



The Peptide Cheat Sheet

32 research compounds. Uses, benefits, run lengths, side effects.

32

COMPOUNDS

7

CATEGORIES

V3

EDITION

INSIDE THIS EDITION

GLP-1 6 compounds

Growth 6 compounds

Longevity 5 compounds

Cosmetic 3 compounds

Healing 6 compounds

Cognitive 4 compounds

Immune 2 compounds

GLP-1

Incretin and metabolic agonists for weight, glycemic, and cardiometabolic research.

06

Retatrutide

GLP-1

2 to 12 mg / wk

USE CASES

Obesity, T2D, NAFLD research

BENEFITS

Triple agonist (GLP-1/GIP/glucagon), strongest fat loss signal

RUN LENGTH

12 to 48 weeks, weekly titration

SIDE EFFECTS

Nausea, fatigue, GI upset, transient HR rise

HALF LIFE ~6 days

Tirzepatide

GLP-1

2.5 to 15 mg / wk

USE CASES

Weight management, glycemic control

BENEFITS

Dual GIP/GLP-1, strong appetite suppression

RUN LENGTH

16 to 72 weeks, monthly step-up

SIDE EFFECTS

Nausea, constipation, reflux, injection site

HALF LIFE ~5 days

Semaglutide

GLP-1

0.25 to 2.4 mg / wk

USE CASES

Obesity, T2D, cardiometabolic studies

BENEFITS

GLP-1 mono agonist, deepest safety record

RUN LENGTH

16 to 68 weeks

SIDE EFFECTS

Nausea, vomiting, gallbladder, fatigue

HALF LIFE ~7 days

Liraglutide

GLP-1

0.6 to 3.0 mg / day

USE CASES

Daily GLP-1 protocol research

BENEFITS

Fast titration window, daily dosing

RUN LENGTH

8 to 24 weeks

SIDE EFFECTS

Nausea, headache, hypoglycemia risk with insulin

HALF LIFE ~13 hours

Cagrilintide

GLP-1

0.3 to 4.5 mg / wk

USE CASES

Amylin pathway, pairs with sema

BENEFITS

Satiety amplifier, slows gastric emptying

RUN LENGTH

12 to 32 weeks

SIDE EFFECTS

Nausea, injection site reactions

HALF LIFE ~6 days

Survodutide

GLP-1

0.6 to 6 mg / wk

USE CASES

Obesity, MASH research

BENEFITS

GLP-1 / glucagon dual agonist

RUN LENGTH

16 to 46 weeks

SIDE EFFECTS

GI events, transient LFT changes

HALF LIFE ~6 days

HEALING

Soft tissue, gut, and connective tissue repair signaling.

06

BPC-157

HEALING

250 to 500 mcg / day

USE CASES

Tendon, ligament, gut lining models

BENEFITS

Angiogenesis, accelerated soft tissue repair

RUN LENGTH

4 to 8 wks on, 4 wks off

SIDE EFFECTS

Mild fatigue, head pressure (rare)

HALF LIFE Short, local action

TB-500

HEALING

2 to 5 mg / wk split

USE CASES

Muscle, joint, vascular recovery

BENEFITS

Actin regulation, systemic repair signaling

RUN LENGTH

4 to 6 wks load, then taper

SIDE EFFECTS

Lethargy week 1, injection site

HALF LIFE 2 to 3 hours

GHK-Cu

HEALING

USE CASES

Skin remodeling, hair follicle research

RUN LENGTH

8 to 12 weeks

HALF LIFE Local, hours

1 to 3 mg / day

BENEFITS

Collagen synthesis, anti inflammatory

SIDE EFFECTS

Skin flush, topical irritation

KPV

HEALING

USE CASES

Gut barrier, dermatological models

RUN LENGTH

4 to 8 weeks

HALF LIFE Short

250 to 500 mcg / day

BENEFITS

Anti inflammatory, mast cell modulation

SIDE EFFECTS

Generally well tolerated

Larazotide

HEALING

USE CASES

Tight junction, leaky gut research

RUN LENGTH

6 to 12 weeks

HALF LIFE Short, gut local

0.5 to 1 mg / meal

BENEFITS

Zonulin antagonist, barrier integrity

SIDE EFFECTS

GI discomfort early on

Pentosan PPS

HEALING

USE CASES

Cartilage and joint models

RUN LENGTH

6 weekly doses

HALF LIFE ~24 hours

3 mg/kg / wk

BENEFITS

Chondroprotective, mild anticoagulant

SIDE EFFECTS

Bruising risk, transient LFT changes

GROWTH

GH axis modulators, GHRH analogs, and ghrelin mimetics.

06

CJC-1295 DAC

GROWTH

USE CASES

GH / IGF-1 elevation research

RUN LENGTH

8 to 12 wks on, 4 off

HALF LIFE ~8 days

1 to 2 mg / wk

BENEFITS

Sustained GHRH analog, raises pulse amplitude

SIDE EFFECTS

Water retention, tingling, head pressure

Ipamorelin

GROWTH

USE CASES

Clean GH pulse studies

RUN LENGTH

8 to 12 weeks

HALF LIFE ~2 hours

200 to 300 mcg 1 to 3x

BENEFITS

Selective GHS, low prolactin and cortisol impact

SIDE EFFECTS

Brief hunger, head rush

Tesamorelin

GROWTH

USE CASES

Visceral fat, lipodystrophy models

RUN LENGTH

12 to 26 weeks

HALF LIFE ~30 min

1 to 2 mg / day

BENEFITS

Stable GHRH analog, VAT reduction

SIDE EFFECTS

Injection site, joint stiffness

Sermorelin

GROWTH

USE CASES

Entry GH research

RUN LENGTH

12 to 26 weeks

HALF LIFE ~12 min

200 to 500 mcg / night

BENEFITS

Short GHRH, restores natural pulse

SIDE EFFECTS

Flushing, mild headache

MK-677

GROWTH

10 to 25 mg / day oral

USE CASES

Oral ghrelin mimetic studies

BENEFITS

Sustained 24h GH and IGF-1 elevation

RUN LENGTH

8 to 16 weeks

SIDE EFFECTS

Appetite spike, water retention, insulin shift

HALF LIFE ~24 hours

Dihexa

COGNITIVE

8 to 45 mg / day oral

USE CASES

Synaptogenesis research

BENEFITS

HGF pathway, dendritic spine growth

RUN LENGTH

4 to 8 weeks

SIDE EFFECTS

Headache, overstimulation if stacked

HALF LIFE Hours

Hexarelin

GROWTH

100 to 200 mcg up to 2x

USE CASES

Cardiac, GH research

BENEFITS

Strong pulse, potential cardioprotective signal

RUN LENGTH

4 to 6 weeks

SIDE EFFECTS

Prolactin and cortisol rise with overuse

HALF LIFE ~55 min

Cerebrolysin

COGNITIVE

5 to 10 mL IM / day

USE CASES

Stroke, neurodegeneration models

BENEFITS

Neurotrophic peptide mixture

RUN LENGTH

10 to 20 day courses

SIDE EFFECTS

Sweating, dizziness early on

HALF LIFE Short

COGNITIVE

Neurotrophic, anxiolytic, and neuroprotective peptides.

04

LONGEVITY

Mitochondrial, telomeric, and metabolic aging research.

05

Semax

COGNITIVE

300 to 900 mcg intranasal

USE CASES

Focus, neuroprotection research

BENEFITS

BDNF upregulation, dopamine modulation

RUN LENGTH

10 to 20 day course, then break

SIDE EFFECTS

Mild irritability, sleep changes

HALF LIFE Short

Epitalon

LONGEVITY

5 to 10 mg / day

USE CASES

Telomere, pineal axis research

BENEFITS

Telomerase signal, sleep quality

RUN LENGTH

10 to 20 day course, 1 to 2x / yr

SIDE EFFECTS

Vivid dreams, mild lethargy

HALF LIFE Short

Selank

COGNITIVE

250 to 750 mcg intranasal

USE CASES

Anxiolytic, immune research

BENEFITS

GABAergic tone without sedation

RUN LENGTH

10 to 14 days

SIDE EFFECTS

Generally well tolerated

HALF LIFE Short

SS-31 Elamipretide

LONGEVITY

1 to 40 mg / day

USE CASES

Mitochondrial function research

BENEFITS

Cardiolipin stabilization, ATP recovery

RUN LENGTH

8 to 12 weeks

SIDE EFFECTS

Injection site, rare GI

HALF LIFE ~2 hours

FGF21 analogs

LONGEVITY

Variable per protocol

USE CASES

Metabolic, lifespan research

BENEFITS

Insulin sensitivity, lipid profile

RUN LENGTH

12 to 24 weeks

SIDE EFFECTS

Bone density shifts long term

HALF LIFE Days

Humanin

LONGEVITY

1 to 5 mg / wk

USE CASES

Neuroprotection, metabolic aging

BENEFITS

Mitochondrial derived signal, apoptosis brake

RUN LENGTH

8 to 16 weeks

SIDE EFFECTS

Limited data, generally mild

HALF LIFE Short

Thymalin

LONGEVITY

5 to 10 mg / day

USE CASES

Thymic, immune restoration

BENEFITS

Thymopoietic, T cell support

RUN LENGTH

10 day courses, 2x / yr

SIDE EFFECTS

Mild injection site

HALF LIFE Short

IMMUNE

Thymic and innate immune modulation.

02

Thymosin Alpha 1

IMMUNE

1.6 mg SubQ 2x / wk

USE CASES

Immune modulation, antiviral research

BENEFITS

Th1 polarization, NK activity

RUN LENGTH

12 to 26 weeks, 2x / wk

SIDE EFFECTS

Generally well tolerated, mild flu like

HALF LIFE ~2 hours

LL-37

IMMUNE

100 to 500 mcg / day

USE CASES

Antimicrobial, wound research

BENEFITS

Cathelicidin, broad antimicrobial

RUN LENGTH

2 to 6 weeks

SIDE EFFECTS

Local irritation, mild flush

HALF LIFE Short

COSMETIC

Pigmentation, sexual function, and aesthetic pathways.

03

Melanotan II

COSMETIC

0.25 to 1 mg as needed

USE CASES

Pigmentation, photoprotection models

BENEFITS

MC1R / MC3R agonist, tanning response

RUN LENGTH

Load 1 to 2 wks, maintain 2x / wk

SIDE EFFECTS

Nausea, flushing, libido changes, moles

HALF LIFE ~33 hours

PT-141

COSMETIC

0.5 to 1.75 mg as needed

USE CASES

Sexual function research

BENEFITS

MC4R agonist, central arousal pathway

RUN LENGTH

As needed, max 8 doses / month

SIDE EFFECTS

Nausea, flush, transient BP rise

HALF LIFE ~2 hours

Kisspeptin-10

COSMETIC

100 to 400 mcg / dose

USE CASES

HPG axis research

BENEFITS

LH / FSH release, libido studies

RUN LENGTH

Pulsed or daily, 4 to 8 weeks

SIDE EFFECTS

Generally well tolerated

HALF LIFE Short