Comprehensive Peptides Cheat Sheet

An overview of peptides, their uses, combinations, and dosing protocols.

Peptides Overview

Peptides are short chains of amino acids designed to mimic the body's natural signaling molecules. They offer a wide range of benefits, from muscle growth and fat loss to recovery and overall health optimization.

Peptides and Their Functions

1. CJC-1295 (DAC)

- **Function**: Stimulates HGH secretion, increasing IGF-1 levels for muscle growth and fat metabolism.
- **Dosing**: 1-2 mg per week, split into 2-3 doses.
- **Cycle**: 12-16 weeks, followed by a 4-week break.
- **Notes**: Often combined with Ipamorelin for synergistic effects.

2. Ipamorelin

- **Function**: Stimulates HGH release with minimal side effects.
- **Dosing**: 200-300 mcg per injection, 1-3 times daily.
- **Cycle**: 8-12 weeks.
- **Notes**: Best taken before meals or workouts to maximize fat-burning effects.

3. Sermorelin (MOD-GRF 1-29)

- **Function**: Promotes natural HGH release, mimicking the body's normal rhythms.
- **Dosing**: 100-500 mcg daily before bedtime.
- **Cycle**: 6-12 months for sustained benefits.
- **Notes**: Suitable for long-term use with fewer desensitization risks.

4. GHRP-6

- **Function**: Boosts natural HGH release and stimulates appetite.
- **Dosing**: 100-300 mcg, 1-3 times daily.
- **Cycle**: 8-12 weeks.
- **Notes**: Ideal for bulking phases due to appetite stimulation.

5. BPC-157

- **Function**: Accelerates healing of injuries and reduces inflammation.
- **Dosing**: 200-500 mcg daily, divided into 1-2 injections.
- **Cycle**: Can be used continuously during injury recovery.
- **Notes**: Effective for joint, ligament, and muscle repair.

6. Examorelin (Hexarelin)

- **Function**: Strongest GHRP peptide for HGH release.
- **Dosing**: 100-200 mcg daily.
- **Cycle**: 4-6 weeks to prevent receptor desensitization.
- **Notes**: May increase prolactin and cortisol levels; monitor carefully.

7. Ibutamoren (MK-677)

- **Function**: A selective agonist of the ghrelin receptor, stimulates HGH secretion without injections.
- **Dosing**: 10-25 mg orally per day.
- **Cycle**: 8-12 weeks.
- **Notes**: Best for long-term HGH stimulation and recovery.

8. HGH Fragment 176-191

- **Function**: Specifically targets fat loss without affecting blood sugar levels.
- **Dosing**: 250-500 mcg daily, split into 1-2 doses.
- **Cycle**: 12-16 weeks.
- **Notes**: Effective when combined with fat-burning exercise and diet.

9. IGF-1 LR3

- **Function**: Enhances anabolic processes, including muscle growth and tissue repair.
- **Dosing**: 20-50 mcg daily, injected post-workout.
- **Cycle**: 4-6 weeks, followed by a break to avoid desensitization.
- **Notes**: Long-lasting version of IGF-1 with increased bioavailability.

10. Tesamorelin

- **Function**: Reduces visceral fat and promotes lean muscle mass.
- **Dosing**: 2 mg daily.
- **Cycle**: 6 months for optimal results.
- **Notes**: Primarily used for reducing abdominal fat, especially in clinical settings.

Cycle Combinations and Stacks

1. Fat Loss Stack

- **Combination**: CJC-1295 + Ipamorelin + HGH Frag 176-191.
- **Protocol**:
    - CJC-1295: 1 mg per week.
    - Ipamorelin: 200 mcg before bedtime.
    - HGH Frag: 250 mcg pre-cardio or workout.
- **Cycle Duration**: 12-16 weeks.

2. Muscle Growth Stack

- **Combination**: IGF-1 LR3 + Tesamorelin + Ibutamoren.
- **Protocol**:
    - IGF-1 LR3: 30 mcg post-workout.
    - Tesamorelin: 2 mg daily.
    - Ibutamoren: 20 mg before bed.
- **Cycle Duration**: 8-12 weeks.

3. Injury Recovery Stack

- **Combination**: BPC-157 + HGH Fragment 176-191.
- **Protocol**:
    - BPC-157: 300 mcg daily in the morning.
    - HGH Frag: 250 mcg post-therapy or exercise.
- **Cycle Duration**: Continuous during injury recovery.

Disclaimer: Always consult a medical professional before starting any peptide regimen.