



Glow Up Drip Spa & Aesthetics

Glo Up
Garage

PEPTIDE GUIDE

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WHAT IS PEPTIDE THERAPY?

peptides are building blocks of proteins

Our bodies naturally produce peptides, which are present in every cell and tissue. Peptides are small proteins, or "snippets" of proteins, that send messages to our cells. Since the creation of the first therapeutic peptide, insulin, in 1921, there has been remarkable progress, resulting in over 80 FDA-approved peptide drugs, available today to treat conditions such as diabetes, cancer, osteoporosis, and multiple sclerosis (MS).

Peptide therapy uses lab-made peptides to trigger specific reactions in the body. Stress, aging, and diet changes can reduce natural amino acid production, leading to negative effects. Peptide therapy helps restore low peptide levels that can't be replaced by supplements, aiding in treatment and prevention of various conditions.

Peptide therapy supports the body's natural human growth hormone (HGH) levels and promotes tissue healing. Other peptides target brain health, sexual wellness, skin health, sleep, mood, concentration, and hair growth. Most peptides are administered through subcutaneous injections, which can be done at home, though oral capsules, creams, and intranasal sprays are also available for select peptides.

Peptide drug development is a rapidly growing field in pharmaceutical research, with endless possibilities still unfolding.



SINGLE PEPTIDES

NAD+ popular

Nicotinamide adenine dinucleotide (NAD+) is a potent, regenerative peptide that helps slow down the onset of disease while increasing energy and brain health.

BENEFITS

- Anti-aging by maintaining cellular health and reducing oxidative stress
- Helps reverse mitochondrial decay and repairs DNA
- Improves memory, mental clarity, and alertness
- Aids in the treatment of Alzheimer's Disease and Dementia
- Enhances metabolic function and increases energy levels
- Enhances athletic performance and muscle recovery
- Regulates cholesterol and blood pressure and improves overall cardiovascular health

MOT-C popular

Mitochondrial ORF of the 12S rRNA Type-C (MOT-C) is a potent peptide supporting weight regulation, exercise, anti-aging, and glucose metabolism.

BENEFITS

- Delays cellular aging and prevents DNA damage
- Reduces inflammation and enhances immune function
- Improves exercise performance and increases muscle mass
- Increases fat burning and reduces production of new fat molecules
- Increases insulin sensitivity and reduces insulin resistance
- Regulates glucose metabolism to aid in energy production

DSIP popular

Delta Sleep-Inducing Peptide (DSIP) has been shown to promote deltawave sleep (deep sleep) and works by binding to receptors in the brain that are linked to sleep and relaxation.

BENEFITS

- Promotes sleep and improves quality of sleep
- Reduces sleep latency and normalizes sleep patterns
- Aid in managing stress and anxiety
- May help normalize blood pressure and myocardial contractions
- May help recover motor function after stroke or other neurological injuries



BPC-157 popular

Body Protection Compound -157 (BPC-157) is a peptide that is a partial copy of the human “BPC” found in stomach acid. BPC accelerates the rate of new blood vessel formation (angiogenesis) to help wounds heal. BPC helps repair damage caused by inflammation and helps improve your joints, muscles, ligaments, tendons, and bone health.

BENEFITS

- Accelerates wound skin and tissue healing
- Alleviates inflammation and pain
- Supports gut health and GI protective properties, including alleviation from ulcers, bowel issues, and Crohn's disease
- Regulates brain serotonin and dopamine functions, potentially enhancing mood
- Improves muscular strength and endurance
- Stimulates collagen production

GHK-Cu

Copper peptide (GHK-Cu) is a naturally occurring copper complex first identified in human plasma. GHK-CU is a core peptide that has potent anti-inflammatory actions, stimulating hair growth, wound healing, skin regeneration, and anti-oxidant properties.

BENEFITS

- Stimulates collagen improving skin elasticity, firmness, and reducing wrinkles
- Improves skin tone, texture, and reduces hyperpigmentation (dark spots)
- Helps prevent hair loss and increases hair growth and thickness
- Powerful anti-oxidant and anti-inflammatory effects
- Accelerated wound healing and increased blood vessel production
- Aids in the suppression of molecules that accelerate disease

Kisspeptin-10

Kisspeptin-10 is a neuropeptide primarily known for its role in the regulation of reproductive processes. It acts by stimulating the release of gonadotropin-releasing hormone (GnRH), which triggers the secretion of luteinizing hormone (LH) and follicle-stimulating hormone (FSH).

BENEFITS

- Regulates reproductive hormones
- Increases testosterone naturally
- Increases sexual arousal
- Boosts brain function
- Improves overall mood
- Promotes weight loss
- Lowers risk of heart disease

SINGLE PEPTIDES



PT-141

Bremelanotide (PT-141) is a melanocortin receptor agonist peptide. Melanocortin is a natural hormone in your body that works on receptors in your brain and nervous system to cause sexual arousal and influence sexual behavior.

BENEFITS

- Improves sex drive and sexual performance
- Beneficial for erectile dysfunction
- Improves confidence and self-esteem
- Reduces stress and improves mood
- Stimulates the immune system
- Lowers blood sugar and decreases fat storage

Tirzepatide

Tirzepatide is a peptide-based medication used in the treatment of type 2 diabetes. It belongs to a class of drugs known as glucagon-like peptide-1 receptor agonists (GLP-1RAs). Tirzepatide mimics the effects of GLP-1, a natural hormone that helps regulate blood sugar levels.

BENEFITS

- Promotes weight loss by increasing feeling of fullness and reducing hunger
- FDA-approved to help reduce blood sugar levels in patients with type-2 diabetes
- Fewer side effects than Semaglutide
- It should be used along with diet modification and exercise

Semaglutide | B-12

Semaglutide is a glucagon-like peptide-1 receptor agonist (GLP-1 RA) used to treat type 2 diabetes. It is commonly prescribed under brand names like Ozempic, Wegovy, and Rybelsus. GLP-1 hormone is naturally produced in our intestines and released after eating. The effect is reduced appetite and increased feelings of fullness or satiety. The hormone also influences the pancreas to release insulin after meals. As a result, this lowers blood sugar (also known as glucose) and regulates insulin levels. The amount of weight loss possible from semaglutide varies. Studies show an average weight loss of 15-20 pounds over a period of 26-30 weeks.

BENEFITS

- Increases metabolism and promotes weight loss
- Helps regulate insulin and lower blood sugar
- Increases feeling of fullness and helps fight cravings
- Non-stimulating and non-habit-forming
- Approved for individuals with a BMI of 27 or higher

Tesofensine

Tesofensine was initially developed as an anti-obesity medication. Acting as a serotonin norepinephrine-dopamine reuptake inhibitor, which increases the levels of these neurotransmitters in the brain. The increased neurotransmitter levels are thought to affect appetite control and energy balance, potentially leading to weight loss.

BENEFITS

- Promotes weight loss
- Fights cravings and boosts mood
- Capsule form

Sermorelin

Sermorelin is a peptide that is often used for its growth hormone-releasing properties. It is a synthetic form of a naturally occurring growth hormone-releasing hormone (GHRH) that stimulates the production and release of growth hormone by the pituitary gland.

BENEFITS

- Promotes better sleep and increases energy
- Improved body composition, with less fat and more muscle
- Faster healing and recovery after exercise, injury, or surgery
- Improved cognition and better memory
- Elevated mood and relief from depression

Ibutamoren

Ibutabren is an oral growth hormone-releasing peptide (GHRP). Unlike IPAMORELI, it's taken by mouth and remains active for roughly 24 hours. MK-677 increases growth hormone levels, energy, lean muscle mass, and strength resulting in improved sleep and muscle recovery. It can also help decrease fat by stimulating the production of insulin-like growth factor (IGF-1). MK-677 works by stimulating the pituitary gland to release growth hormone. The body will then increase its own growth hormone production. Over time, the body repairs itself, and the aging process is slowed down. MK-677 also increases ghrelin, the "hunger hormone". This side effect tends to lessen when taken at bed time or with a large meal.

BENEFITS

- Increases muscle mass and improves fat metabolism
- May contribute to increased bone density and mineralization
- Improves sleep quality
- Aids in recovery of joints and connective tissues

PEPTIDE BLENDS

Fountain of Youth

EPITALON | GHK-CU

Epitalon is a lab-made version of the polypeptide “Epithalimin” naturally produced in the pineal gland in the brain. It’s known for its anti-aging properties, stress reduction, and disease prevention. Combined with GHK-CU, this powerful blend contains revolutionary peptides for anti-aging and restoring the skin's youthful appearance.

BENEFITS

- Potential to extend lifespan and prevent age related disease
- Promotes wound healing and immune cells
- Improves body response to stress and anxiety
- Improves sleep quality by increasing melatonin production
- Strengthens immune system
- Regulates pineal gland function
- Revitalizes reproductive health
- Antioxidant and anti-inflammatory effects
- Stimulates collagen to increase skin firmness, thickness, and hydration

Recovery Blend popular

GHK-CU|BPC-157|TB500|KPV

Blended with Copper (GHK-CU), BPC-157, and Thymosin Beta4 (TB500) to promote healing, reduce inflammation, encourage hair growth, and enhance strength, flexibility, and endurance. KPV, also known as Lysine-proline-valine, is a naturally occurring tripeptide shown to reduce the inflammatory responses of colonic cells. This healing and regenerative blend of peptides is fantastic for anti-aging, healing, recovery, and cell renewal.

BENEFITS

- Supports healing after exercise, injury, and surgery
- Reduces overall aches and pains
- Promotes wound healing and immune cell activity
- Antioxidant and anti-inflammatory effects
- Stimulates collagen to increase skin firmness, thickness, and hydration
- Supports gut healing and overall gut health
- Improves mood



Performance Blend

CJC- 1295 | IPAMORELIN

CJC-1295 (also known as DAC: GRF) is a lab-made peptide hormone that increases protein synthesis, human growth hormone (HGH) secretion, and insulin-like growth factor (IGF-1) secretion. Ipamorelin, a lab-made growth hormone-releasing peptide (GHRP), works by mimicking the body's natural release of growth hormone. This high-performance blend of peptides is ideal for overall muscle and bone density strengthening while increasing fat loss and improving heart, skin, and brain health.

BENEFITS

- Improves muscle growth and bone density
- Strengthens the cardiovascular system
- Increases collagen production
- Improves sleep quality
- Increases energy levels and sex drive
- Lowers blood sugar and reduces fat storage

Cognitive Blend popular

SEMAX|SELANK

The powerhouse brain-boosting blend is a favorite for overall neuro-protective and near-restorative qualities. Semax is a nootropic peptide that mimics adrenocorticotrophic hormone (ACTH), which stimulates the adrenal glands to regulate cortisol. Selank, also a nootropic, combines the naturally occurring peptide “tuftsin” with another sequence to make it more stable. Tuftsin makes up a large part of the natural antibody IgG that helps prevent infections. In clinical trials, Selank has been shown to have an anti-anxiety effect by enhancing the effect of GABA, an inhibitory neurotransmitter. Other studies have shown Selank to increase IL-6 levels, an inflammatory protein in the body that helps fight off infections. Semax and Selank rapidly increase the hippocampus's brain-derived neurotrophic factor (BDNF) levels.

BENEFITS

- Improves cognitive function, attention, memory, and motivation
- Lowers blood sugar and helps regulate weight
- Acts as a natural anti-depressant
- Boosts creativity
- Increases focus and concentration
- Enhances memory retention
- Boosts immune function

Fat Burner Blend popular

AOD9604 | MOTS-c | TESMORELIN

AOD-9604 is a peptide fragment derived from human growth hormone (HGH). It has been researched for its ability to stimulate lipolysis, which is the breakdown of fats. MOTS-c is encoded from the 12S rRNA region of the mitochondrial genome. Tesamorelin is a synthetic peptide used in medical research. It is a growth hormone-releasing hormone (GHRH) analog. It works by stimulating the production and release of growth hormone, which may reduce abdominal fat accumulation. Together, this is our favorite fat-burning and metabolism-boosting peptide blend that supports optimal results for your weight-loss journey.

BENEFITS

- Targets visceral fat (belly fat) and increases metabolism
- Stimulates lipolysis (fat cell death)
- Supports lean muscle development and bone density
- Deeper sleep
- Supports lipid metabolism
- Promotes a balanced inflammatory response
- Supports heart health
- Increases calories burned by boosting metabolism
- Supports bone and cartilage repair
- Protects against age, diet and obesity dependent insulin resistance

Build Blend

IGF-1|LR3

IGF-1 LR3, or Long R3 Insulin-like Growth Factor-1, is a synthetic version of the naturally occurring insulin-like growth factor-1 (IGF-1). IGF-1 is a peptide hormone that plays a crucial role in growth and development. IGF-1LR3 is a modified version of IGF-1, with an additional sequence of amino acids that increases its stability and half-life. It's known for its anabolic effects, promoting the growth of muscle tissue. It also has a role in regulating metabolism, enhancing protein synthesis, and supporting the development of cells.

BENEFITS

- Increases muscle growth and repair
- Increases fat metabolism
- Supports overall bone health and increases bone density
- Contributes to health and function of nerve cells
- Promotes wound healing

PEPTIDE BLENDS



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Injection Schedule

General Considerations

It's important to note that self-administration of peptides should be done under the guidance and supervision of a healthcare professional. Peptides should be prescribed by a qualified healthcare provider based on an individual's specific health needs and goals. Regular check-ups and monitoring may also be necessary to assess progress and address any potential side effects.

Frequency of peptide injections can vary. Some peptides may be administered daily, while others may be used less frequently, such as every other day or a few times per week.

Timing of injections can also be important. For example, some peptides may be administered in the morning or before workouts to maximize their effects.

Consistency in the injection schedule is essential for achieving optimal results. Following a consistent schedule helps maintain stable levels of the peptide in the body.

Dosage of peptides can vary, and it's crucial to follow the recommended dosage provided by a healthcare professional. Starting with a lower dose and gradually increasing it, if needed, is a common approach.

Injection Site can depend on the specific peptide. Subcutaneous injections (under the skin) are common, but some peptides may require intramuscular injections.

Doses and Cycles

Unless instructed otherwise, it is advisable to maintain a daily dosage of 20 units from Monday to Friday. However, for specific peptides, there may be a need for dose modification or adjustments in timing.

AOD-9604 MOTS-c Tesamorelin 1.2mg, 2mg, 3mg/mL 5mL vial	Male: 20 - 30 units Female: 20 - 30 units	Inject in the morning on an empty stomach or pre-workout, fasted
BPC-157 3mg/mL 5mL Vial 500mcg Capsule	Male: 20 - 40 units Female: 10 - 20 units	For general use: taken orally or by injection once daily. Injury-specific: dosing is SPLIT into TWICE DAILY injections under the skin and around the injury site.
CJC-1295 IPAMORELIN 2mg, 2mg/mL 5mL vial	Male: 15 units Female: 15 units	Inject in the evening before bedtime
GHK-Cu Epithalon 10mg, 2mg/mL 5mL Vial	Male: 20 units Female: 20 units	Inject once daily in the evening, before bedtime
IBUTAMOREN (MK-677) 25mg Capsule	Recommended to be used no longer than 8 to 12 weeks	Take tablets by mouth before bedtime or at dinner time with a large meal.
IGF-1 LR3 200mcg/mL 5mL vial	Male: 30 - 40 units Female: 10 - 20 units	Inject pre-workout, post-workout, or before bed once daily. <i>*This peptide compound is to be cycled and used no more than 12-week cycles.</i>
SEMAX SELANK 1mg, 1mg/mL 5mL vial	Male: 20 units Female: 20 units	Inject in the morning
SEMAGLUTIDE	25 units	Inject on the same day each week. Rotate injection sites.
SERMORELIN 3mg/mL 5mL vial	Male: 20 units Female: 20 units	Inject in the evening before bedtime
TESOFENSINE 5mcg Capsule	1 Capsule	Take daily
TIRZEPATIDE	50 units	Inject on the same day each week. Rotate injection sites.

