day.

## **MK-677 (Ibutamoren)**

MK-677 (Ibutamoren), is an oral growth hormone (GH) secretagogue (not to be confused as a SARM and also not a peptide, but used commonly in protocols) that stimulates the release of GH and IGF-1. It may increase muscle size and strength via GH secretion. It is typically administered orally at 10-25 mg per day, though dosing may vary depending on individual goals and tolerance levels. Side effects include increased appetite/hunger and weight gain as well as long-term GH receptor site downregulation.

## **MOTS-c**

MOTS-c is a mitochondria-derived peptide that has shown potential in improving metabolic & mitochondrial health and increasing lifespan in animal studies. It is typically administered through subcutaneous injections, with dosing varying depending on the specific study protocol, but typically ranges from 0.5 to 5 mg/kg of body weight.

## **Melanotan I and II**

Melanotan I and II are synthetic peptide analogs of the hormone alpha-melanocyte stimulating hormone ( $\alpha$ -MSH), primarily used for tanning purposes, as well as for appetite suppressing purposes. They are typically administered through subcutaneous injection between 0.1-0.16 mg/kg/day, but are also sold as an intranasal spray although efficacy is unknown via this route of administration.

# PEPTIDE QUICK REFERENCE - SUMMARY INFORMATION

## P-21 (P021)

P-21 is a promising nootropic and neuro-restorative that has the efficacy to improve cognitive function, learning, and memory, and reduce the risk of cognitive decline, vascular dementia, and Alzheimer's disease. It can be administered intranasally, orally, or via IV. Dosing at 1-4 mg a day intranasally or orally (if made bioavailable).

## PNC-27

A synthetic peptide studied in cancer models that binds to HDM-2 in cancer cell membranes; selectively killing cancer cells by inducing membranolysis (destruction of the cell membranes) while leaving healthy cells unharmed (due to healthy cells not having significant levels of HDM-2). Available as 5mg/ml vials - consult with a practitioner for dosage/protocols.

## PT-141

PT-141 (Bremelanotide) aka 'ladies Viagra' is a 7 amino acid peptide fragment of alpha-MSH that works on a neurological level to modify how we respond to a sexual stimulus by targeting melanocortin receptor 4 (MC4R). This peptide is dosed best subcutaneously but also is available as intranasal sprays.

## Semaglutide, Tirzepatide and Retatrutide

These three injectable pharmaceutical peptide medications are used for the treatment of type 2 diabetes and obesity. Semaglutide mimics the action of glucagon-like peptide-1 (GLP-1) thereby agonizing/activating the GLP-1 receptor and reducing appetite and inducing satiety. Tirzepatide adds another action with Gastric inhibitory peptide (GIP) inhibiting secretin and reducing insulin secretion, combined with semaglutide's GLP-1 antagonizing effects. Retatrutide is a triple-peptide therapy with GLP-1, GIP, and Glucagon receptor (GCGR) agonist effects; The addition of glucagon receptor agonism affects the pancreatic cells to reduce insulin release. These three DRUG peptides are not natural and are pharmaceutical medicines as such we do not recommend their use, despite their popularity, nor offer any dosage information as these drugs are band-aid tools for what should be diet and lifestyle intervention. These drugs also come with a range of reported side effects such as gastrointestinal upset and issues (like due to stomach acid disturbance), muscle loss, and bone density decrease and may potentially, despite weight loss, leave you in a worse position health-wise than when you started. If you wish to use any of these classes of drug peptides; seek professional medical advice.

## Selank

Selank is a peptide used for its anxiolytic (anti-anxiety) and nootropic (cognitive enhancing) effects. It is typically administered via subcutaneous injection or nasal spray, with dosages ranging from 250 to 1000 mcg per day in nasal spray, or 100-220 mcg/day for injections, divided into several smaller doses.

## Semax

Semax is a peptide used primarily for cognitive enhancement (nootropic effects) and neuroprotection, as well as to improve immune function, protection of neurons, and to improve cardiovascular function. It is administered via intranasal route or injection at a dose of ~ 100 mcg/day.

## SS-31

SS-31 is a promising peptide-based compound with potential therapeutic applications in mitochondrial dysfunction and oxidative stress-related conditions. It is typically administered via injection, either intravenously or subcutaneously, with dosages between 20-50 mg/day.

## TB-500 / Thymosin Beta-4

TB-500, also known as Thymosin Beta-4, is a synthetic peptide derived from the naturally occurring thymosin beta-4 protein, which plays a role in cell migration, differentiation, and regeneration. *Dosing* via subcutaneous injections; 2 to 10 mg/per week, divided into smaller doses throughout the week. Also available as Fragment oral capsules.

## Tesamorelin

Tesamorelin is a synthetic growth hormone-releasing hormone (GHRH) analog used to treat excess abdominal fat and improve cognitive function, and nerve health. It is administered via subcutaneous injection, typically once daily at a dose of 2 mg.

# PEPTIDE QUICK REFERENCE - SUMMARY INFORMATION

## Tesofensine

Tesofensine is a pharmaceutical compound that was initially developed as an anti-obesity medication. It acts as a potent inhibitor of the reuptake of serotonin, norepinephrine, and dopamine, leading to appetite suppression and potential weight loss. Typically administered orally, dosing recommendations vary depending on the specific medical condition being treated; however, common *dosages* range from 0.5 mg to 2 mg per day.

## Thymosin Alpha-1

Thymosin Alpha-1 is a peptide with immunomodulatory properties, primarily used to enhance immune function. It is administered via subcutaneous injection and the typical *dosing* ranges from 1.6 to 3.2 mg per week, divided into several smaller doses.

## VIP (Vasoactive Intestinal Peptide)

VIP (Vasoactive Intestinal Peptide) is a medication used primarily to treat gastrointestinal disorders such as refractory constipation, as well as being an anti-inflammatory, anti-fibrotic, and cognitive preserving compound. It shows clinical utility as well in Mold / CIRS illness. *Dosed* via injection at up to ~500 mcg per day, or intranasal spray up to 4 times per day.

## 5-Amino 1MQ

5-Amino-1MQ is a small molecule that functions by blocking the activity of the nicotinamide N-methyltransferase enzyme (NNMT), which is active in fat tissues. This mechanism has been purported to increase NAD<sup>+</sup> levels. Animal studies have shown that 5A1MQ reduced body mass by about 7% without any external changes in food intake. *Dose* orally at 50-150mg/day.

**+ MANY HUNDREDS MORE THAT DID NOT MAKE THIS LIST, ARE IN DEVELOPMENT OR CARRY SIDE EFFECTS**

**+ BIOREGULATORY PEPTIDES + SKIN AND COSMETIC PEPTIDES**



## LEGAL DISCLAIMER

The information contained in this document is NOT medical advice and is NOT a substitute for medical practitioner advice. Peptides, for the most part, are EXPERIMENTAL biological substances, and although usually safe we recommend seeking the professional opinion and consult of a trained practitioner before consuming or administering in any way the peptides mentioned in this document. LVLUP Health provides the information above for educational purposes only and takes no responsibility for health effects, positive or negative, that may result from the use of this information. It is your responsibility to research the accuracy, completeness, and usefulness of the information contained within this document and LVLUP Health takes no liability or responsibility for any consequence resulting directly or indirectly from any action or intervention taken based on the information in this document. LVLUP Health acknowledges that the information provided is our best attempt to provide a clear, concise, and accurate guide to therapeutic peptides and has been created with the best intentions; but the information above may inadvertently and unintentionally contain errors, misinformation, be incorrectly interpreted from studies, or be outdated. The information contained in this document is not intended to make any therapeutic or health claims and is for informational purposes only. Information collated and co-authored by Kyal Van Der Leest, Calvin Scheller, and Jennifer Matthews.



## HAVE QUESTIONS? CONTACT US OR REACH OUT TO ONE OF OUR TRUSTED PRACTITIONERS

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