

Peptides

Description

Peptides

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Saving this to a "Health" folder can help access.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Growth hormone secretagogues (GHS)

Growth hormone (GH) increases muscle, reduces fat, increases exercise ability, & growth. We make too little of it starting in our early thirties, & become fatter & have less muscle & bone & sleep less deeply as a result. Use of GH appears to have some significant

adverse effects if not used carefully.

Some of the GHSs appear to have many of the same benefits as GH. These include the injected GH releasing peptides (GHRPs), hexarelin (intranasal), and ibutamoren mesylate (taken orally).

GHRH-analogs are injected â€“ Semorelin (GRF 1-29), Modified GRF 1-29, Tesamorelin because the gastrointestinal tract eliminates them. They may work sublingually.

Ghrelin mimetics include Pralmorelin (GHRP-2), GHRP-6, Ipamorelin, Ibutamoren (MK-677), Anamorelin, Macimorelin.

A few GHSs in studies have helped improved growth in children with low GH (hexarelin, GHRP-2), stimulate appetite in people with anorexia (GHRP-2 in one person), increase muscle (ibutamoren), reduce osteoporosis (ibutamoren) & help REM & deep sleep (ibutamoren 50% & 20% in one study). They may take a few months to show benefits.

Ibutamoren may increase blood glucose levels. This may be mediated by taking one or a combination of- 600mg of alpha lipoic acid before each meal/300 mg of berberine/300mg moringa/cinnamon in every meal, and by exercising/walking before or immediately after a meal.

In one study of people who were elderly ibutamoren increased heart failure indicators in some.

Ibutamoren studies used a starting dosage of 25mg orally. 5mg three times a day sublingually (if it works) may reduce the adverse effects. \

hrtguru.com/hgh-secretagogues/

The safest & most reliable way to increase HGH & IGF1 levels is exercise, specifically high intensity exercise, and using a sauna/steam room/whirlpool until too hot. Extra benefits if then going outside in winter cold or taking a cold shower or ice bath until too cold, then again into a heat room until too hot.

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Sigalos JT, Pastuszak AW. The Safety and Efficacy of Growth Hormone Secretagogues. Sex Med Rev. 2018 Jan;6(1):45-53. doi: 10.1016/j.sxmr.2017.02.004. Epub 2017 Apr 8. PMID: 28400207; PMCID: PMC5632578. ncbi.nlm.nih.gov/pmc/articles/PMC5632578

Nass R, Pezzoli SS, Oliveri MC, Patrie JT, Harrell FE Jr, Clasey JL, Heymsfield SB, Bach MA, Vance ML, Thorner MO. Effects of an oral ghrelin mimetic on body composition and clinical outcomes in healthy older adults: a randomized trial. Ann Intern Med. 2008 Nov 4;149(9):601-11. doi: 10.7326/0003-4819-149-9-200811040-00003. PMID: 18981485; PMCID: PMC2757071. ncbi.nlm.nih.gov/pmc/articles/PMC2757071/

Ghigo E, Arvat E, Camanni F. Orally active growth hormone secretagogues: state of the art and clinical perspectives. Ann Med. 1998 Apr;30(2):159-68. doi: 10.3109/07853899808999399. PMID: 9667794. pubmed.ncbi.nlm.nih.gov/9667794/

Reviews-

<https://old.bitchute.com/video/4zZaNcSDxbM5/>

https://rumble.com/v6rr1qd-truth-about-gila-monster-snake-venom-and-the-miracle-of-peptides-for-human-.html?e9s=src_v1_ucp

Natniddam.com

Safepeptides.org

Sites that sell peptides & have had third party testing-

Lvluphealth.com code bgl or nat

Limitlesslifenootropics.com code sarah or sgt15

4aminolabs.com

Science.bio

What people have tried some peptides for:

Skin, antiaging

GH copper peptide 2mg daily 70% collagen increase, antiaging, skin improvement

Longevity

Pineal peptide number 1, thymus peptide number 2, Epithalon (50mg every six months)

Epitalon also energy, motC 10mg subQ weekly

Immune activation if sick

Thymalin 5mg subQ w zinc 30mg, thymusin alpha one 80 units

1.6mg immune

Bioregulator

Testagen for thyroid, testost, immune

Weightloss

Retatrutide, 36wks 24% weightloss

Strength increase & fatloss

Slupp-332 caps 12% lower weight. 4wks 70% endurance

Gw0742- endurance, fatloss

Strength, endurance

Ipamorelin am 100mg &c jc1295, Tesamorelin 2mg in the pm, 5 days
on 2 days off

Semorelin 200mcg-3mg Bedtime

Hexarelin 100mg

Andarine 25mg morn&eve ostarine 25mg-50mg noon

Gw501516 20mg 30min b4 workout

or sr9009 29mg morn

& Gw0742

Then rad140 later

Yk11 better bulking

Sleep

Deep sleep inducing peptide, works temporarily

Anxiety

Selank- no sedation

Mood

Tesofencine, Pe22.28 (also cognitive)

Cognitive enhancement

Pinealon 2x for learning & longevity

9-me-bc

Semax for memory & ulcers

Injuries

PentadekaargininePDA for muscles, tendons, ligaments, joints

TB500, goralatide/thymusinBeta4 better

Bpc157 for gut healing, joints

LL37 for gut, sibo

Melanitan (tanning too) & Pt141 for libido, Antimold &

Desep for sleep, fat, lowers cortisol

Weightloss

Semaglutide-

Rybelsus, Ozempic, Wegovy

68wks 2.4mg weekly 15% loss

35x greater blindness, 4x greater pancreatitis & gastric slowing,
nausea

Liraglutide-

Victoza, Saxenda

Tirzepatide-

Mounjaro, Zepbound

2.5mg weekly, eventually 15mg

52wks 26% weightloss

Cagrilintide- analogue amylin, weightloss

Category

1. Uncategorized

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