

# PROPEPTIDES

## 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

## Tesamorelin + Ipamorelin + MOTS-C Blend (10mg / 10mg / 10mg)

### Next-Gen Metabolic Optimization & Body Composition Peptide Stack

**Vial Contents:** 10mg Tesamorelin + 10mg Ipamorelin + 10mg MOTS-C  
(Total: 30mg in 2mL after reconstitution)

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### What This Stack Does

This synergistic blend targets **fat loss**, **muscle retention**, and **cellular metabolism** across multiple pathways. It combines:

- **Tesamorelin**, a potent GHRH analog used clinically to reduce visceral adipose tissue and stimulate IGF-1 production
- **Ipamorelin**, a gentle GH secretagogue that boosts GH pulses without raising cortisol or prolactin
- **MOTS-C**, a mitochondria-derived peptide shown to increase insulin sensitivity, enhance endurance, and reverse diet-induced obesity in preclinical models



### Key Research Benefits

#### *Tesamorelin*

- Reduces visceral adiposity in HIV+ and non-HIV patients
  - Increases IGF-1 and lean body mass while reducing triglycerides
- 📖 *Stanley et al., NEJM, 2010 – Tesamorelin reduced VAT by ~15% in 6 months.*

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## *Ipamorelin*

- Improves growth hormone pulse without desensitization
- Doesn't spike cortisol or prolactin
  - ▣ Kauffman et al., 2005
  - *Ipamorelin demonstrated selective GH release with minimal side effects.*

## *MOTS-C*

- Enhances glucose metabolism, insulin sensitivity, and fat utilization
- Promotes endurance and may reverse age-related metabolic decline
  - ▣ Lee et al., 2015, *Cell Metabolism* – *MOTS-C improved obesity and insulin resistance in mice fed a high-fat diet.*

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## Dosing Instructions

### *Reconstitution:*

- Mix with **2mL** bacteriostatic water
- Final concentration: **15mg/mL**
- Each **10-unit dose = 1.5mg total peptide**
  - ~0.5mg Tesamorelin
  - ~0.5mg Ipamorelin
  - ~0.5mg MOTS-C

### *Administration Protocol:*

- **Dose:** 10 units (1.5mg total)
- **Frequency:** 5x/week (Monday through Friday)
- **Timing:** Inject **first thing in the morning**, 30–60 minutes before food or training
- **Route:** Subcutaneous (abdomen or thigh using insulin syringe)

### *Cycle Length:*

- **8–12 weeks**, followed by a 2–4 week break or switch to BPC-based recovery if desired.

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## 2mL Vial = 200 Units

- **10 units/day x 5 days/week = 50 units/week**
- **Total Duration per Vial: ~4 weeks per vial**

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## Suggested Stacking

This blend is highly effective alone but can be stacked with:

- **BPC-157 + TB-500** → for injury repair/inflammation
- **GHK-Cu + Epithalon** → for cellular repair and anti-aging
- **GLP-1s (Semaglutide, Tirzepatide)** → for advanced fat loss  
(not stacked same day as GH peptides)

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## Important Notes

- Do not eat for **at least 30 minutes** after injection to allow maximal GH response
- Use insulin syringes (1mL, 100 unit) for dosing
- Store reconstituted vial in the **refrigerator**. Discard after **30 days**

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