FUEL TO LOSE

FITNESS & NUTRITION

STANDARDIZED GUIDE TO

PEPTIDES

The Cellular Switches That Restore Function

- WHAT PEPTIDES ARE
- ARE THEY SAFE?
- WHERE TO GET STARTED
- 13 PEPTIDES + THE GLOW STACK

Presented by COACH KJ

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PEPTIDES

THE CELLULAR SWITCHES THAT RESTORE FUNCTION

WHAT ARE PEPTIDES?

Peptides are short chains of amino acids that act like biological text messages — precisely signaling your cells to repair, regenerate, defend, or optimize — without overriding your body's natural intelligence.

HOW DO THEY WORK?

Peptides are short amino acid sequences — usually 2–50 amino acids long — that act as precise signaling molecules in the body.

- ⊗ **They're not hormones.**
- ⊗ **They're not drugs.**
- ⊗ **They're not blunt instruments.**

They're biologic whispers — targeted messengers that bind to receptors and modulate cellular pathways with intelligence and nuance.

KEY FUNCTIONS

RESTORATION

Reignite lost function (e.g., mitochondrial energy, immune coordination)

REGENERATION

Support tissue repair (muscle, gut, skin, brain)

NEUROMODULATION

Improve mood, focus, and resilience to stress

IMMUNE REBALANCING

Calm autoimmunity, fight infections, reduce inflammation

METABOLIC OPTIMIZATION

Shift fuel usage, increase insulin sensitivity, and reduce visceral fat

ANTI-AGING & LONGEVITY

Support telomere function, sleep architecture, and biologic youth

> **WHEN YOUR BODY FORGETS WHAT TO DO — BECAUSE OF STRESS, AGING, OR SICKNESS — PEPTIDES COME IN AND REMIND IT.**

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ARE PEPTIDES SAFE?

YES! WHEN USED RESPONSIBLY

THE SAFETY TRUTH (NOT THE FEAR-BASED HYPE)

Peptides are not synthetic hormones or broad-spectrum pharmaceuticals. Most are bioidentical to signals your body already makes — meaning your cells already know how to respond to them.

THEY WORK WITH YOUR BODY, NOT AGAINST IT.

They fade out naturally. No accumulation. No toxicity.

And when you stop — your body doesn't crash. It simply goes back to baseline.

WHY PEPTIDES ARE SAFE WHEN USED CORRECTLY

BIOIDENTICAL

Your body recognizes them as familiar

SHORT-ACTING

They have a short half-life, reducing risk of buildup

SELF-REGULATING

Many rely on receptor feedback loops to avoid overstimulation

USED IN HOSPITALS

Some are FDA-approved for HIV, burns, cancer recovery, and brain trauma

DOSED PRECISELY

We use micro to physiologic doses, not mega-doses

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PEPTIDES TO GET STARTED WITH

PEPTIDE	WEIGHT & FAT LOSS	ENERGY & MITOCHONDRIAL FUNCTION	MUSCLE, JOINT, & INJURY RECOVERY	IMMUNE MODULATION + INFLAMMATION	HORMONAL BALANCE + ANTI-AGING	GI + GUT HEALTH	SLEEP, STRESS, + RECOVERY
BPC-157		✓	✓	✓		✓	
CJC-1295	✓	✓			✓		
GHK-CU		✓		✓	✓	✓	
GLUTATHIONE							
IPAMORELIN	✓	✓					✓
NAD+		✓					
PT-141					✓		✓
RETATRUTIDE	✓				✓		
SEMAGLUTIDE	✓	✓					
SERMORELIN	✓		✓				✓
TB-500		✓					
TESAMORELIN	✓		✓				✓
TIRZEPATIDE	✓				✓	✓	

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BPC-157

THE CELLULAR MEDIC

WHAT IS BPC-157?

BPC-157 is a peptide derived from a protein found in your stomach—part of your body's natural healing system. It's been called the Swiss Army knife of peptides because of how many tissues it helps repair.

HOW DOES IT WORK?

It works by helping your tissues fix themselves faster, making new blood vessels grow to bring in more healing, calming down inflammation, and protecting the gut, brain, muscles, and joints. It orchestrates the repair process with precision at the site of injury.

TOP USE CASES

1. **Gut Healing** - Helps repair the stomach lining, especially for things like ulcers, IBD, or leaky gut
2. **Injury Recovery** - Speeds healing of muscles, tendons, and ligaments — often used after strains or surgery
3. **Joint Pain & Arthritis** - Reduces swelling and supports tissue repair in joints
4. **Brain & Nerve Repair** - May protect the brain and help nerves heal after injury or trauma
5. **Post-Surgical Recovery** - Used to reduce healing time and scar tissue formation

SIDE EFFECTS

- ⓘ Injection site irritation (mild redness or soreness if injected under the skin)
- ⓘ Mild dizziness or nausea (rare)
- ⓘ Headaches (occasional)

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active Cancer
- ⊗ Severe Cardiovascular Disease
- ⊗ Children or Adolescents

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CJC-1295

THE RECOVERY CONDUCTOR

WHAT IS CJC-1295?

CJC-1295 is like a whistle your body blows to say, “Hey, it’s time to grow, repair, and recover!” It's not growth hormone itself — it just tells your body to make more of your own.

HOW DOES IT WORK?

Think of your brain as the boss. CJC-1295 tells the brain, “Let’s make some natural growth hormone,” and the brain sends it out to help your muscles, skin, brain, and even bones stay strong and healthy.

TOP USE CASES

1. **Fat Loss & Body Recomposition** - Encourages lipolysis and lean muscle growth while preserving muscle mass
2. **Recovery from Training or Injury** - Speeds up tissue repair and regeneration (great for athletes or aging adults)
3. **Sleep & Energy Optimization** - Growth hormone release at night improves deep sleep and energy
4. **Skin, Hair, & Joint Health** - Supports collagen production, elasticity, and joint cushioning
5. **Anti-Aging & Longevity** - Enhances natural hormone production, reducing age-related decline in strength, metabolism, and focus

SIDE EFFECTS

- ⓘ Mild water retention or bloating
- ⓘ Mild headache or flushing after injection
- ⓘ Injection site irritation

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active Cancer or Tumor History
- ⊗ Unmanaged diabetes
- ⊗ Heart or kidney disease
- ⊗ Children or Adolescents

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GHK-CU

THE YOUTH CODE MESSENGER

WHAT IS GHK-CU?

GHK-Cu is like a tiny mailman inside your body. But instead of delivering letters, it delivers messages to your skin, brain, and tissues that say:

"Heal this!"

"Grow that!"

"Calm down!"

HOW DOES IT WORK?

GHK-Cu is already in our body but levels drop as we age. Supporting levels simply reminds our body how to regenerate, restore, and rejuvenate using its own innate intelligence.

TOP USE CASES

1. **Skin Regeneration & Anti-Aging** - Improves elasticity, smoothness, pigmentation, and collagen structure
2. **Hair Regrowth** - Stimulates hair follicle stem cells → increased hair density and reduced shedding
3. **Wound & Scar Healing** - Speeds epithelial repair, reduces scar tissue formation
4. **Neurological Repair & Cognitive Decline** - Reduces inflammation in brain tissue and supports nerve regeneration
5. **Inflammation & Immune Modulation** - Suppresses inflammatory gene expression and supports tissue homeostasis

SIDE EFFECTS

- ⓘ Mild fatigue or "rebuilding fatigue"
- ⓘ Injection site redness
- ⓘ Need to add Zinc supplement for support

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active copper metabolism disorders
- ⊗ Severe metal allergies
- ⊗ Children under the age of 16

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THE GLOW STACK

THE REGENERATION TRINITY

WHAT IS GLOW?

The GLOW Stack is a strategic combination of three powerful peptides, GHK-Cu + BPC-157 + TB-500, that work together to help the body repair faster, rebuild stronger, and restore from the inside out.

Instead of chasing symptoms, this stack sends clear repair signals to skin, gut, muscles, joints, and connective tissue — the systems responsible for how you heal, move, and look.

HOW DOES IT WORK?

The GLOW Stack works by activating multiple overlapping repair pathways instead of relying on a single signal.

TOP USE CASES

1. **Skin Regeneration & Anti-Aging** - Supports collagen synthesis, improved elasticity, healthier tissue turnover
2. **Injury Recovery** - Faster healing of muscles, tendons, ligaments, and joints
3. **Gut Healing & Inflammation Control** - Supports mucosal repair and systemic inflammation reduction
4. **Chronic Wear-and-Tear Repair** - Ideal for overuse injuries, training stress, or long-term breakdown
5. **Whole-Body Regeneration** - For people who want to heal better, not just faster

SIDE EFFECTS

- ⓘ Mild fatigue or “rebuilding fatigue”
- ⓘ Mild soreness or achiness in healing tissues
- ⓘ Injection site redness
- ⓘ Possible need to add Zinc supplement for support

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active Cancer(s)
- ⊗ Active copper metabolism disorders / copper sensitivity
- ⊗ Immunosuppressed patients
- ⊗ Children under the age of 16

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GLUTATHIONE

THE MASTER ANTIOXIDANT

WHAT IS GLUTATHIONE?

Glutathione is like your body's cleanup crew. It finds trash, grabs it, and carries it out so your cells can stay clean, strong, and healthy. When glutathione is low, your body feels tired, inflamed, foggy, and slow to heal. When it's high, your cells work better, recover faster, and age more gracefully.

HOW DOES IT WORK?

Every day, your body is dealing with junk — pollution, stress, chemicals, heavy metals, inflammation, even normal wear and tear from living life. Think of glutathione as the cellular shield AND garbage truck — it protects while it cleans.

TOP USE CASES

1. **Detoxification & Liver Support** - Helps bind and eliminate toxins, heavy metals, and environmental chemicals
2. **Immune System Support** - Essential for immune cell function and resilience
3. **Fatigue & Brain Fog** - Supports mitochondrial efficiency and cognitive clarity
4. **Anti-Aging & Cellular Protection** - Reduces oxidative damage tied to aging and chronic disease
5. **Skin Health & Glow** - Supports melanin balance, skin clarity, and overall radiance

SIDE EFFECTS

- ⓘ Mild headache
- ⓘ Temporary fatigue
- ⓘ Mild injection site redness

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Sensitive to Sulfur
- ⊗ Active Chemotherapy or other cancer treatment
- ⊗ Poor Elimination/Detox Pathways

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IPAMORELIN

THE GENTLE GH SIGNAL

WHAT IS IPAMORELIN?

Ipamorelin is a selective ghrelin receptor agonist that stimulates natural growth hormone release without affecting other hormonal systems like cortisol, prolactin, or ACTH.

HOW DOES IT WORK?

Imagine your body has a “growth and repair button” in your brain. When you’re a kid, your body presses that button all the time — so you grow, heal fast, and sleep like a rock. Ipamorelin is like a polite tap on that button — it tells your brain: “Hey, let’s keep healing, recovering, and building — just like we used to.”

TOP USE CASES

1. **Growth Hormone Decline (Aging or Stress-Driven)** - Re-establishes youthful GH pulses without hormone replacement
2. **Fat Loss & Body Recomposition** - Increases fat oxidation, preserves lean mass — especially in midlife or menopause
3. **Injury Recovery & Performance Repair** - Enhances collagen synthesis, soft tissue healing, and bone regeneration
4. **Sleep Optimization & Circadian Rhythm Reset** - Improves deep sleep cycles and nighttime GH peaks
5. **Wellness in Sensitive or High-Stress Individuals** - Preferred over GHRP-2/6 due to no cortisol/prolactin elevation and minimal side effects

SIDE EFFECTS

- ⓘ Mild fatigue
- ⓘ Vivid dreams
- ⓘ Lightheadedness or drop in blood sugar

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active Cancer
- ⊗ Uncontrolled diabetes or insulin resistance
- ⊗ Children or Adolescents

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NAD+

THE CELLULAR SPARK THAT REWRITES TIME

WHAT IS NAD+?

NAD⁺ is a redox coenzyme found in every living cell. It helps with energy production, supports longevity genes, DNA repairs, and regulates the circadian rhythm.

HOW DOES IT WORK?

Every cell in your body runs on energy — just like your phone needs a battery. NAD⁺ is the charger. Without it, your cells can't work, heal, or stay alive. It helps turn food into fuel, keeps your brain sharp, and even helps your body fix damage, like a clean-up crew and repair technician rolled into one.

TOP USE CASES

1. **Fatigue & Mitochondrial Dysfunction** - Supports ATP production and reverses burnout or post-viral energy crashes
2. **Cognitive Decline & Brain Fog** - Enhances neuroplasticity, BDNF, and neurorepair pathways
3. **Anti-Aging & Longevity** - Activates sirtuins, reduces inflammation, and supports DNA stability
4. **Detox & Recovery (Alcohol, Mold, Infections)** - Recharges cells after oxidative or toxic insult
5. **Athletic Performance & Recovery** - Reduces ROS, enhances endurance, supports tissue repair

SIDE EFFECTS

- ⓘ Mild fatigue
- ⓘ Vivid dreams
- ⓘ Lightheadedness or drop in blood sugar

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active Cancer(s)
- ⊗ Methylation issues
- ⊗ Uncontrolled anxiety or panic disorders
- ⊗ Clients on immunosuppressants

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PT-141

THE NEURO-LIBIDO RESET MOLECULE

WHAT IS PT-141?

PT-141 is a synthetic analog of alpha-MSH, derived from Melanotan II, but designed specifically for sexual arousal without significant effects on skin pigmentation.

HOW DOES IT WORK?

PT-141 is like a whisper in your brain that says “it’s time to feel turned on.” It doesn’t work like Viagra. Instead of pushing blood around, it turns on your brain’s interest switch — helping you feel confident, connected, and ready again. Both men and women can use it, and it’s not just about sex — it’s about feeling like yourself again.

TOP USE CASES

1. **Female Hypoactive Sexual Desire Disorder (HSDD)** - FDA-approved to restore interest and arousal in women
2. **Erectile Dysfunction in Men** - Works when traditional PDE5 inhibitors (Viagra, Cialis) fail
3. **Libido Loss After Stress or Illness** - Rebuilds interest and response after burnout, hormone shifts, or trauma
4. **Couples Seeking Deeper Connection** - Enhances emotional readiness and intimacy — not just physical response
5. **Neuroendocrine Imbalance (Menopause/Andropause)** - Addresses brain-based libido loss tied to aging and stress

SIDE EFFECTS

- ⓘ Nausea
- ⓘ Flushing or warmth
- ⓘ Fatigue or slight dizziness

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Severe uncontrolled hypertension
- ⊗ History of cardiovascular events
- ⊗ Chronic nausea or GI issues

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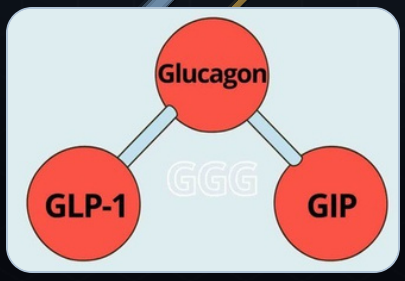
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RETATRUTIDE

THE TRIPLE-THREAT METABOLIC ACTIVATOR

WHAT IS RETATRUTIDE?

Retatrutide is like a super-coach that talks to three different players in your body—your hunger, your sugar, and your fat-burning systems. It helps you eat less, balance your sugar, and burn fat—all at the same time.



HOW DOES IT WORK?

Retatrutide is a triple agonist, which means it mimics three powerful hormones in your body - GLP-1 (glucagon-like peptide-1), GIP (glucose-dependent insulinotropic polypeptide), and Glucagon receptor agonism

TOP USE CASES

1. **Severe Obesity or High Body Fat** - Most potent fat loss effects in trials to date
2. **Advanced Insulin Resistance / Prediabetes** - Profound improvements in metabolic markers
3. **Fatty Liver (NAFLD/NASH)** - Supports fat clearance and insulin balance
4. **Metabolic Syndrome** - Lowers triglycerides, improves cholesterol ratios
5. **Cardiometabolic Health** - Potential improvements in heart and vascular markers beyond weight loss

SIDE EFFECTS

- ⓘ Nausea and GI upset (early phases)
- ⓘ Appetite suppression to the point of under-nourishment if not carefully managed
- ⓘ Constipation, bloating, or fatigue
- ⓘ Risk of lean muscle loss without adequate protein/resistance training
- ⓘ Still under investigation: long-term glucagon receptor effects on the liver and heart

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Medullary thyroid carcinoma or MEN2 syndrome history
- ⊗ Active or history of pancreatitis / Chronic GI disorders
- ⊗ Pregnant or breastfeeding

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SERMORELIN

THE RHYTHM RESTORER

WHAT IS SERMORELIN?

When you're a kid, your body knows exactly when to grow, heal, and recover. As adults, stress, aging, poor sleep, and inflammation mess up that timing. Sermorelin is like a gentle reminder clock for your brain that says: "Hey — it's time to release growth hormone the way we're supposed to."

HOW DOES IT WORK?

Sermorelin is a bioidentical fragment of growth hormone–releasing hormone (GHRH). Instead of forcing growth hormone, it restores the brain-to-pituitary conversation.

TOP USE CASES

1. **Age-Related GH Decline** - Restores youthful GH signaling patterns
2. **Sleep & Nighttime Repair** - Enhances deep sleep and overnight regeneration
3. **Fat Loss & Metabolic Health** - Supports fat metabolism without overstimulation
4. **Injury & Soft Tissue Healing** - Encourages collagen and connective tissue repair
5. **Longevity & Wellness Optimization** - Ideal for steady, sustainable hormone rhythm support

SIDE EFFECTS

- ⓘ Mild flushing or warmth
- ⓘ Headache (often hydration-related)
- ⓘ Injection site redness or itch

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active or suspected cancer
- ⊗ Pituitary tumors or severe pituitary dysfunction
- ⊗ Uncontrolled diabetes

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TB-500 / THYMOSIN BETA-4

THE STRUCTURAL REBUILDER

WHAT IS TB-500?

TB-500 is a synthetic peptide fragment of Thymosin Beta-4, a protein found naturally in nearly all human and animal cells — especially those involved in injury response, inflammation resolution, and tissue repair.

HOW DOES IT WORK?

TB-500 is like a cellular construction worker that shows up when your body gets hurt. It cleans up the mess, tells the cells where to go, and helps your body build new, strong tissue in the right place. It works on skin, muscle, tendons, the heart, and even inside your gut.

TOP USE CASES

1. **Soft Tissue Injury (Tendons, Ligaments, Fascia)** - Accelerates recovery and restores movement patterns
2. **Cardiac Injury (Post-MI or ischemia)** - Promotes cardiac muscle repair and reduces scarring
3. **Chronic Inflammation & Fibrosis** - Reprograms cytokine signaling to reduce tissue degradation
4. **Gut Mucosal Repair (Leaky Gut, IBD)** - Enhances epithelial healing in the GI tract
5. **Post-Surgical Healing or Injury Recovery** - Reduces scar formation and improves wound closure

SIDE EFFECTS

- ⓘ Increased hunger or fatigue early on
- ⓘ Mild injection site irritation

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active or suspected cancer
- ⊗ Recent blood clots or clotting disorders
- ⊗ Autoimmune Flares

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TESAMORELIN

THE VISCERAL FAT WHISPERER

WHAT IS TESAMORELIN?

Tesamorelin, a clinically validated growth hormone–releasing hormone (GHRH) analog with deep metabolic, cognitive, and body composition benefits — especially in reversing visceral fat accumulation and restoring hormone signaling in the hypothalamic-pituitary axis.

HOW DOES IT WORK?

Tesamorelin is like a whisper to your brain, reminding it to make more of your own growth hormone — the stuff that helps you burn fat, build muscle, and think clearly.

TOP USE CASES

1. **Visceral Fat Reduction** - FDA-approved for reducing abdominal fat in lipodystrophy and aging
2. **Growth Hormone Deficiency (Functional)** - Restores physiologic GH and IGF-1 without suppression
3. **Cognitive Support in Aging** - Enhances memory, processing speed, and executive function
4. **Muscle Preservation in Midlife** - Supports lean mass retention during fat loss or andropause/menopause
5. **Metabolic Syndrome / Insulin Resistance** - Improves fat distribution and glycemic parameters via visceral fat loss

SIDE EFFECTS

- ⓘ Mild joint stiffness / water retention
- ⓘ Increased hunger
- ⓘ Injection site redness or itch

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Active or suspected cancer
- ⊗ Uncontrolled diabetes
- ⊗ Children

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SEMAGLUTIDE

THE SATIETY SIGNAL

WHAT IS SEMAGLUTIDE?

Semaglutide is like a helper that tells your brain, “Hey, I’m full!” and your body, “Let’s use blood sugar better.”



HOW DOES IT WORK?

It helps people feel full sooner, eat less without trying so hard, and keeps their energy steady by helping insulin do its job better. Over time, it can help with weight loss, blood sugar balance, and inflammation.

TOP USE CASES

1. **Weight Loss / Appetite Control** - Proven significant reductions in weight and body fat
2. **Type 2 Diabetes Management** - Stabilizes post-meal glucose and lowers A1C
3. **Insulin Resistance & PCOS** - Improves sensitivity and lowers circulating insulin
4. **Inflammation Reduction** - Lower CRP and other inflammatory markers
5. **Cardiovascular Risk** - Decreases in triglycerides and modest improvements in blood pressure

SIDE EFFECTS

- ⓘ Nausea (especially early on)
- ⓘ Bloating, constipation, or diarrhea
- ⓘ Fatigue or brain fog (usually transient)
- ⓘ Appetite loss (which can be too much for some)
- ⓘ Rare: gallbladder issues, pancreatitis, or thyroid tumor warning in predisposed individuals

⚠ DO NOT USE THIS PEPTIDE IF:

- ⊗ Medullary thyroid carcinoma or MEN2 syndrome history
- ⊗ Active or history of pancreatitis
- ⊗ Pregnant or breastfeeding

DISCLAIMER: THIS IS NOT MEDICAL ADVICE

The information provided herein is for informational and educational purposes only and is not intended as, nor should it be construed as, medical advice, diagnosis, or treatment. Nothing contained in this content, platform, communication, or related materials should be considered a substitute for professional medical advice, diagnosis, or treatment from a licensed healthcare provider. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment. Never disregard professional medical advice or delay in seeking it because of something you have read, heard, or accessed through this platform. Reliance on any information provided is solely at your own risk.

TIRZEPATIDE

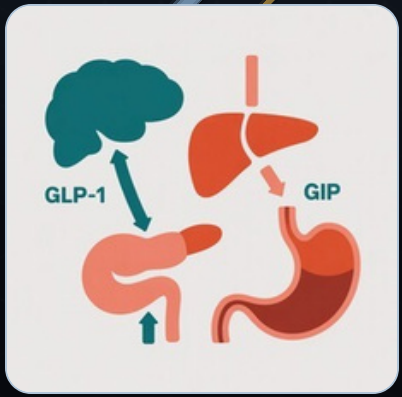
THE DUAL-POWERED POWERHOUSE

WHAT IS TIRZEPATIDE?

Think of Tirzepatide like a coach giving your body two smart instructions at once:

1. "Hey, use your insulin better!"

2. "And don't spike your blood sugar when you eat!"



HOW DOES IT WORK?

It helps you feel full faster, lowers cravings, and tells your cells to use energy smarter. Over time, it helps your body shift from fat-storing mode to fat-burning mode — while also improving how your brain and gut talk to each other.

TOP USE CASES

1. **Weight Loss / Fat Loss** - Significant reductions in visceral fat and body weight
2. **Blood Sugar Regulation** - Supports insulin function and glycemic control (especially in type 2 diabetes)
3. **Appetite Suppression** - Reduced food noise, cravings, and portion sizes
4. **Cardiometabolic Health** - May reduce triglycerides, A1C, inflammation, and LDL
5. **Cognitive Clarity (Long Term)** - GLP-1 activity supports gut-brain connection, mitochondrial repair, and inflammation reduction

SIDE EFFECTS

- ⓘ Nausea (most common)
- ⓘ Bloating, gas, or constipation
- ⓘ Fatigue or headache (typically transient)
- ⓘ Appetite suppression to the point of under-eating
- ⓘ Rare: severe GI upset, pancreatitis warning in those with a history

⚠ DO NOT USE THIS PEPTIDE IF:

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