



PEPTIDE THERAPY DOSING CHART



This document is a general guideline. All dosing should be administered by the practitioner based on patient demographics and comorbidities

PURPOSE	PEPTIDE	DOSING	BENEFITS
Introduction 2wks	GHRP	• 50 mcg Bedtime	• Sleep, bone mineral density, well-being
Anti-Aging	GHRH/GHRP	• 100 mcg Bedtime	• Sleep, recovery, well-being, bone mineral, receptor entraining
Anti-Aging/Fat loss	GHRH/GHRP	• 100 mcg Bedtime • 100 mcg Morning	• Fatty acid release
Progressive Fat loss	GHRH/GHRP	• 100 mcg Bedtime • 100 mcg Morning • 100 mcg 3 hours later	• Fat loss, Enhance fasting
Anabolism	GHRH/GHRP	• 100 mcg Bedtime • 100 mcg Morning • 100 mcg PWO	• Enhanced recovery, GH Receptors
	BPC-157	• 300-600 mcg PWO	
Injury	GHRH/GHRP	• 100 mcg Bedtime • 100 mcg Morning • 2 more dosing 3 hour split • 100 mcg	• Recovery, Increased healing injury, IGF-1
	BPC-157	• Split dosing 600 mcg	
Cell Enhancement and Immune Modulation	Thymosin Alpha 1 (TA-1)	• 1.5 mg Sub Q every third day	• Enhances antibody response • Works against inflammatory state of senescent cells • Immune Modulation





PEPTIDE THERAPY DOSING CHART



This document is a general guideline. All dosing should be administered by the practitioner based on patient demographics and comorbidities

PURPOSE	PEPTIDE	DOSING	BENEFITS
Oral GHRP molecule	MK0677	• 2x a day - 12.5 mg capsules • 12.5 mg Bedtime • 12.5 mg Morning	• Increase lean body mass • Bone strengthening properties • Enhance levels of Growth Hormone • The only effective oral GHRP like molecule
Anti-Aging, Regulates cell cycle	Epithalon	• Option 1: 100 mg total • 10 mg IM q day for 10 days, every year, for 2 years • Option 2: 50 mg total • 10 mg IM q every third day, every 6 months, for 3 years	• Decelerates aging • Induces telomerase activity • Induces telomere elongation • Improves antioxidant defense • Normalizes melatonin levels • Improves cortisol secretion consistent with circadian rhythm • Improves insulin sensitivity
Sleep Disturbance	DSIP	• 100 mcg Sub Q 3 hours prior to bedtime • Frequency varies on response • Decrease to 50 mcg after patient stabilizes	• Restores disrupted sleep • Increase in endorphin release • Improve REM
Anti-inflammatory and Immune Modulation	Thymosin Beta 4 (TB-4)	• 300 mcg - 1 gram daily, Sub Q • 3 months on, 1 month off	• Improve T cells • Neuro-protective • Anti-inflammatory • Reduces acute/chronic pain

