

The Complete Peptide Guide

The Universe Peptide catalog explained in plain language: what each peptide is, what it's used for, and the dosages cited in studies.

Recovery

Growth hormone

Weight loss

Sexual & hormonal

Cognition & sleep

Longevity & immunity

Aesthetics

Important notice

This e-book is **educational and informational** material. It is not a medical prescription or a self-administration manual, and it does not replace advice from a healthcare professional.

⚠ **What you need to understand**

Regulatory status: most items in this catalog are sold as **research products** and are **not approved for routine human use** by regulatory agencies. Some (semaglutide, tirzepatide, tesamorelin, HGH, HCG, botulinum toxin) are medicines that **require a prescription**.

Dosages: the values shown are the **ranges cited in published studies and research protocols**, to help you understand the order of magnitude — not a recommendation to use. The right dose depends on each person and must be set with professional supervision.

Safety: never combine substances on your own, never use products of unknown origin, and consult a doctor before any decision. Items marked **experimental** have little human research and require extra caution.

By continuing to read, you acknowledge the educational purpose of this material and that health decisions are an individual responsibility, made together with a qualified professional.

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What peptides are (no jargon)

Think of **proteins** as long necklaces made of many beads. Each bead is an **amino acid**. When you string together just a few beads — usually 2 to 50 — you get a **peptide**: a "small piece of protein."

The body already makes peptides naturally, and they act like **messengers**: they tell cells what to do. Some signal the body to release growth hormone, others help repair tissue, others influence appetite, mood or libido.

Why all the interest?

Because they are very specific messengers, many peptides act on a single "target," with the idea of fewer body-wide side effects. That's why they show up in research on recovery, metabolism, aesthetics and aging.

How are they usually used?

Almost always by **subcutaneous injection** (into the fat under the skin, like insulin), because the stomach would destroy a peptide if it were swallowed. Some come as cream, nasal spray or tablet for specific cases.

Lyophilized powder and reconstitution — the basics

Research peptides arrive as a dry powder (lyophilized) inside a vial. To turn it into liquid, you mix it with **bacteriostatic water (BAC water)**. The amount of water sets the concentration and how many "units" on the syringe equal your dose. This prep should be done with correct technique and hygiene — ideally with professional guidance.

Understanding doses: mcg, mg and IU

Doses appear in **mcg** (micrograms) and **mg** (milligrams). The relationship is simple:

$$1 \text{ mg} = 1,000 \text{ mcg} \cdot 0.5 \text{ mg} = 500 \text{ mcg} \cdot 0.25 \text{ mg} = 250 \text{ mcg}$$

The "units" (IU) on the **insulin syringe** are not a fixed peptide dose — they measure the **volume of liquid**. How much peptide is in each unit depends on how much water you used to reconstitute. That's why **peptide calculators** exist: you enter the vial size, the water added and your target dose, and it tells you how many units to draw.

In the catalog, a spec like "**5mg*10vials**" means 5 mg of peptide per vial, 10 vials per box. For "HGH/HCG/HMG" the measure is in **IU** (international units), the standard for those hormones.

Golden rule #1

Always start at the **lowest dose** in the range and watch how your body responds before adjusting. "More" is rarely "better."

Golden rule #2

Log everything: date, dose, timing and how you felt. It helps you and your professional understand what's working.

Reminder: the ranges below are those reported in studies and protocols. They are not a recommendation for self-administration. Use them as an educational reference and talk to a doctor.

03 · Recovery, repair and joints

The most sought-after by those wanting to speed up repair of tissue, tendons, skin and gut.

BPC-157 "Body Protection Compound"

Research

WHAT IT'S FOR — One of the most popular for **recovery**: repair of muscle, tendons, ligaments and the stomach/gut lining, plus digestive support.

Cited range: 250–500 mcg/day (some go up to 1,000 mcg/day), for 4–8 weeks. Subcutaneous or oral (for the gut).

TB-500 Thymosin Beta-4 fragment

Research

WHAT IT'S FOR — **Tissue regeneration**, flexibility, muscle recovery and new blood vessel formation. Forms the classic pair with BPC-157.

Cited range: 2–2.5 mg/week (1–2 injections) for 4–6 weeks in the loading phase, then lower for maintenance.

BPC-157 + TB-500 "Wolverine" blend

Research

WHAT IT'S FOR — A ready-made combo of the two above, aiming for **more complete** and faster recovery.

Cited range: 250–500 mcg of each per day (500–1,000 mcg total), subcutaneous.

GHK-Cu copper peptide

Research

WHAT IT'S FOR — The **skin** star: stimulates collagen, firmness, wound healing and skin quality. Popular in cosmetics and rejuvenation.

Cited range: topical ~1–2%; injectable ~1–2 mg/day in short cycles.

AHK-Cu copper peptide for hair

Research

WHAT IT'S FOR — A "cousin" of GHK-Cu more focused on the **scalp and hair growth**, stimulating follicles and local circulation.

Cited range: topical use in hair serum; low concentrations, daily application.

KPV anti-inflammatory tripeptide

Research

WHAT IT'S FOR — A fragment of the α -MSH hormone with strong **anti-inflammatory** action, studied for the gut (colitis), skin and inflammation in general.

Cited range: ~200–500 mcg/day, subcutaneous or oral.

GLOW BPC-157 + GHK-Cu + TB-500

Research

WHAT IT'S FOR — An "all-in-one" **recovery + skin** blend: tissue repair combined with GHK-Cu's effect on skin quality.

Cited range: daily dose equal to the fractions of each component; cycles of a few weeks.

KLOW GLOW + KPV

Research

WHAT IT'S FOR — GLOW with the added **anti-inflammatory boost of KPV**. Targets recovery, skin and inflammation control together.

Cited range: daily dose based on each peptide's fraction in the blend; short cycles.

Ara-290 Cibinetide

Research

WHAT IT'S FOR — Studied for **neuropathic pain**, nerve repair and inflammation, without affecting blood like the erythropoietin it derives from.

Cited range: ~1–4 mg/day in studies, subcutaneous.

04 · Muscle and growth factors

Peptides tied directly to muscle growth and repair. More potent and more experimental — handle with care.

IGF-1 LR3 insulin-like growth factor

Experimental

WHAT IT'S FOR — A long-acting version of IGF-1, linked to **muscle growth** and recovery. Potent and risky (affects blood sugar); use very carefully.

Cited range: 20–50 mcg/day in protocols; short windows.

IGF-DES

Experimental

WHAT IT'S FOR — A short-acting, more **localized** IGF-1 variant for the worked muscle. Same risk family as IGF-1 LR3.

Cited range: ~50–100 mcg near training, in protocols.

MGF Mechano Growth Factor

Research

WHAT IT'S FOR — An exercise-activated "form" of IGF-1, studied for **local muscle repair and growth** after training.

Cited range: ~200 mcg per injection, near training.

Follistatin FST

Experimental

WHAT IT'S FOR — **Blocks myostatin** (the muscle "brake"), studied for muscle gain. Highly experimental in humans.

Cited range: ~100 mcg/day in short cycles in reported protocols.

PE 22-28

Experimental

WHAT IT'S FOR — A peptide studied for fast **neuroprotective and antidepressant** effects (acts on mood-related channels). Little human research.

Cited range: microdoses in preclinical studies; human use not established.

05 · Growth hormone (secretagogues)

Instead of injecting growth hormone, these stimulate your own body to release its own — for recovery, sleep, body composition and energy.

HGH human growth hormone

Medicine · prescription

WHAT IT'S FOR — Growth hormone itself (not a stimulus). Linked to **recovery, body composition and energy**. A potent medicine with risks; doctor-only.

Cited range: dosed in IU, varying widely by goal (from a few IU/day in anti-aging protocols to more in others).

Ipamorelin

Research

WHAT IT'S FOR — A "clean," selective GH stimulus that barely touches cortisol or hunger. For **recovery, sleep and body composition**.

Cited range: 100–300 mcg per injection, 1–3x/day (one before bed). Very often paired with CJC-1295.

CJC-1295 (no DAC) Mod GRF 1-29

Research

WHAT IT'S FOR — Amplifies GH pulses with a **fast, short** action. Used together with ipamorelin.

Cited range: 100–200 mcg/day, usually before bed.

CJC-1295 (with DAC)

Research

WHAT IT'S FOR — A **long-acting** version (days), raising GH/IGF-1 more steadily.

Cited range: ~1–2 mg/week, subcutaneous.

CJC-1295 + Ipamorelin blend

Research

WHAT IT'S FOR — The most classic GH duo in one vial. **Synergistic** effect: releases 2–3x more GH than either alone.

Cited range: ~100–200 mcg of each per day, before bed; cycles of 8–12 weeks.

Sermorelin

Research

WHAT IT'S FOR — Stimulates GH naturally, with a short action. A classic in **anti-aging** protocols.

Cited range: 200–500 mcg/day, before bed.

Tesamorelin

Medicine · prescription

WHAT IT'S FOR — A registered GHRH analog known for reducing **visceral fat** (the deep belly fat).

Reference dose (label): 2 mg/day, subcutaneous. Requires a prescription.

GHRP-2 · GHRP-6 · Hexarelin

Research

WHAT IT'S FOR — An earlier generation of GH stimulators. GHRP-6 **increases hunger** (useful for eating more); GHRP-2 and Hexarelin are more potent stimulators.

Cited range: ~100 mcg per injection, 1–3x/day.

06 · Weight loss and metabolism

The fastest-growing category. Includes the modern prescription medicines and research peptides aimed at fat loss.

Semaglutide GLP-1

Medicine · prescription

WHAT IT'S FOR — Reduces appetite and food cravings, aiding **weight loss** and blood-sugar control. ~15–17% weight loss in studies.

Reference dose: escalated up to 2.4 mg/week, subcutaneous, with a gradual increase to reduce nausea.

Tirzepatide GLP-1 + GIP

Medicine · prescription

WHAT IT'S FOR — Acts on two targets at once, with bigger results: **20–26%** weight loss in phase 3.

Reference dose: escalated up to 10–15 mg/week, subcutaneous.

Retatrutide triple agonist

In clinical trials

WHAT IT'S FOR — Acts on **three** metabolic targets. In phase 2, ~24% weight loss — the highest numbers seen so far.

Trial range: escalation up to ~12 mg/week, subcutaneous.

Cagrilintide amylin analog

In clinical trials

WHAT IT'S FOR — Increases **satiety** through a different pathway than GLP-1. Often combined with semaglutide.

Trial range: escalation up to ~2.4 mg/week.

Cagrilintide + Semaglutide "CagriSema"

In clinical trials

WHAT IT'S FOR — Combines both mechanisms (satiety + appetite) seeking **even greater weight loss**.

Trial range: escalated weekly dose of each component.

Retatrutide + Cagrilintide

Experimental

WHAT IT'S FOR — A blend of two of the most potent weight-loss molecules. Advanced combo, little data — maximum caution.

Range: weekly, escalated; use only under supervision.

Mazdutide · Survodutide dual agonists

In clinical trials

WHAT IT'S FOR — New GLP-1/glucagon agonists for **weight loss** and metabolism. Still in research phase.

Trial range: escalated weekly dose, subcutaneous.

AOD-9604

Research

WHAT IT'S FOR — A GH fragment focused on **fat burning**, without affecting blood sugar. A milder effect.

Cited range: ~300 mcg/day, subcutaneous, usually fasted.

MOTS-c

Research

WHAT IT'S FOR — A "mitochondrial peptide" linked to **energy, metabolism and insulin sensitivity**.

Cited range: 5–10 mg/week, split, in short cycles.

SLU-PP-332

Experimental

WHAT IT'S FOR — An "exercise mimetic": activates pathways the body would use during exercise, studied for **energy expenditure and fat**. Preclinical.

Range: not established in humans; experimental use.

5-Amino-1MQ

Experimental

WHAT IT'S FOR — An oral molecule that blocks an enzyme (NNMT) tied to fat accumulation; studied for **metabolism and lean mass**.

Cited range: ~50–150 mg/day, oral, in protocols.

Adipotide FTPP

Experimental · caution

WHAT IT'S FOR — Studied to "cut off" the blood supply to fat tissue. **Highly experimental**, with signs of kidney toxicity in studies — high risk.

Range: no safe human protocol established.

07 · Sexual and hormonal health

Peptides acting on receptors tied to libido, fertility and the hormonal axis.

PT-141 Bremelanotide

Medicine (in some countries)

WHAT IT'S FOR — Acts on the brain to increase **sexual desire** in both men and women. It affects desire, not just circulation.

Reference dose: 1.75 mg subcutaneous, ~45 min before, as needed (no more than ~8x/month). Do not combine with Melanotan II.

Melanotan II (MT-2)

Research

WHAT IT'S FOR — Known for **tanning** and an effect on libido. May cause nausea, darkening of moles and increased appetite. Caution.

Cited range: low start ~250 mcg, adjusting slowly; maintenance a few times/week.

Melanotan I (MT-1) Afamelanotide

Research

WHAT IT'S FOR — Focused on **tanning and skin protection**, with fewer side effects than MT-2 and without the libido component.

Cited range: ~500 mcg–1 mg/day in the loading phase, then maintenance.

Kisspeptin-10

Research

WHAT IT'S FOR — A natural "switch" that triggers reproductive hormones. Studied for **libido and fertility**.

Cited range: microdoses in studies; human use only under supervision.

HCG chorionic gonadotropin

Medicine · prescription

WHAT IT'S FOR — Stimulates natural **testosterone** production and fertility; used in fertility and "post-cycle" support.

Cited range: in IU (e.g., 500–1,500 IU a few times/week), per goal and doctor.

HMG menopausal gonadotropin

Medicine · prescription

WHAT IT'S FOR — Provides FSH/LH hormones, used in **fertility** and gonadal stimulation.

Cited range: in IU, per fertility protocol and prescription.

Oxytocin

Research

WHAT IT'S FOR — The "bonding hormone," linked to **social connection, mood and wellbeing**. Studied as a nasal spray.

Cited range: ~10–40 IU per nasal application in studies.

08 · Cognition, mood and sleep

Peptides studied for focus, anxiety, memory, mood and sleep quality.

Selank

Research

WHAT IT'S FOR — Reducing **anxiety** and improving calm and focus, without the "fog" of common sedatives.

Cited range: nasal spray ~250–300 mcg, 1–2x/day.

Semax

Research

WHAT IT'S FOR — A "cousin" of Selank more focused on **focus, memory and mental clarity**. A popular nootropic.

Cited range: nasal spray ~300–600 mcg/day.

Adamax

Research

WHAT IT'S FOR — A more potent nootropic analog in the Semax family, studied for **focus and neuroprotection**.

Cited range: nasal microdoses; experimental use.

Cerebrolysin

Medicine (in some countries)

WHAT IT'S FOR — A mix of neurotrophic factors used for **brain function, memory and neurological recovery**.

Cited range: a few mL/day ampoules in cycles, per medical protocol.

VIP Vasoactive Intestinal Peptide

Research

WHAT IT'S FOR — Studied for **chronic inflammation** (including respiratory) and immune regulation, usually via nasal spray.

Cited range: ~50 mcg per nasal application, several times/day in protocols.

DSIP Delta Sleep-Inducing Peptide

Research

WHAT IT'S FOR — Improving **sleep quality** and the feeling of rest, helping the body clock.

Cited range: ~100–300 mcg before bed.

Pinealon

Research

WHAT IT'S FOR — A peptide "bioregulator" studied for **brain function, focus and nervous-system anti-aging**.

Cited range: ~5–10 mg/day in short cycles.

RelaxationPM relax/sleep blend

Blend

WHAT IT'S FOR — A combination aimed at **relaxation and sleep**, for end-of-day use.

Cited range: per the blend's guidance, at night.

09 · Longevity and immunity

Sought by those focused on healthy aging, cellular energy and the body's defenses.

Epitalon Epithalon

Research

WHAT IT'S FOR — Acts on **telomeres** (the chromosome "tips" tied to aging) and the body clock/sleep. A longevity icon.

Cited range: 5–10 mg/day in short cycles (10–20 days), 1–2x/year.

Thymosin Alpha-1

Research

WHAT IT'S FOR — Regulates the **immune system**; studied in infection and immunity contexts.

Cited range: ~1.5 mg, 2–3x/week, in cycles.

Thymalin · Vilon · Pinealon bioregulators

Research

WHAT IT'S FOR — Short peptides from the Russian "bioregulator" line, studied for **immunity and aging** of specific organs (thymus, etc.).

Cited range: ~5–10 mg/day in short cycles, repeated through the year.

NAD+

Research / supplement

WHAT IT'S FOR — A coenzyme linked to **cellular energy, drive and DNA repair**; popular in anti-aging protocols.

Cited range: 50–100 mg per injection (subcutaneous) or via IV, in cycles.

SS-31 Elamipretide

Research

WHAT IT'S FOR — Protects and improves **mitochondrial function** (the cells' "power plants"), linked to energy and recovery.

Cited range: ~1–4 mg/day in studies.

Glutathione

Supplement

WHAT IT'S FOR — The body's "**master antioxidant**," linked to detox and skin quality (brightening).

Cited range: 200–600 mg per application, in cycles.

FOXO4-DRI

Experimental

WHAT IT'S FOR — A **senolytic** peptide: studied to clear out "old" (senescent) cells tied to aging. Preclinical.

Range: not established in humans; experimental use.

PNC-27

Experimental · research

WHAT IT'S FOR — A **laboratory research** peptide studied on certain cells. No proven clinical use in humans — investigational only.

Range: no established human protocol.

Snap-8

Cosmetic

WHAT IT'S FOR — A **cosmetic** "topical botox-like" peptide: helps soften expression lines when used on the skin.

Cited range: topical use in a face serum; low concentration.

10 · Aesthetics, skin and lipotropics

Products aimed at facial and body aesthetics and at supporting fat metabolism.

Botulinum toxin "botox"

Medicine · professional use

WHAT IT'S FOR — Relaxes muscles to soften **expression wrinkles**. A medical product that should only be applied by a qualified professional.

Use: doses in IU per point, set by the professional. Not for self-administration.

Lipo-C · Lipo-B lipotropics (MIC + carnitine + B vitamins)

Aesthetic injectable

WHAT IT'S FOR — Blends of amino acids and vitamins (methionine, inositol, choline, L-carnitine, B12) that support **fat metabolism and energy**.

Use: intramuscular/subcutaneous per the formula's protocol, usually weekly.

Lemon Bottle

Aesthetic procedure

WHAT IT'S FOR — An injectable lipolytic solution used in aesthetics to **reduce localized fat**. Applied by a professional.

Use: per the procedure protocol, in sessions.

Vitamin B12

Supplement

WHAT IT'S FOR — A vitamin linked to **energy, drive and the nervous system**; injectable when deficient.

Use: per guidance; periodic replenishment.

Wellness blends SuperHumanBlend · Healthy Hair/Skin/Nails

Blend

WHAT IT'S FOR — Combinations of vitamins and nutrients aimed at **general wellbeing** and the health of hair, skin and nails.

Use: per the blend's formula.

Bacteriostatic water (BAC water)

Supply

WHAT IT'S FOR — Not a peptide: it's the **special water used to reconstitute** lyophilized vials. A preservative lets you use the vial multiple times.

Use: added to the vial to dissolve the powder; the amount sets the concentration.

Dosage summary table

A quick reference. These are **educational ranges** cited in studies/protocols, not recommendations to use. Always with professional supervision.

Product	Category	What it's for	Cited range	Route
BPC-157	Recovery	Tissue and gut repair	250–500 mcg/day	SC/oral
TB-500	Recovery	Regeneration, flexibility	2–2.5 mg/week	SC
BPC+TB (blend)	Recovery	Full recovery	250–500 mcg each/day	SC
GHK-Cu	Skin	Collagen, healing	1–2 mg/day or topical 1–2%	SC/topical
AHK-Cu	Hair	Hair growth	topical, daily	Topical
KPV	Anti-inflammatory	Gut, skin, inflammation	200–500 mcg/day	SC/oral
GLOW / KLOW	Recovery+skin	Repair blends	per fractions	SC
Ara-290	Nerve repair	Neuropathic pain	1–4 mg/day	SC
IGF-1 LR3 / DES	Muscle	Muscle growth	20–100 mcg/day	SC
MGF	Muscle	Local muscle repair	~200 mcg/workout	SC
Follistatin	Muscle	Blocks myostatin	~100 mcg/day (cycle)	SC
HGH Rx	GH	Recovery, composition	in IU, variable	SC
Ipamorelin	GH	Recovery, sleep	100–300 mcg, 1–3x/day	SC
CJC-1295 (no DAC)	GH	Amplifies GH pulses	100–200 mcg/day	SC
CJC-1295 (w/DAC)	GH	Prolonged GH	1–2 mg/week	SC
Sermorelin	GH	Anti-aging, natural GH	200–500 mcg/day	SC
Tesamorelin Rx	GH	Reduces visceral fat	2 mg/day	SC
GHRP-2/6, Hexarelin	GH	GH stimulus / appetite	~100 mcg, 1–3x/day	SC
Semaglutide Rx	Weight loss	Reduces appetite	up to 2.4 mg/week	SC
Tirzepatide Rx	Weight loss	Weight loss (2 targets)	up to 10–15 mg/week	SC
Retatrutide	Weight loss	Weight loss (3 targets)	up to ~12 mg/week	SC
Cagrilintide	Weight loss	Satiety	up to ~2.4 mg/week	SC
Mazdutide/Survodutide	Weight loss	GLP-1/glucagon	weekly, escalated	SC
AOD-9604	Weight loss	Fat burning	~300 mcg/day	SC

MOTS-c	Metabolism	Energy, insulin	5–10 mg/week	SC
5-Amino-1MQ	Metabolism	Fat, lean mass	50–150 mg/day	Oral
PT-141 Rx	Sexual	Increases desire	1.75 mg as needed	SC
Melanotan I / II	Sexual/skin	Tanning, libido	250 mcg–1 mg start	SC
Kisspeptin-10	Hormonal	Libido, fertility	microdoses (study)	SC
HCG Rx / HMG Rx	Hormonal	Testosterone/fertility	in IU	SC
Oxytocin	Mood	Bonding, wellbeing	10–40 IU nasal	Nasal
Selank	Cognition	Anxiety, calm	250–300 mcg, 1–2x/day	Nasal
Semax / Adamax	Cognition	Focus, memory	300–600 mcg/day	Nasal
Cerebrolysin	Cognition	Brain function	mL/day (cycle)	IM
VIP	Immune/inflam.	Chronic inflammation	~50 mcg nasal	Nasal
DSIP	Sleep	Deep sleep	100–300 mcg/night	SC
Pinealon	Cognition	Brain, anti-aging	5–10 mg/day (cycle)	SC
Epitalon	Longevity	Telomeres, sleep	5–10 mg/day (cycle)	SC
Thymosin Alpha-1	Immunity	Body's defenses	~1.5 mg, 2–3x/week	SC
Thymalin/Milon	Immunity	Immune, anti-aging	5–10 mg/day (cycle)	SC
NAD+	Longevity	Cellular energy	50–100 mg/application	SC/IV
SS-31	Longevity	Mitochondria, energy	1–4 mg/day	SC
Glutathione	Antioxidant	Detox, skin	200–600 mg/application	SC/IV
Snap-8	Cosmetic	Expression lines	topical	Topical
Botulinum toxin Rx	Aesthetics	Wrinkles	IU per point (doctor)	IM
Lipo-C/B, Lemon Bottle	Aesthetics	Localized fat	per protocol	IM/SC

SC = subcutaneous · IM = intramuscular · IV = intravenous · IU = international units · Rx = requires a prescription. Experimental items have no established human dose.

Frequently asked questions

“Is a peptide the same as a steroid or hormone?”

No. Steroids and synthetic hormones directly replace or mimic hormones. Many peptides simply "ask" the body to do something (like releasing its own growth hormone), in a subtler way. But some items in the catalog are indeed hormones (HGH, HCG, HMG) and require a prescription.

“Do I have to inject? Can I take a tablet?”

Most work best injected into the fat under the skin. Exceptions: Selank, Semax and VIP as nasal spray; GHK-Cu, AHK-Cu and Snap-8 on the skin; 5-Amino-1MQ as a tablet; BPC-157 and KPV also orally for the gut.

“What does "5mg*10vials" and the per-box pricing mean?”

"5mg" is the amount of peptide per vial; "10vials" is 10 vials per box. The price columns are by volume: 1 box, 10 boxes and 30 boxes — the more boxes, the lower the per-unit price.

“Can I combine several at once?”

Some pairs are classic (BPC-157 + TB-500; CJC-1295 + Ipamorelin; CagriSema). But combining on your own raises risk, and there are mixes you should not do (e.g., PT-141 with Melanotan II). Combinations should be planned with a professional.

“What are the "experimental" items?”

These are peptides with little or no human research (e.g., Adipotide, FOXO4-DRI, PNC-27, Follistatin, SLU-PP-332). They have no established safe dose and demand maximum caution — many only make sense in a lab.

“Are they banned in sports?”

Several peptides are on the list of substances banned in competition. If you're a registered athlete, check first — use can lead to penalties.

“How do I know a product is good quality?”

Look for provenance, tested purity and correct storage (refrigerated, away from light). A product of unclear origin is the biggest risk — both of not working and of causing harm.

Safety best practices

- **Talk to a doctor** before any use, especially if you have a health condition, take other medicines, or are pregnant or breastfeeding.
- **Start low, go slow.** The lowest dose in the range first; adjust only with patience and observation.
- **Hygiene always.** Wash your hands, clean the vial top and the injection site, use disposable supplies and never reuse needles.
- **Store correctly.** Most need refrigeration after reconstitution, protected from light and heat. Use bacteriostatic water to reconstitute.
- **One at a time.** When testing something new, avoid starting two substances together — it becomes impossible to tell what caused what.
- **Extra care with "experimental" items.** Items with no established human dose carry high risk; they are not for trial and error.
- **Watch for warning signs.** Swelling, shortness of breath, skin reactions, severe malaise: stop and seek care.
- **Provenance above all.** Buy only from trusted sources with purity testing.

In short

Peptides are powerful tools full of potential, but they are **not magic and not without risk**. The best results come from combining quality information, professional supervision and good habits in sleep, training and nutrition.

◇ UNIVERSE PEPTIDE · BRAZIL

Quality and provenance, no middlemen.

Educational content so you can decide with confidence.

www.universepeptide.com