

Peptide Usage Overview

Holtorf, Kent. National Academy of Hypothyroidism and Integrated Sciences (NAHIS)

	Class	Pain	Immunity	Inflammation	Libido	Anti-aging	Weight Loss	Cognitive	Antioxidant	Sleep	Dose (1)	Conditions
GH FRAG/AOD	Truncated HGH		+	+		+	+	+		++	150-400 mcg qd (pulse)	Healing, body fat, rejuvenation
Semax	Nootropic	+	+	++	+	+++		+++	++	+	100-300 mcg/day	Cognitive dysfunction, memory, stroke, dementia, depression, TBI, ADHD
Selank	Nootropic		+	+		+		++	+	++	100-300 mcg/day	Cognitive dysfunction, memory, stroke, dementia, depression, TBI, ADHD, anxiety, depression
CJC 1295 + Ipamorelin	GHRH/GHRP		+	+		++	+	+		++	50/150-100/300 qd (pulse)(1b)	Growth hormone stimulation
Follastatin	Myostatin Blocker		++	++			+++				50-100mcg 1-2 x/ week	Weight loss, muscle building
PT 141/Bremelanotide	MSH Analog					+++	+				1-2 mg q 1-3 days prn	Libido, weight loss, tanning
Thymosin Alpha 1	TH1 Stimulation	+	+++	++		++		+	++		50-300 mcg qd (pulse)	Immune boosting for chronic infection, cancer
Thymulin	TH1-TH2 Balance	+	+++	++		+++		++	++	+	50-300 mcg/day	Immune modulation, cancer, rejuvenation, neurorejuvenation, muscle pain
Thymosin Beta 4	TH1-TH2 Balance	++	+++	+++		++		++	++	+	50-300 mcg qd	Immune modulation, cancer, rejuvenation, neurorejuvenation, muscle pain
BPC 157	Reduce TH2 (Inflammation)	+++	+++	+++		+++	+	+	+++	+	Oral: 500 mcg 1-4 daily SQ: 100-200 bid	Systemic or GI inflammation, healing, rejuvenation
DISP	Sleep Peptide	++	+	+		++		+	++	+++	50-300 mcg/day at bedtime (may increase to 3000 mcg/day)	Sleep
Epithalon	Pineal Gland Peptide	+	++	++		+++		++	+++	+++	100-500 mcg/day	Immunity, cancer, sleep, anti-aging, telomere lengthening, DNA repair
LL-37	Anti-Microbial Peptide		++	+					+		50-150 cmg/day	Anti-biofilm, chronic infections, Lyme, anti-bacterial, anti-viral, anti-parasitic

(1) Above dosing is based on the medical literature and what we have found safe and effective at Holtorf Medical Group; dosing given for SQ delivery (other options potentially available).

**Dosing are suggested guidelines; clinical and laboratory assessment is required

***Start low and titrate up in prudent manner

(1b) Pulsing suggested 5 days on 2 days off and 4 weeks on and one week off.