



Longevity Powered by Community





TITLE

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THE PROBLEM

Health Changes in Mid-Life

Women

(PERIMENOPAUSE/MENOPAUSE)

- Many women gain an average of 15+ lbs during this transition.
- Loss of lean muscle mass
- Sleep deprivation
- Shift in body shape (increased waist circumference, less lean mass)

Men

(AGE 30-55)

- Weight gain often begins steadily around age 30.
- Men tend to carry excess weight as visceral (belly) fat
- Visceral (belly) fat is linked to:
 - Insulin resistance
 - Cardiovascular disease

What can be done? Peptides.



What is a peptide?

Peptides are short chains of amino acids that act as biological messengers in the body.

Think of them as precise signaling molecules: they bind to receptors on your cells to "unlock" specific instructions such as telling the body to repair tissue, regulate hormones, or optimize energy production.

Peptides offer a range of benefits:

The "Short Chain" Rule: While proteins (like collagen or insulin) are long, complex chains of 50+ amino acids, peptides are much smaller. Because of their small size, they are often easier for the body to absorb and utilize.

Biomimicry: Most therapeutic peptides are designed to mimic the natural signaling molecules your body already produces, making them a highly targeted and efficient way to support longevity.





Personalized Prescription Weight Loss



LOWER DOSE. SMARTER DESIGN.

What is a GLP-1 or GLP-1/GIP for Weight Loss?

Compounded GLPs are provider-guided versions of GLP or GLP-1/GIP-based therapies. They are designed to support appetite regulation and metabolic wellness as part of a personalized program.

Benefits:

- BMI Requirement: 25+
- Promotes metabolic health
- 3 month supply for success
- Available in all 50 states
- No hidden membership, shipping, or consultation fees

CHOOSE YOUR TREATMENT PATH

Oral Drops



GLP-1

Oral drops therapy that mimics natural GLP-1 to improve appetite control and metabolic efficiency.

Top Benefits:

- Supports sustainable weight management
- Enhances satiety and portion control
- Promotes balanced blood sugar and metabolic health



GLP-1/GIP

Dual-agonist oral drops that activate both GLP-1 and GIP receptors for greater appetite, glucose, and fat-metabolism regulation.

Top Benefits:

- Enhances weight loss beyond GLP-1 alone
- Improves insulin response and glucose stability
- Boosts overall metabolic performance

CHOOSE YOUR TREATMENT PATH

Injectable



GLP-1

Once-weekly injectable therapy that mimics the natural GLP-1 hormone to improve appetite control and metabolic efficiency.

Top Benefits:

- Supports sustainable weight management with average losses of up to 15-17% of total body weight in clinical studies
- Enhances satiety and portion control
- Promotes balanced blood sugar and metabolic health



GLP-1/GIP

Dual-agonist injection that activates both GLP-1 and GIP receptors for enhanced appetite regulation, glucose balance, and fat metabolism.

Top Benefits:

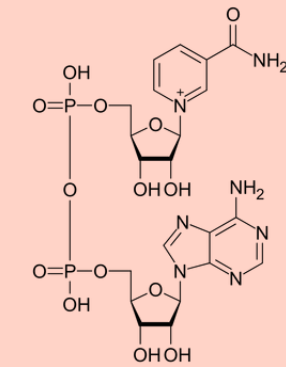
- Drives average weight reductions of up to 20-26% when combined with healthy lifestyle habits
- Improves insulin response and glucose stability
- Boosts overall metabolic performance and energy balance

CHOOSE YOUR Oral Drops Additive



NAD+

- A vital coenzyme found in all cells that powers energy production and repair
- Supports cellular regeneration, DNA repair, and healthy aging
- Helps improve metabolic efficiency and glucose control
- Declines naturally with age, making replenishment key for vitality
- Enhances GLP-1 outcomes by optimizing mitochondrial function and energy balance



No Additive

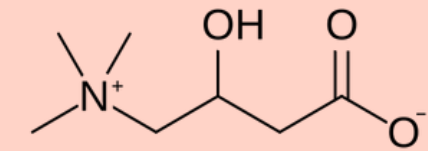
- Standard formulation

CHOOSE YOUR Injectable Additive



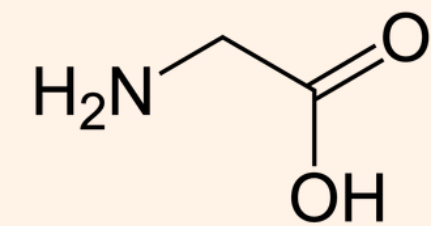
L-Carnitine

- A naturally produced compound that converts fat into usable cellular energy
- Enhances fat metabolism and exercise performance
- Supports endurance and recovery
- Promotes sustained energy and reduced fatigue
- Works synergistically with GLP-1 therapies to boost metabolic efficiency



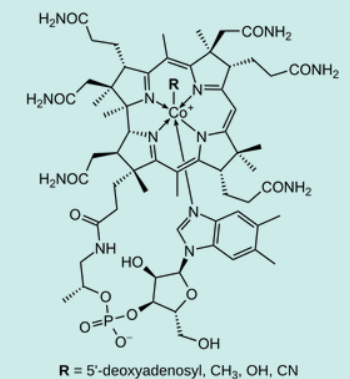
Glycine

- A naturally occurring amino acid essential for protein and collagen production
- Supports muscle preservation and recovery during weight management
- Promotes better sleep quality and cognitive function
- Helps reduce inflammation and oxidative stress
- Complements GLP-1 therapies by maintaining lean muscle and metabolic balance



B12

- An essential vitamin that supports red blood cell formation and nervous system function
- Plays a key role in energy production and metabolic balance
- Helps reduce fatigue and promote sustained energy levels
- Supports cognitive health and nerve protection
- Complements GLP-1 therapies by maintaining nutrient balance and enhancing overall wellness



GLP-1 Support+ Protein



Your all-in-one, turnkey solution for everything GLP-1 and longevity. This daily formula was created to support lean muscle, gut health, digestion, and micronutrient balance.

Formulated with plant-based proteins, collagen peptides, fiber, prebiotics, probiotics, digestive enzymes, and essential nutrients.
*30 Servings.



GLP-1 Support+ Protein Benefits:



29g of 5 Plant-Based Proteins

More complete and digestible than single-source plant proteins. Made without whey or dairy for a gentler experience.



2.5g of Collagen Per Serving

In addition to supporting skin elasticity, collagen helps maintain muscle strength and promotes healthy-looking skin so you can feel strong and look your best.



4.5g of Fiber per Serving

With a mix of probiotics, prebiotics, and digestive enzymes, you'll feel good inside and out as your gut health gets a little love too.





Personalized Prescription Microdose

LOWER DOSE. SMARTER DESIGN.

What is a GLP-1 or GLP-1/GIP Microdose?

Compounded microdoses are lower-dose, provider-guided versions of GLP or GLP-1/GIP-based therapies. They are designed to support appetite regulation and metabolic wellness as part of a personalized program.

Benefits:

- BMI Requirement: 20+
- Promotes metabolic health
- 3 month supply for success
- Available in all 50 states
- No hidden membership, shipping, or consultation fees



CHOOSE YOUR Base Formula



GLP-1

This subcutaneous injection is designed to support longevity, cardiovascular protection and improve overall metabolic health making it an effective solution for individuals seeking to achieve their health and wellness goals.*

Potential Areas of Support:

- Supports metabolic efficiency to help maintain steady energy.
- May help modulate low-grade inflammation associated with metabolic stress and aging.
- Promotes balanced glucose and cardiovascular health.

Glucose Balance*

Inflammatory Balance*

Cardiovascular Health Support*

Metabolic Function*

Energy Regulation*

Healthy Aging Support*



GLP-1/GIP

This subcutaneous injection is a dual-action treatment that targets both the glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors, offering a comprehensive approach to longevity, cardiovascular health and glucose control.*

Potential Areas of Support:

- Supports natural appetite signaling to promote satiety and portion control.
- Helps maintain balanced energy and cardiovascular health.
- Promotes metabolic function and fat metabolism.

Appetite Regulation*

Cardiovascular Support*

Energy Balance*

Metabolic Function*

Fat Metabolism*

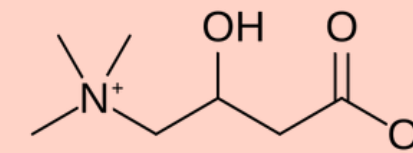
Healthy Aging Support*

CHOOSE YOUR Additive



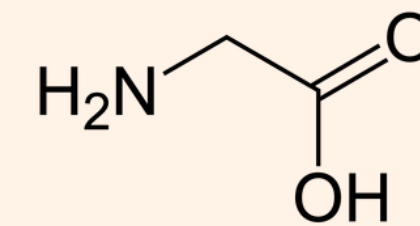
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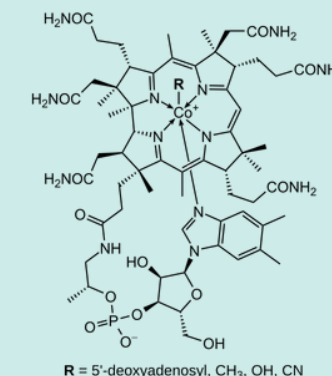
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Longevity





NOT JUST LONGER. BETTER.

What is Longevity?

Our mission is to add quality years to your life, not just days to your calendar. By connecting you with trusted doctors and pharmacies, we make care more affordable, more personal, and easier to access.

Healthspan vs. Lifespan

- **Health span** is the number of years you live in good health—free from chronic disease, pain, and limitations. Health span measures quality, not just survival.
- **Lifespan** is the total number of years you live. Traditional healthcare often focuses only on extending lifespan.

At EllieMD, we believe lifespan matters most when paired with health span, because what good are extra years if they aren't lived well?



WHAT IS
NAD+?

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme that plays a role in fundamental cellular functions, including DNA repair, energy metabolism, and cellular stress adaptation. As NAD+ levels decrease with age, intranasal delivery offers a needle-free way to support NAD+ availability as part of healthy aging and longevity-focused care.



Energy Support



Cognitive Function



Cellular Repair

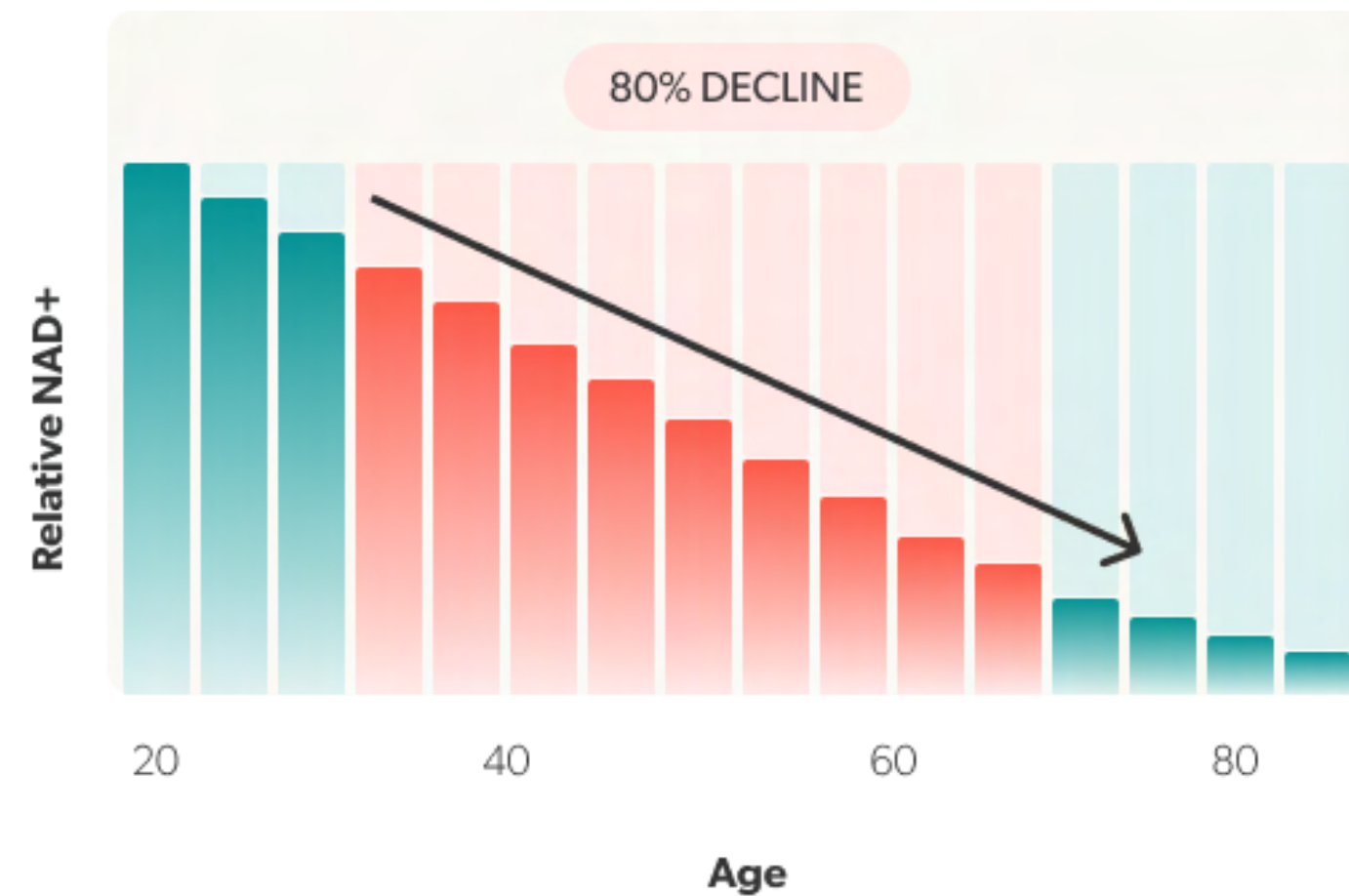


The Aging Baseline



NAD+ concentrations decrease steadily across one's lifespan. Research has documented reductions approaching 80–90% between young adulthood and older age. This age-related decline has led to growing scientific interest in strategies designed to help maintain NAD+ availability over time.*

Adapted from Clement, et. al. Sage Journals (2019)



*Data shown reflects findings reported in published research and is presented for educational purposes only. Individual NAD+ levels may vary based on physiology, age, and other biological factors. NAD+ Nasal Spray is a compounded medication and has not been evaluated or approved by the Food and Drug Administration (FDA). Compounded medications are not FDA-approved, and the FDA does not evaluate them for safety, effectiveness, or quality prior to use. Eligibility and prescriptions are determined solely by licensed medical providers based on their medical judgment and clinical appropriateness.

WHAT IS
B12

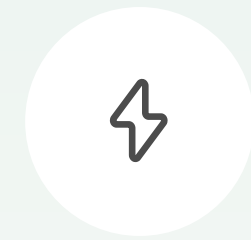
B12 offers several benefits, and can rapidly alleviate symptoms like fatigue, weakness, and neurological impairments, providing a quick boost to energy levels and overall well-being. Regular injections can help maintain optimal B12 levels, support cognitive function, enhance mood, and promote cardiovascular health by regulating homocysteine levels.



**Skin, Nails,
Hair Health**



**Brain
Health**

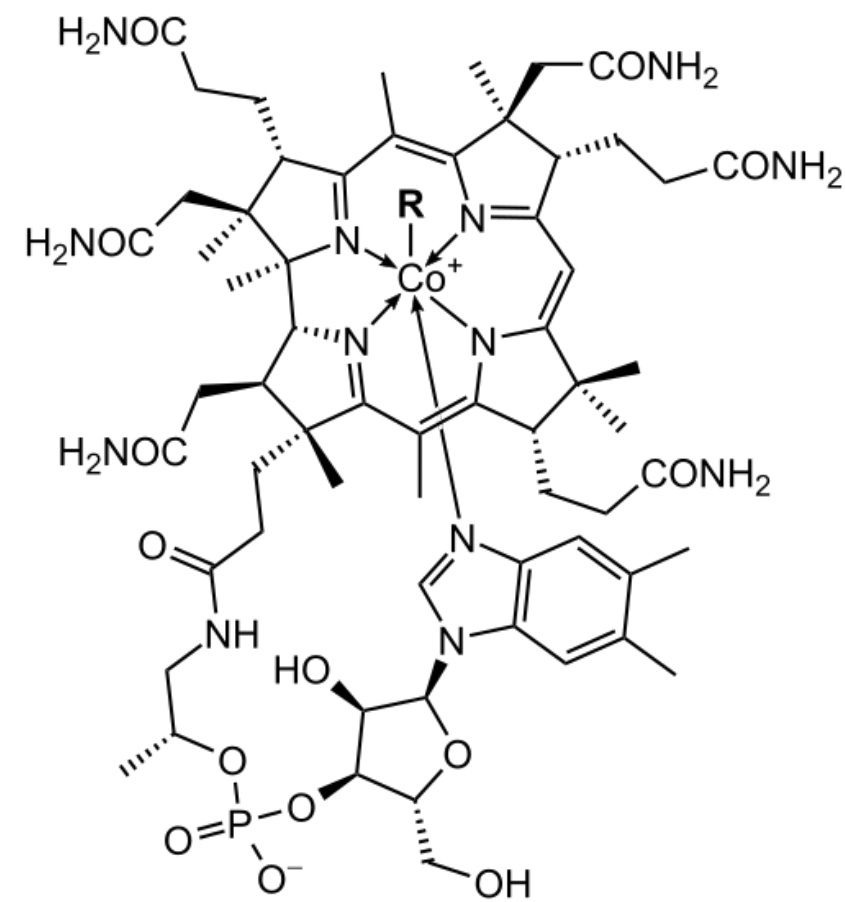


**Energy
Boost**



MORE BENEFITS OF

B12



R = 5'-deoxyadenosyl, CH₃, OH, CN

- An essential vitamin that supports red blood cell formation and nervous system function
- Plays a key role in energy production and metabolic balance
- Helps reduce fatigue and promote sustained energy levels
- Supports cognitive health and nerve protection
- Complements GLP-1 therapies by maintaining nutrient balance and enhancing overall wellness

WHAT IS

Sermorelin

Sermorelin is a synthetic peptide that stimulates the production and release of growth hormone (GH) from the pituitary gland. As a growth hormone-releasing hormone (GHRH) analog, Sermorelin promotes natural growth hormone secretion, aiding in a variety of physiological functions that contribute to overall health and vitality.



**Sleep
Improvement**



**Hormone
Balance**

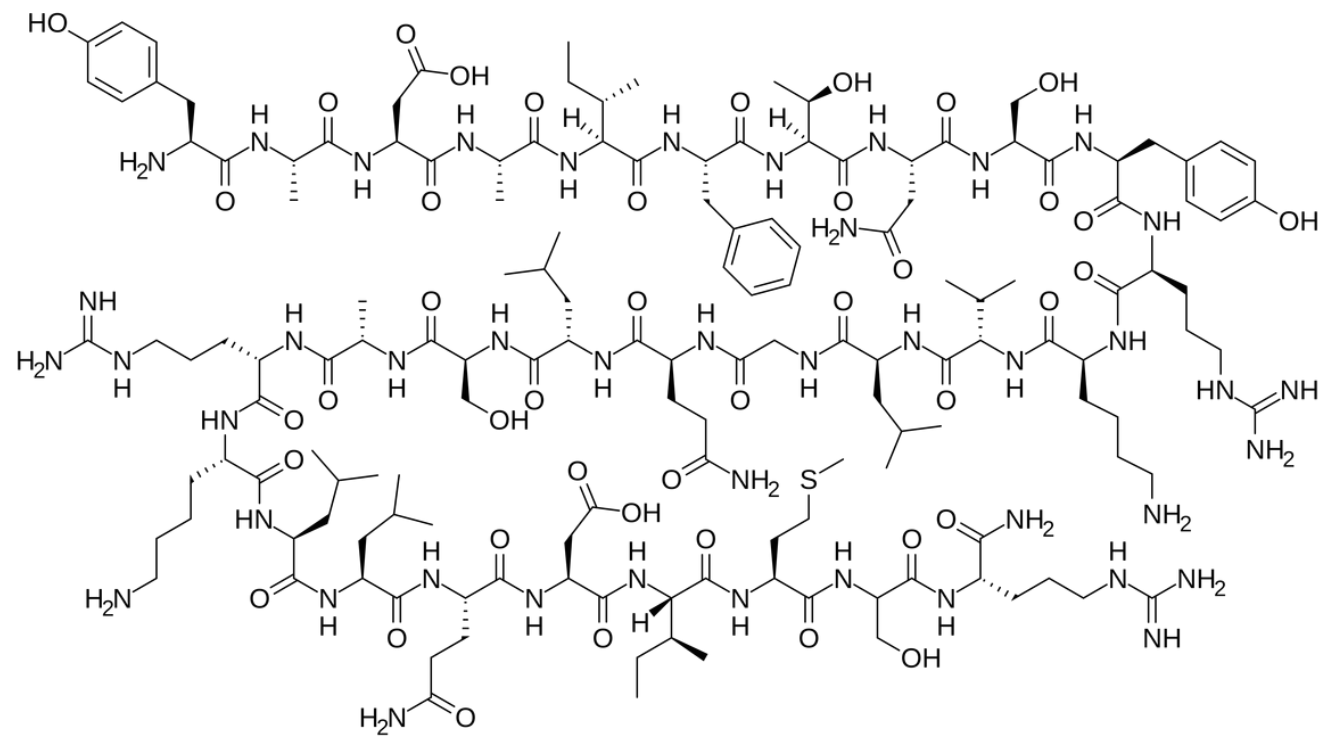


**Energy
Boost**



MORE BENEFITS OF

Sermorelin



- Stimulates the body's natural release of growth hormone, which can support muscle maintenance and fat metabolism.
- May improve sleep quality by enhancing natural growth hormone cycles during deep sleep.
- Can support healthy aging by promoting cellular repair and recovery.
- May help increase energy levels and physical performance over time.
- Often used to aid recovery from workouts or injuries by supporting tissue repair.

WHAT IS

Glutathione

Glutathione injections are a powerful antioxidant treatment that support detoxification, reduce oxidative stress, and enhance immune function. By protecting cells from free radical damage, promoting healthy aging, and boosting skin clarity and radiance, glutathione helps you feel more energized, refreshed, and glowing from within.



**Reduced
Inflammation**



**Skin, Nails,
Hair Health**

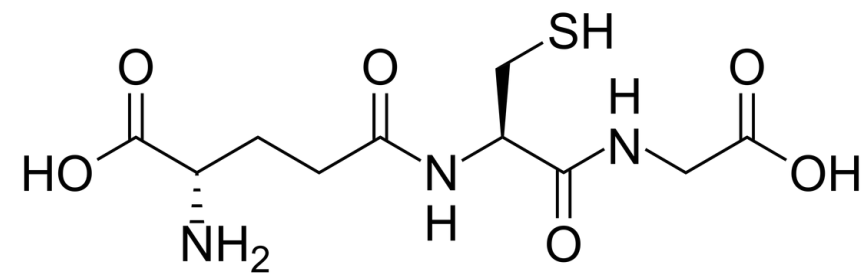


**Cellular
Repair**



MORE BENEFITS OF

Glutathione



- Acts as a powerful antioxidant that helps protect cells from oxidative stress.
- Supports the body's natural detoxification processes, especially in the liver.
- May help improve skin brightness and reduce signs of aging.
- Supports immune system function by helping regulate inflammatory responses.
- Plays a key role in cellular repair and maintaining overall metabolic health.

WHAT IS

Synapsin Nasal Spray

Synapsin is a cutting-edge formula designed to support cognitive function, mental clarity, and overall brain health. Synapsin combines the benefits of NAD+ (nicotinamide adenine dinucleotide) and methylcobalamin (a form of vitamin B12) to provide a powerful synergistic effect, promoting enhanced neuronal function and energy production.



Cognitive Support



Mental Clarity

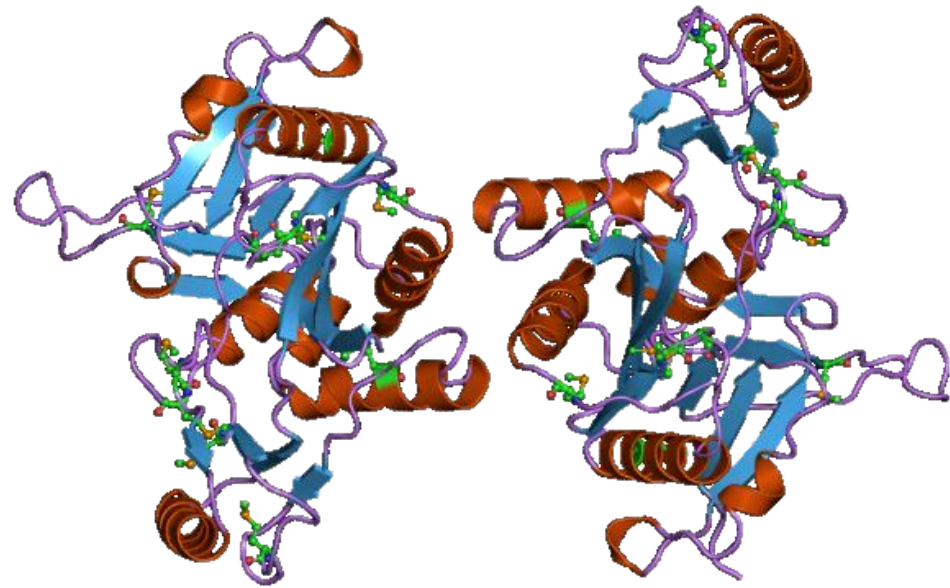


Memory Boost



MORE BENEFITS OF

Synapsin Nasal Spray



- May support cognitive function, including focus, memory, and mental clarity.
- Designed for rapid absorption through the nasal pathway to reach the brain efficiently.
- Often used to support neurotransmitter balance and brain signaling.
- May help with mental fatigue and improve productivity during demanding tasks.
- Sometimes used in wellness protocols aimed at supporting brain health and neuroprotection.

MOTS-c



A naturally occurring 16-amino-acid peptide produced in the mitochondria. It is currently being studied for its role in metabolic signaling and cellular energy regulation.

Research explores how MOTS-c participates in mitochondrial and nuclear communication pathways that influence how cells adapt to changes in energy demand.





MOTS-c Benefits:



Metabolic Efficiency

MOTS-c may support metabolic efficiency by promoting glucose utilization, enhancing insulin sensitivity, and activating AMPK pathways.



Physical Performance

By activating your body's own energy pathways, MOTS-c may help support endurance, muscle efficiency, and physical output.



Cellular Longevity

MOTS-c may support cellular longevity by activating mitochondrial stress responses, promoting metabolic resilience, and regulating gene expression linked to healthy cellular aging.

Methylene Blue

Feel clearer, think sharper, and energize your cells with a physician-directed, Methylene Blue protocol for long-term resilience and longevity.

At low doses, Methylene Blue may help support memory, mental clarity, cellular energy production, and healthy brain aging by acting as a mitochondrial enhancer and antioxidant.





Methylene Blue Benefits:



Cognitive Function

Developed to enhance mental clarity and sustained focus, providing a smooth, elevated cognitive experience throughout the day.



Oxidative Stress

Promotes a balanced oxidative stress response for healthier, more resilient cells.



Mitochondrial Health

Supports efficient cellular energy production by promoting healthy mitochondrial function.

Methylene Blue



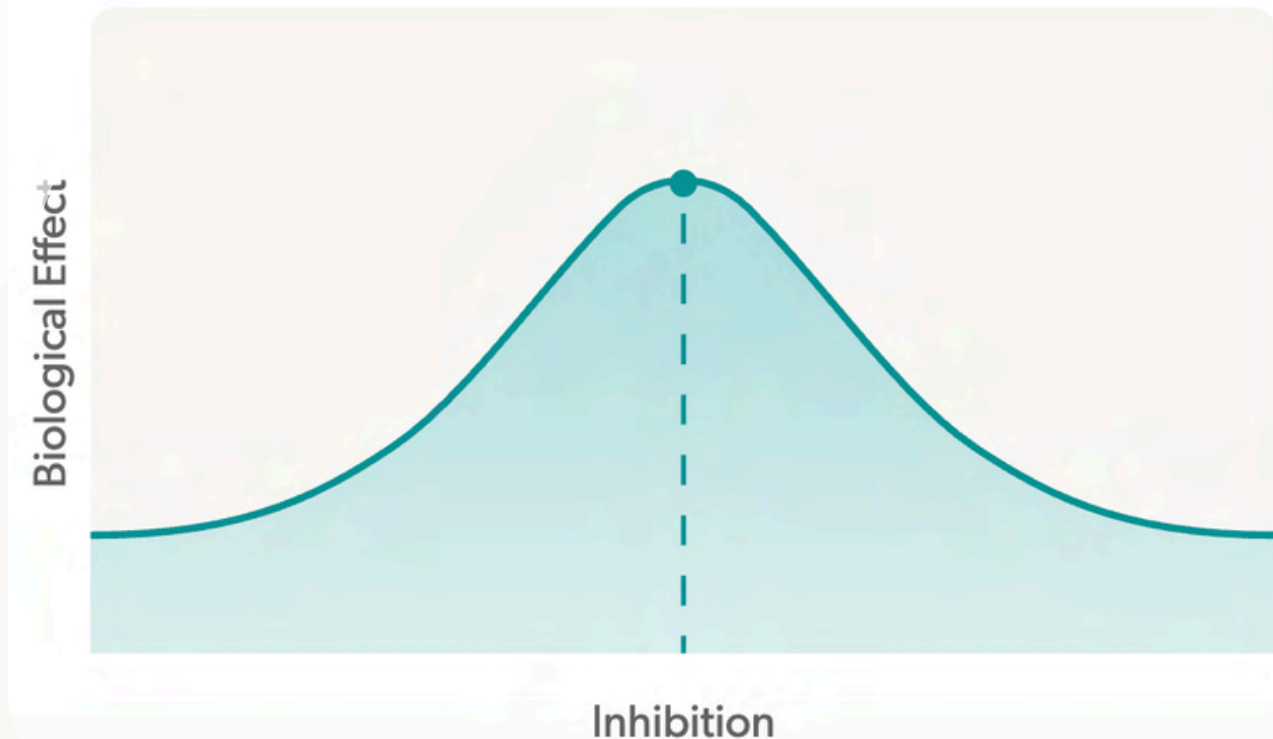
HAS OVER
140 yrs
OF MEDICAL USE

*Results may vary. This product is prescribed by a licensed healthcare provider based on the individual needs. These statements and the product have not been evaluated or approved by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease. Compounded medications are not FDA-approved, and their safety and efficacy have not been independently verified by the FDA. This information is provided for educational purposes only and should not be considered medical advice.

RESULTS YOU CAN SEE

Optimal Dosing, Optimal Results

Methylene blue follows a dose-dependent curve: low levels enhance mitochondrial activity, while higher levels can lead to cellular stress. Our approach is rooted in precision and safety. Unlike non-prescription sources, EllieMD provides a prescription-grade that falls well within the scientifically established therapeutic window.





Sexual Health

WHAT IS

Elate Spray & Thrill Pill?

A fast-acting nasal spray combining tadalafil, oxytocin, and PT-141 to support desire, circulation, and emotional connection through both neurological and vascular pathways. Together, these three ingredients work in synergy to address the mental and physical aspects of intimacy, creating a more complete, connected experience in one convenient spray.



**Enhanced
Desire**



**Improved
Circulation**



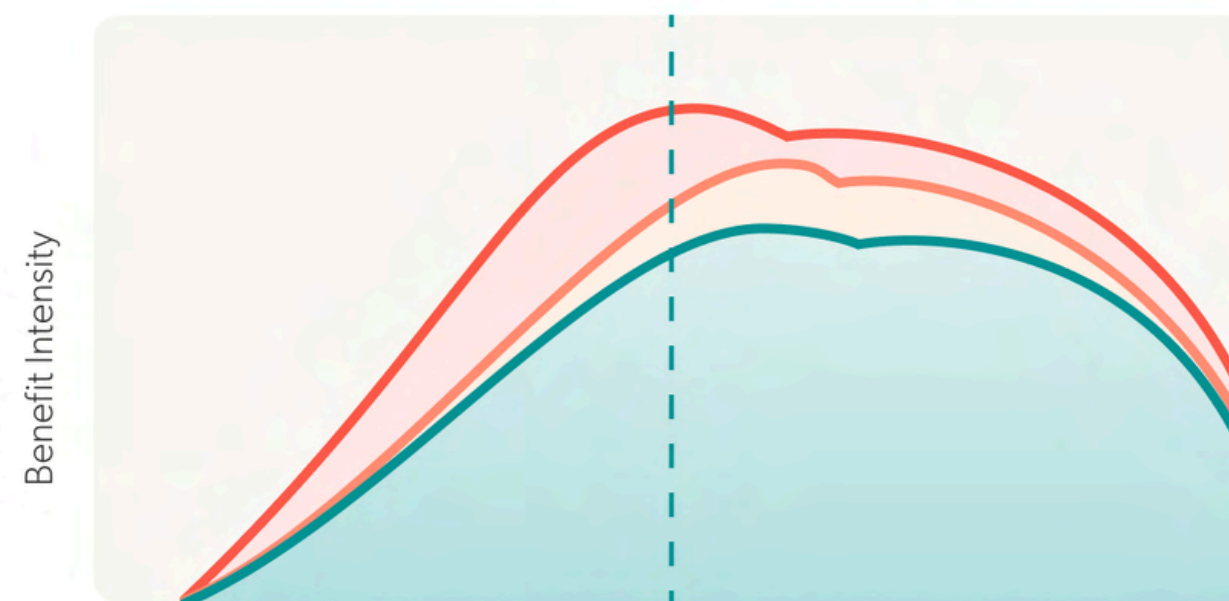
**Heightened
Connection**



Triple-Action Support



Elate Spray combines three clinically-studied ingredients that work through distinct pathways to support desire, circulation, and emotional connection. Each component contributes to a complete arousal response.



— Improved Circulation (Tadalafil) — Enhanced Desire (PT-141)
— Emotional Connection (Oxytocin)

Your Journey Over Time



Active Window

During this window, some individuals report noticeable changes related to arousal, circulation, and emotional comfort. Effects may begin around 30–45 minutes, with peak experiences varying by individual.

The First Hour



Gradual Resolution

For many, effects usually soften gradually as the body metabolizes the compounds. Some patients may notice lingering mild benefits, while others return to baseline sooner.

Hours 6-12



Lasting Benefits

Some patients may experience ongoing support for desire, vascular function, and emotional well-being, along with a calmer, more connected feeling with continued use.

24 Hours & Beyond

WHAT IS

PT-141

PT-141 is a supplement used primarily for the treatment of sexual dysfunction and enhancement of sexual desire by acting directly on the brain's pathways involved in sexual arousal, providing a unique and effective approach to improving sexual health and satisfaction.



**Enhanced
Libido**



**Improved
Mood**

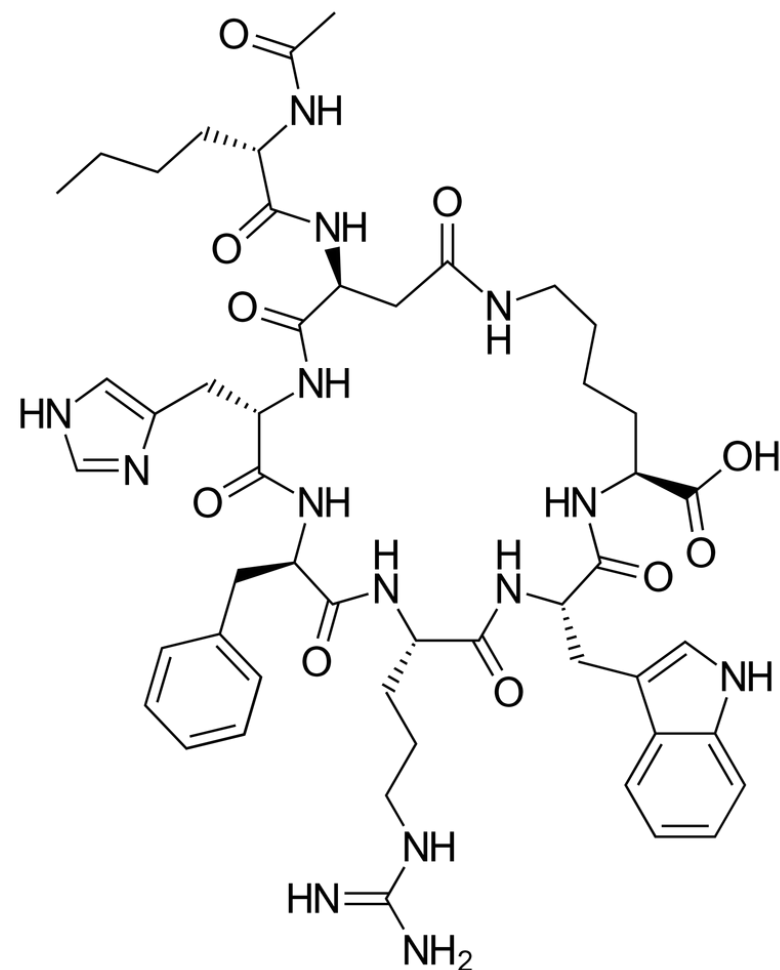


**Increased
Melanin**



MORE BENEFITS OF

PT-141



- Works on the central nervous system to help enhance sexual arousal and desire.
- May improve sexual function in individuals experiencing low libido.
- Does not rely on blood flow mechanisms like traditional erectile dysfunction medications.
- Can be beneficial for both men and women with certain forms of sexual dysfunction.
- Acts relatively quickly, often producing effects within a few hours of use.







Why EllieMD?

COMPARISON

What Sets Us Apart



-  **Licensed Physician Oversight**
Plans are supervised by qualified physicians to ensure proper safety and accuracy.
-  **Personalized Prescription Dosing**
Dosing is tailored to individual health needs and provider guidance.
-  **Pharmaceutical-Grade**
Peptides are compounded to pharmaceutical-grade standards, not research grade.
-  **Reconstituted Vials**
Vials arrive pharmacy-prepared and ready-to-use, ensuring a sterile, precise dose. No home-mixing.

	EllieMD	Others
 Licensed Physician Oversight Plans are supervised by qualified physicians to ensure proper safety and accuracy.	✓	✗
 Personalized Prescription Dosing Dosing is tailored to individual health needs and provider guidance.	✓	✗
 Pharmaceutical-Grade Peptides are compounded to pharmaceutical-grade standards, not research grade.	✓	✗
 Reconstituted Vials Vials arrive pharmacy-prepared and ready-to-use, ensuring a sterile, precise dose. No home-mixing.	✓	✗

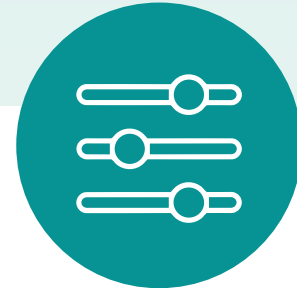
WHAT SETS US APART

Innovation Made For You.



INDUSTRY PIONEERS

EllieMD is leading the way as the first company to offer truly personalized prescription longevity microdose solutions.



PERSONALIZED FORMULAS

Select your medication and benefit additive. Plans are tailored to your unique biology, goals, and lifestyle.



UNLIMITED MESSAGING

Get 24/7 support from a dedicated team of doctors and specialists to guide you throughout your journey.



COMMUNITY SUPPORT

Receive regular check-ins and resources to help you stay on track and meet your health goals with a support system!



Today we explored emerging peptide therapies used for:



**METABOLIC
HEALTH**



**LONGEVITY
SUPPORT**



**SEXUAL
WELLNESS**



Imagine what could happen in the next 90 days.

- ✓ More energy
- ✓ Improved body composition
- ✓ Better recovery and performance
- ✓ Greater confidence in your health plan



If you'd like to explore any of these options further:

Your
QRC

SCAN HERE