THE WELLNESS PLAYBOOK

PEPTIDES

BPC-157 THE HEALER

PRIMARY BENEFIT
Injury recovery, gut healing, inflammation reduction

DURATION
4–8 weeks (acute) 12 weeks (chronic)

CJC-1295 THE BUILDER

PRIMARY BENEFIT
Muscle growth, strength, fat loss, sleep & vitality

DURATION
12 weeks

Ipamorelin THE RECOVERY

PRIMARY BENEFIT
Supports recovery, lean muscle maintenance, fat metabolism, sleep quality, and healthy aging.

DURATION
8–12 weeks

GHK-Cu THE RENEWER

PRIMARY BENEFIT
Skin regeneration, anti-aging, wound healing, hair growth

DURATION
12 weeks

PT-141+ THE SPARK

PRIMARY BENEFIT
Libido, arousal, bonding, mood enhancement

DURATION
As needed, max 3x/week

NAD+ THE ENERGIZER

PRIMARY BENEFIT
Cellular energy, DNA repair, mitochondrial health, metabolism

DURATION
12 weeks

KPV GUT & IMFLAMMATION

PRIMARY BENEFIT
Potent Anti-inflammatory properties, recovery and wound healing support, can help with skin conditions like eczema and psoriasis

DURATION
4-8 weeks 12 weeks chronic

MOTS-c THE EXERCISE MIMIC

PRIMARY BENEFIT
Mitochondrial peptide — reduces weight, improves muscle, mimics metabolic effects of exercise

DURATION
8–12 weeks

TB-500 THE REGENERATION SPECIALIST

PRIMARY BENEFIT
Regulates cell migration, reduces fibrosis & scar tissue, accelerates tissue repair

DURATION
4–8 weeks (acute) · 12 weeks (chronic)

Retatrutide (GLP-3) THE LONGEVITY OPTIMIZER

PRIMARY BENEFIT
Weight loss, metabolic optimization & longevity via triple hormone receptor activity (GLP-1, GIP, glucagon)

DURATION
16–24 weeks (ongoing for longevity)

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THE WELLNESS PLAYBOOK

PEPTIDE STACKS AND BLENDS

PEPTIDE STACKS = INDIVIDUAL PEPTIDES TAKEN DURING THE SAME CYCLE ****PEPTIDE BLENDS** = COMBINATION OF TWO OR MORE PEPTIDES FORMULATED INTO ONE VIAL

NAD+ + Mots-C

FOUNDATIONAL STACK

BEST FOR
Fatigue, burnout, chronic stress, aging-related decline

NOTE
Benefits often noticed within 1–2 weeks.

NAD+ + CJC-1295

EXECUTIVE STACK

BEST FOR
High performers, executives, athletes, 40+ adults seeking cellular energy, recovery & metabolic resilience

NOTE
Take CJC before bed, fasted for optimal effect.

CJC-1295 + Ipamorelin

REPAIR & RESTORE STACK

BEST FOR
- Lean mass / recovery, Supports GH release, recovery, body composition, sleep, muscle recovery and support

NOTE
ideal candidate as: someone primarily interested in recovery, body composition, and healthy-aging support,

BPC-157 + GHK-Cu

MEDSPA STACK

BEST FOR
Aesthetic patients, skin rejuvenation, post-laser, micro-needling, chemical peels, anti-aging

NOTE
Synergistic for skin elasticity, collagen signaling & conceptually targeted toward tissue recovery

Reta + MOTs-C + BPC-157 + TB-500

OVER 40 "HOLY GRAIL" STACK

BEST FOR
People recovering from injuries while trying to stay active, Experience chronic aches/inflammation, Want to improve metabolic health alongside body composition

NOTE
Ideal for Busy professionals and adults experiencing low energy levels while seeking healthy aging support.

CJC-1295 + BPC-157

HIGH PERFORMANCE STACK

BEST FOR
Athletes training for events, 45+ active adults wanting less soreness or injury

NOTE
Take CJC 30 min before bed FASTED or before morning workout.

**TB-500 + BPC157 + GHK-Cu

**GLOW BLEND

BEST FOR
- Most commonly used to support tissue repair, recovery, and overall skin health. Post-procedure recovery.

NOTE
Especially appealing to patients looking to support both how they feel (**recovery and mobility**) and how they look (**skin and hair health**) with one protocol.

**TB-500 + BPC157

**THE WOLVERINE BLEND

BEST FOR
- Competitive and recreational athletes
- Active adults with chronic aches and pains
- Patients recovering from orthopedic procedures
- Individuals with repetitive-use injuries
- Faster recovery between workouts

NOTE
Recovery-focused for muscles, joints, tendons, ligaments, and overall tissue repair.

**TB-500 + BPC157 + GHK-Cu + KPV

**KLOW BLEND

BEST FOR
- Individuals w/chronic inflammation, digestive issues, sports injuries, joint/soft tissue pain, post-surgical recovery, or to support healthy aging & improve skin quality.

NOTE
Individuals dealing with chronic inflammation, digestive issues (such as leaky gut or IBS symptoms), sports injuries, joint or soft tissue pain, post-surgical recovery, or those looking to support healthy aging and improve skin quality.

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