

## PROpeptides Disclaimer – Real Talk

Alright, let's keep it real - peptides are awesome, but they're also still in the "experimental" category. While there's a ton of promising research and a growing number of athletes using them for recovery and performance, they're not FDA-approved for most uses. That means there's some unknowns, and by accepting this package, you're acknowledging that you understand the risks and are choosing to use them at your own discretion.

We're not making medical claims, and this isn't a magic fix—it's a tool that can help with recovery, repair, and performance when used responsibly. As always, if you have any health concerns, talk to a medical professional (luckily, now you know a good one).

By moving forward, you're saying, "Yeah, I get it," and taking ownership of your health and performance choices.

Let's get after it. 🤔💪

— PROpeptides Team

## Epithalon Guide

### What Is It?

- **Epithalon** (also known as **Epitalon**) is a synthetic peptide composed of four amino acids: **alanine**, **glutamic acid**, **aspartic acid**, and **glycine**. It was developed by Russian scientist **Professor Vladimir Khavinson** and is known for its potential anti-aging properties.
- The peptide is believed to work by activating **telomerase**, an enzyme that helps maintain the length of telomeres, the protective caps on chromosomes that shorten with age. This mechanism may play a role in slowing down the aging process and promoting cellular regeneration.
- Epithalon is also known for its ability to increase **melatonin** production, improve sleep quality, and enhance recovery, making it popular among individuals seeking to improve their health, longevity, and performance.

### Who Should Use It?

- Individuals seeking anti-aging benefits and longevity support
- People looking to improve skin quality and reduce wrinkles
- Athletes or bodybuilders aiming to enhance recovery and cell regeneration



- Those with age-related conditions such as reduced energy, immune system function, or hormonal imbalances
- Not recommended for pregnant or breastfeeding women

## Specific Benefits for Athletes

- Promotes cellular regeneration and tissue repair, enhancing recovery
- May improve endurance and physical performance by boosting energy levels
- Supports joint health and flexibility by stimulating collagen production
- May help combat the effects of aging, allowing for continued high performance in later years
- Potential to increase natural melatonin production, aiding sleep and recovery

## Standard Dosage Recommendations

- Dose: 5-10 mg per day (50-100 units)
- Frequency: Typically administered daily for 10-20 days in cycles, with a break between cycles
- Some individuals use smaller doses (0.5-1.0 mg) for prolonged periods depending on personal goals

## How It's Typically Used (Frequency, Timing, etc.)

- Administer once a day, ideally at night to enhance natural regeneration during sleep
- Epithalon is often used in cycles of 10-20 days, followed by a break of several weeks
- Can be combined with other peptides or supplements for synergistic effects, such as collagen or HGH secretagogues

## How to Prepare It

1. Add 2 mL of bacteriostatic water to the lyophilized Epithalon powder to reconstitute it
2. Use an insulin syringe to measure out the dose accurately
3. Store the reconstituted solution in the refrigerator to maintain stability
4. Discard any unused solution after 30 days

## Best Timing for Administration

- Best taken at night, ideally 30 minutes before bed to optimize its regenerative effects during sleep
- Can be taken on an empty stomach for better absorption, but not strictly necessary

## If Timing with Meals Matters

- Can be taken with or without food
- Most users prefer taking it on an empty stomach to maximize absorption

### Duration of Action in the Body

- The effects of Epithalon may become noticeable after a few weeks of use, particularly in terms of skin quality and recovery speed
- Its effects are cumulative, and long-term use over multiple cycles may lead to greater benefits
- The peptide has a relatively short half-life, which is why it is taken in daily doses during the active cycle

### Potential Risks and Adverse Effects

- Mild injection site irritation
- Possible dizziness or headaches at higher doses
- Some users report mild fatigue during or after the administration
- Rare instances of nausea or stomach discomfort
- Overuse or prolonged cycles may lead to a suppression of natural melatonin levels

### Contraindications with Common Medications

- **Blood Pressure Medications (e.g., ACE inhibitors, Beta-blockers):** Epithalon may have a slight effect on blood pressure and should be used cautiously alongside these medications.
- **Diabetes Medications (e.g., Insulin, Metformin):** Epithalon may influence insulin sensitivity, so blood glucose levels should be monitored.
- **Immunosuppressive Medications:** Caution is advised when combining Epithalon with medications that suppress the immune system, as it may enhance the body's natural immune function.

### Potential Long-Term Effects

- Limited long-term studies available
- No significant negative effects have been observed in short-term cycles
- Epithalon may have a cumulative effect on longevity and tissue regeneration over time
- More research is needed to determine its full long-term impact

### Key Takeaways

- A potent anti-aging peptide that promotes cellular regeneration and recovery
- Best used in cycles (10-20 days) to optimize rejuvenation and avoid desensitization
- Regular monitoring of mood, energy levels, and sleep is advised during use