



Restore Wellness Peptide Handbook



What Are Peptides?

At Restore Wellness, we use peptide therapy to help the body do what it was designed to do – repair, renew, and restore.

Peptides are naturally occurring chains of amino acids that act like messengers, telling cells how to function and heal. They influence everything from metabolism and fat loss to hormone regulation, recovery, sleep, and skin health.

When these natural signaling pathways begin to slow down with stress, age, or illness, carefully selected bio-identical peptides can help restore that communication. The result is targeted healing and optimization – supporting your body at the cellular level without relying on harsh or synthetic medications.

Why Peptides Are Different

Unlike most traditional medications that force the body in a certain direction, peptides work with your physiology rather than against it.

Targeted and Specific

Each peptide has a defined purpose – whether it's stimulating collagen production, improving insulin sensitivity, balancing hormones, or enhancing recovery. This precision means fewer side effects and more predictable results.

Naturally Effective

Because peptides are modeled after substances already made by the body, they tend to work efficiently, even at low doses. They act as biological “switches” – re-activating dormant repair or growth processes rather than overriding them.

Gentle and Biocompatible

Your body recognizes peptides as its own. They're typically well tolerated, rarely trigger immune reactions, and can be tailored to individual health goals – from fat loss and performance to longevity and rejuvenation.

Dosing/Method of Delivery

Most peptides are administered by subcutaneous injections (you'll receive your peptide in a vial and will draw up with tiny syringes). Some peptides are available by oral administration (capsules).





Considerations for Safe Use

While peptide therapy offers exciting possibilities, safety and quality depend entirely on the source and supervision of your treatment.

Regulation and Quality Matter

Not all peptides are created equal. Unfortunately, many online companies and laboratories sell products labeled as “Research Use Only” (RUO) — meaning they are not approved for human use and are often unregulated, untested, or contaminated.

It can be tempting to purchase peptides or GLP-1 medications online because they appear inexpensive, but these formulations frequently contain inaccurate dosing, impurities, or inactive ingredients. Using these products can put your health and safety at serious risk.

At Restore Wellness, we only use peptides compounded in FDA-registered, U.S. pharmacies that meet strict safety, purity, and potency standards. Every prescription is verified and traceable, so you can trust the quality and consistency of your treatment.

Professional Oversight Is Key

Peptides are powerful tools that influence cellular and hormonal activity. For your safety, they should always be used under professional supervision. Our medical team customizes dosing, monitors progress, and ensures your treatment plan aligns with your health goals and lab values.





THE PEPTIDE GUIDE





Individual Peptides:

- AOD 9604
- BPC-157
- CJC-1295/Ipamorelin
- Dihexa
- DSIP
- GHK-Cu
- Ibutamoren
- IGF-LR3
- Kisspeptin
- MOTs-C
- Oxytocin
- PT-141
- Semax
- Selank
- NAD+
- Sermorelin
- TB500
- Tesamorelin
- Tesofensine*
- Thymosin Alpha-1
- Tirzepatide
- SLU-PP-332*

Popular Stacks:

- BPC-157/TB500
- BPC-157/TB500/KPV
- AOD9604/MOTS-C/
Tesamorelin/Ipamorelin
- CJC-1295/Ipamorelin
- GHK-CU/Epithalon
- Semax/Selank
- Sermorelin/Ipamorelin
- Tesamorelin/Ipamorelin

*non-peptide therapy





Healing & Recovery: These peptides promote cellular repair, tissue regeneration, and reduced inflammation – helping the body heal faster and more completely after injury, surgery, or physical strain.

- BPC-157 – Enhances healing of muscles, tendons, and gut tissue.
- TB-500 (Thymosin Beta-4) – Supports tissue regeneration and recovery from injury.
- GHK-Cu – Stimulates collagen production and skin repair while reducing inflammation.
- Thymosin Alpha-1 – Strengthens immune function and supports recovery.
- NAD+ – Boosts cellular energy and mitochondrial repair, enhancing tissue resilience.

Performance & Vitality: These peptides enhance energy production, growth hormone secretion, and cellular performance – improving strength, stamina, and recovery.

- CJC-1295 / Ipamorelin – Stimulate natural growth hormone release, improving recovery, muscle tone, and sleep.
- Sermorelin – Encourages pituitary growth hormone release for vitality and metabolism.
- Ibutamoren (MK-677) – Increases growth hormone and IGF-1 naturally, supporting lean muscle, recovery, and sleep quality.
- IGF-1 LR3 – Promotes muscle growth, tissue repair, and improved recovery post-training.
- MOTs-C – Improves cellular metabolism, endurance, and mitochondrial function.
- SLU-PP-332 – Potential mitochondrial and metabolic performance enhancer.

Metabolic Health/Weight Optimization: These peptides help regulate metabolism, appetite, and insulin sensitivity – promoting sustainable fat loss and metabolic efficiency.

- AOD 9604 – Aids in fat breakdown and prevents fat storage without affecting appetite.
- Tesamorelin – Reduces visceral fat and improves metabolic function.
- Tirzepatide – Dual GLP-1/GIP agonist that regulates appetite, blood sugar, and promotes weight loss.
- Tesofensine – Promotes appetite suppression and enhanced metabolism.

Cognitive & Mood Support: Neuroprotective peptides that enhance focus, motivation, mental clarity, and emotional well-being.

- Dihexa – Promotes synaptic growth and cognitive function; supports memory and learning.
- Semax – Enhances focus, motivation, and mental stamina.
- Selank – Reduces anxiety and supports calm alertness and cognitive balance.
- DSIP (Delta Sleep-Inducing Peptide) – Promotes deep, restorative sleep and stress regulation.

Longevity & Anti-Aging: These peptides promote cellular renewal, improved immune balance, and hormone optimization for total-body rejuvenation.

- GHK-Cu – Supports collagen synthesis and skin rejuvenation (also noted under Healing).
- NAD+ – Restores mitochondrial energy, improves DNA repair, and promotes longevity (also under Healing).
- Oxytocin – Supports bonding, mood, and emotional well-being.
- Kisspeptin – Regulates reproductive hormone balance, fertility, and libido.
- PT-141 (Bremelanotide) – Enhances libido and sexual function in both men and women.





AOD 9604

AOD 9604 is a specialized peptide derived from the fat-metabolizing region of human growth hormone. Originally developed for weight management, it specifically targets stubborn fat deposits without impacting blood sugar or appetite. Unlike full growth hormone therapy, AOD 9604 does not raise insulin or IGF-1 levels, making it a much safer and more targeted option. It helps stimulate the breakdown of existing fat stores (lipolysis) while slowing down the formation of new fat (lipogenesis). Because it works at the cellular level, it supports gradual, steady fat loss rather than drastic weight changes. Many patients also notice improvements in recovery, joint comfort, and metabolic energy while using it. AOD 9604 is well-tolerated and non-stimulant, making it an excellent option for those who want to improve body composition naturally.

How It Works

AOD 9604 acts on the beta-3 adrenergic receptors in fat cells to promote fat metabolism while preventing new fat storage. It increases fat oxidation and improves metabolic efficiency without altering growth hormone levels or insulin response.

Potential Benefits

- Promotes fat burning and weight management
- Supports cartilage and joint repair
- Enhances energy and recovery
- Safe for long-term metabolic support





BPC-157

BPC-157 is one of the most well-known regenerative peptides, often referred to as the “healing peptide.” It originates from a protective compound found in the stomach and plays a crucial role in gut and tissue repair. This peptide has shown powerful effects in accelerating the healing of muscles, tendons, ligaments, and the intestinal lining. It promotes collagen synthesis, enhances blood flow to injured areas, and reduces inflammation throughout the body. Patients often use it to recover faster from surgery, sports injuries, or chronic inflammatory conditions such as tendonitis or leaky gut. Because of its protective effects on the digestive tract, it also supports nutrient absorption and overall immune health. BPC-157 is well-tolerated, naturally occurring, and highly versatile in clinical use — making it a cornerstone of regenerative and performance medicine.

How It Works

BPC-157 promotes angiogenesis (new blood vessel growth), fibroblast activation, and collagen synthesis — all essential for tissue repair. It also helps regulate inflammatory cytokines and oxidative stress, supporting balanced, accelerated healing.

Potential Benefits

- Accelerates tissue, tendon, and ligament repair
- Protects and heals the gut lining
- Reduces inflammation and pain
- Enhances wound recovery and flexibility





CJC-1295 / Ipamorelin

CJC-1295 and Ipamorelin are a synergistic peptide duo that stimulate the body's natural production of growth hormone (GH). Together, they enhance recovery, metabolism, energy, and sleep quality – without suppressing natural hormone feedback loops. Growth hormone naturally declines as we age, leading to slower recovery, increased fat storage, and decreased muscle tone. These peptides work together to restore healthy GH release patterns, improving repair and rejuvenation throughout the body. CJC-1295 provides sustained stimulation of GH release, while Ipamorelin mimics the body's natural ghrelin signal to trigger GH pulses safely. Patients commonly report better energy, reduced body fat, deeper sleep, improved skin tone, and faster workout recovery. Because they stimulate your own natural GH, they are gentler and safer than synthetic hormone replacement.

How It Works

CJC-1295 binds to growth hormone-releasing hormone receptors in the pituitary gland, while Ipamorelin activates ghrelin receptors to trigger GH pulses. The combination supports sustained, physiologic hormone release that enhances cellular repair, metabolism, and recovery.

Potential Benefits

- Increases lean muscle mass and reduces fat
- Improves sleep and recovery
- Boosts energy and collagen production
- Supports anti-aging and metabolic health





Dihexa

Dihexa is a neuroprotective peptide developed to improve cognitive performance, memory, and brain health. It's sometimes called the “brain rewiring peptide” because of its ability to help neurons form stronger and more efficient connections. Dihexa promotes long-term brain plasticity — meaning it helps the brain adapt, learn, and recover more effectively. Originally studied for Alzheimer’s and Parkinson’s research, it’s now used in cognitive optimization protocols for focus, learning, and clarity. It may also support individuals recovering from brain fog, post-concussion symptoms, or burnout. By enhancing communication between brain cells and protecting neurons from oxidative stress, Dihexa supports overall brain vitality. Users often describe sharper thinking, quicker recall, and improved concentration without stimulation or crash.

How It Works

Dihexa enhances the activity of brain-derived neurotrophic factor (BDNF), a molecule critical for neuron growth and survival. It helps increase synapse formation, strengthen neural networks, and improve cognitive communication.

Potential Benefits

- Improves focus, learning, and memory retention
- Enhances brain plasticity and repair
- Supports cognitive recovery and long-term brain health
- Promotes clarity and sustained mental performance





DSIP (Delta Sleep-Inducing Peptide)

DSIP is a natural peptide that helps regulate sleep cycles and restore deep, restorative rest. It works within the brain's sleep centers to promote relaxation, reduce nighttime cortisol, and improve circadian rhythm balance. Unlike traditional sleep aids, DSIP does not cause grogginess or dependence. It supports natural sleep architecture, allowing the body to cycle properly through deep and REM sleep stages. Beyond sleep, DSIP also assists in managing stress and enhancing the body's ability to recover from fatigue. It's often used by patients who experience insomnia, frequent waking, or poor-quality sleep due to anxiety or hormonal imbalance. Because DSIP also supports hormone and immune balance, many users notice improved recovery, mood, and energy after consistent use.

How It Works

DSIP acts on the hypothalamic-pituitary-adrenal axis to lower cortisol and restore the body's sleep-wake rhythm. It enhances delta-wave activity, promoting deep sleep and optimal nighttime repair.

Potential Benefits

- Promotes deeper, higher-quality sleep
- Reduces nighttime awakenings and stress
- Supports hormone balance and recovery
- Improves mood and daytime energy





GHK-Cu (Copper Peptide)

GHK-Cu is a naturally occurring copper-binding peptide that plays an essential role in healing, tissue regeneration, and skin rejuvenation. Often referred to as the “youth peptide,” it helps the body rebuild collagen and elastin, two key proteins responsible for firmness, elasticity, and repair. GHK-Cu also supports wound healing, reduces inflammation, and restores balance to stressed or aging cells. It’s frequently used in both topical and injectable forms for skin tightening, scar reduction, and hair regrowth. Beyond cosmetic benefits, GHK-Cu has been shown to help repair nerve tissue and improve oxygen delivery at the cellular level. Because it is naturally produced in the body, supplementation with GHK-Cu enhances processes that already exist — gently promoting repair and regeneration from within.

How It Works

GHK-Cu binds to copper ions and activates genes involved in tissue repair and antioxidant defense. It stimulates collagen synthesis, improves blood vessel formation, and neutralizes oxidative stress, promoting cellular renewal.

Potential Benefits

- Improves skin texture, firmness, and elasticity
- Stimulates hair growth and scalp health
- Accelerates wound and tissue healing
- Reduces inflammation and visible signs of aging





IGF-1 LR3 (Insulin-Like Growth Factor 1)

IGF-1 LR3 is a synthetic version of a naturally occurring growth factor that plays a central role in muscle repair, regeneration, and overall tissue health. It works downstream of growth hormone (GH), amplifying its effects on muscle growth, recovery, and performance. IGF-1 LR3 is particularly popular among athletes, fitness enthusiasts, and individuals recovering from injury due to its ability to enhance protein synthesis and promote new cell formation. It extends the body's natural repair window after exercise or injury, leading to faster recovery and improved muscle density. Because it acts directly on muscle and connective tissue receptors, IGF-1 LR3 helps translate hormonal signaling into visible physical improvement. Patients using this peptide often report improved tone, strength, and recovery capacity without the side effects associated with synthetic hormone replacement.

How It Works

IGF-1 LR3 binds to IGF receptors in muscle and connective tissue, activating protein synthesis and stimulating satellite cell activity to promote growth and repair. It complements GH-releasing peptides for enhanced regeneration.

Potential Benefits

- Accelerates recovery after exercise or injury
- Increases lean muscle mass and strength
- Supports tissue and joint repair
- Enhances overall physical performance





Kisspeptin

Kisspeptin is a naturally occurring peptide that regulates reproductive hormone balance and fertility in both men and women. It plays a key role in initiating the hormonal cascade that leads to the production of estrogen, progesterone, and testosterone. By stimulating the hypothalamus, Kisspeptin helps synchronize the body's hormonal rhythm, supporting reproductive health, libido, and mood stability. It's often used in functional and hormonal optimization programs for individuals with low libido, irregular cycles, or fertility challenges. Beyond reproductive health, Kisspeptin may also influence mood, energy, and stress resilience. Because it supports hormone balance at the root level, it can be a valuable option for patients looking to restore natural hormonal harmony without synthetic hormones.

How It Works

Kisspeptin activates receptors in the hypothalamus to release gonadotropin-releasing hormone (GnRH), which stimulates the pituitary gland to increase LH and FSH production — key hormones for reproductive and sexual function.

Potential Benefits

- Supports hormone balance and reproductive health
- Enhances libido and sexual vitality
- Regulates menstrual or testosterone rhythms
- Promotes mood and emotional stability





MOTs-C

MOTs-C is a powerful mitochondrial peptide that helps your body use energy more efficiently, improve metabolism, and boost endurance. It plays an important role in how your cells convert nutrients like fats and carbohydrates into usable energy. As we age, mitochondrial function naturally declines, contributing to fatigue, weight gain, and slower recovery. MOTs-C works by reactivating these energy-producing pathways, helping the body adapt to stress and maintain a youthful metabolism. It's especially beneficial for individuals looking to improve exercise performance, insulin sensitivity, and overall energy levels. Some studies also suggest MOTs-C can enhance resilience against metabolic and age-related conditions by supporting the body's cellular "power plants."

How It Works

MOTs-C activates AMPK pathways and promotes mitochondrial biogenesis, helping cells burn fuel more efficiently. This supports balanced glucose metabolism, improved energy output, and better physical endurance.

Potential Benefits

- Increases energy and stamina
- Enhances metabolism and fat utilization
- Improves insulin sensitivity
- Supports longevity and cellular health





NAD+ (Nicotinamide Adenine Dinucleotide)

NAD+ is a vital molecule found in every cell of the body that powers energy production, DNA repair, and cellular resilience. As NAD+ levels decline with age, the body becomes less efficient at generating energy and repairing damage, contributing to fatigue, inflammation, and aging. Restoring NAD+ levels can dramatically improve vitality and longevity by fueling mitochondria – the energy-producing engines of the cells. It supports clearer thinking, better recovery, and healthier aging. Many patients notice more stable energy, sharper focus, and improved metabolic balance with NAD+ therapy. It's often used as part of anti-aging and performance programs to help restore natural energy and cellular function from the inside out.

How It Works

NAD+ functions as a coenzyme in redox reactions that generate cellular energy (ATP). It also activates sirtuins, enzymes that promote DNA repair, detoxification, and anti-aging processes.

Potential Benefits

- Boosts energy and endurance
- Enhances cellular repair and detoxification
- Improves cognition and focus
- Supports healthy aging and longevity





Oxytocin

Oxytocin, commonly known as the “bonding hormone,” plays a key role in emotional connection, intimacy, and well-being. It’s naturally released during positive social interactions, affection, and physical touch, and helps regulate stress and mood. In peptide form, oxytocin can help improve mood, reduce anxiety, and enhance intimacy and sexual satisfaction in both men and women. It also supports emotional stability, reduces cortisol, and helps promote a sense of calm and trust. Beyond its emotional benefits, oxytocin has been shown to support cardiovascular health and even digestion by balancing the body’s “rest and relax” response. For patients dealing with stress, disconnection, or low libido, oxytocin therapy can help restore emotional and physical harmony.

How It Works

Oxytocin binds to specific receptors in the brain and body that regulate bonding, stress response, and relaxation. It promotes dopamine and serotonin activity while lowering cortisol and anxiety levels.

Potential Benefits

- Improves emotional connection and intimacy
- Enhances mood and reduces anxiety
- Supports sexual function and satisfaction
- Promotes calm, trust, and well-being





PT-141 (Bremelanotide)

PT-141 is a unique peptide that enhances sexual desire and performance in both men and women by acting directly on the brain's arousal centers. Unlike medications that focus on blood flow, PT-141 works neurologically to increase libido and sexual satisfaction. It can be used by individuals with low sexual desire, hormonal imbalance, or psychological barriers to intimacy. PT-141 also helps boost confidence, mood, and overall sexual wellness. Because it acts on central melanocortin receptors, it enhances natural arousal without impacting heart rate or blood pressure, making it a safe and effective option for many patients. Some individuals even notice improved mood and energy as a secondary benefit.

How It Works

PT-141 activates melanocortin receptors in the hypothalamus, the part of the brain responsible for regulating sexual arousal and desire. It increases dopamine activity and enhances natural arousal signaling.

Potential Benefits

- Increases sexual desire and responsiveness
- Enhances satisfaction and confidence
- Safe for both men and women
- May improve mood and emotional connection





Selank

Selank is an anti-anxiety and mood-stabilizing peptide that promotes calm alertness without sedation. It is often described as a “natural anxiolytic,” helping reduce tension, intrusive thoughts, and emotional reactivity while maintaining focus and clarity. Selank works by balancing neurotransmitters associated with mood regulation, such as serotonin and GABA. It’s frequently used by individuals experiencing stress, anxiety, or mood instability, as well as those seeking emotional stability and focus. Unlike prescription anti-anxiety medications, Selank does not impair cognition or cause dependence. When used consistently, it supports a steady, grounded mood, improved sleep quality, and a greater sense of balance.

How It Works

Selank modulates GABA and serotonin receptors in the brain, helping calm the nervous system while maintaining alertness. It reduces anxiety-related stress signaling and stabilizes mood.

Potential Benefits

- Reduces anxiety and emotional tension
- Improves focus and calm concentration
- Stabilizes mood and supports better sleep





Semax

Semax is a nootropic peptide originally developed to support brain health, focus, and mental endurance. It helps improve alertness, memory, and motivation without the stimulating effects of caffeine or amphetamines. Semax also supports resilience to stress and fatigue by balancing neurotransmitters and protecting neurons from oxidative damage. It is frequently used by professionals, students, and high performers seeking better focus and cognitive clarity during demanding mental tasks. Beyond productivity, Semax has shown neuroprotective benefits, helping the brain recover from stress, burnout, or injury. Many users describe a calm, focused sense of energy and improved ability to process information efficiently.

How It Works

Semax increases brain-derived neurotrophic factor (BDNF) and modulates dopamine and serotonin activity. It also improves oxygen and nutrient delivery to the brain, enhancing mental stamina and neuroplasticity.

Potential Benefits

- Improves focus, memory, and productivity
- Reduces mental fatigue and stress
- Enhances motivation and cognitive clarity
- Supports long-term brain health





Sermorelin

Sermorelin is a growth hormone-releasing peptide that helps restore the body's natural hormone balance as it ages. Growth hormone (GH) levels naturally decline after the 30s, contributing to fatigue, slower metabolism, and decreased recovery. Sermorelin works with the body's natural rhythm to increase GH production and improve vitality. Patients who use Sermorelin often notice better sleep, increased energy, lean muscle development, and enhanced mood and focus. Unlike synthetic GH replacement, Sermorelin encourages the pituitary gland to function more efficiently, creating gradual, natural improvements. It's commonly included in longevity and wellness programs to promote recovery, cellular repair, and youthful metabolism.

How It Works

Sermorelin stimulates the pituitary gland to release growth hormone-releasing hormone (GHRH), which in turn increases GH and IGF-1 levels. This promotes tissue repair, fat metabolism, and sleep regulation.

Potential Benefits

- Enhances recovery and energy
- Supports lean muscle and fat loss
- Improves sleep and mood
- Promotes healthy aging and vitality





SLU-PP-332

Not technically a peptide, SLU-PP-332 is an emerging molecule being studied for its potential to improve mitochondrial function, energy metabolism, and endurance. It is sometimes referred to as an “exercise mimetic” because it activates some of the same pathways as physical activity, supporting energy and metabolic efficiency. Although human data are limited, early studies suggest SLU-PP-332 may enhance endurance, cellular repair, and metabolic health. It is of interest in the fields of longevity and performance medicine for its potential to optimize energy production at the cellular level.

How It Works

SLU-PP-332 is thought to activate PPAR δ and related pathways that regulate mitochondrial energy output and lipid metabolism. This may help improve physical endurance and metabolic resilience.

Potential Benefits

- May increase endurance and stamina
- Supports mitochondrial health and metabolism
- Promotes efficient energy utilization
- Potential aid in performance optimization





Tesamorelin

Tesamorelin is a growth hormone–releasing peptide primarily known for its ability to reduce visceral (abdominal) fat and improve metabolic health. It has been FDA-approved for specific metabolic disorders and is widely used in integrative wellness for its fat-burning and body-composition benefits. Tesamorelin stimulates the natural release of GH and IGF-1, which in turn enhances fat metabolism, muscle tone, and tissue repair. Patients using Tesamorelin often notice a decrease in abdominal fat, better energy, and improved recovery. Unlike many weight-loss medications, it supports long-term metabolic balance rather than just suppressing appetite. It's especially effective for individuals targeting midsection fat that is resistant to diet and exercise.

How It Works

Tesamorelin binds to growth hormone–releasing hormone receptors in the pituitary gland, promoting the release of GH and IGF-1. This stimulates fat oxidation and cellular regeneration.

Potential Benefits

- Reduces visceral and abdominal fat
- Improves metabolism and body composition
- Enhances energy and muscle tone
- Supports healthy GH balance and longevity





Tesofensine

Tesofensine is highlighted for weight loss and appetite control. Originally studied for neurodegenerative conditions, this compound was found to significantly reduce appetite and promote weight reduction by modulating key neurotransmitters involved in hunger and energy balance. Tesofensine works by increasing the levels of serotonin, dopamine, and norepinephrine, which together help improve mood, focus, and metabolism while suppressing cravings. Early studies show promising effects on body weight and energy levels.

How It Works

Tesofensine inhibits the reuptake of serotonin, norepinephrine, and dopamine, leading to increased neurotransmitter availability. This enhances satiety, energy expenditure, and mood regulation.

Potential Benefits

- Suppresses appetite and cravings
- Enhances energy and motivation
- Promotes sustainable weight loss
- Improves mood and metabolic activity





Thymosin Alpha-1

Thymosin Alpha-1 is a naturally occurring immune-modulating peptide that helps the body defend against infections, inflammation, and immune imbalance. It works by enhancing T-cell production and immune system coordination, making it especially valuable for individuals recovering from illness, chronic fatigue, or autoimmune conditions. In functional medicine, it's used to strengthen overall immune resilience and regulate inflammatory responses. Thymosin Alpha-1 also supports recovery and healing in patients dealing with chronic stress, which can suppress immune function. Because it works with the body's natural defense systems, it is gentle yet highly effective in restoring balance.

How It Works

Thymosin Alpha-1 increases T-cell activity and promotes cytokine balance, improving immune function and controlling inflammation. It helps the immune system respond efficiently without overstimulation.

Potential Benefits

- Strengthens immune defense
- Reduces inflammation
- Supports recovery from illness or fatigue
- Promotes resilience to stress and infection





TB-500 (Thymosin Beta-4)

TB-500 is a regenerative peptide that accelerates tissue healing, reduces inflammation, and improves recovery after injury. It is a synthetic version of a naturally occurring protein involved in wound repair and tissue regeneration. TB-500 helps increase flexibility, mobility, and circulation in damaged tissues, making it a powerful option for musculoskeletal recovery. It promotes the growth of new blood vessels and reduces scar formation, supporting faster healing of muscles, tendons, and ligaments. It's frequently used by athletes, post-surgical patients, and those recovering from chronic injuries or joint pain.

How It Works

TB-500 promotes actin production and angiogenesis, increasing nutrient and oxygen delivery to injured areas. It also reduces inflammation and oxidative stress to accelerate recovery.

Potential Benefits

- Accelerates healing after injury or surgery
- Improves mobility and flexibility
- Reduces inflammation and scar formation
- Supports muscle and joint recovery





Tirzepatide (GLP-1 + GIP Agonist)

Tirzepatide is a dual-action peptide that mimics two natural gut hormones — GLP-1 and GIP — to help regulate appetite, blood sugar, and metabolism. It's one of the most effective modern therapies for sustainable weight loss and metabolic improvement. Tirzepatide slows digestion, enhances fullness, and helps the body use insulin more efficiently, leading to improved energy and body composition. In addition to fat loss, patients often experience better blood sugar control, reduced cravings, and improved cardiovascular health. Unlike stimulants or restrictive diets, Tirzepatide works with your body's natural metabolic signals to create long-term results.

How It Works

Tirzepatide activates GLP-1 and GIP receptors in the pancreas and brain, enhancing insulin secretion, reducing appetite, and improving metabolic efficiency.

Potential Benefits

- Promotes sustainable weight loss
- Regulates blood sugar and insulin sensitivity
- Reduces appetite and cravings
- Supports cardiovascular and metabolic health





Interested in Peptide Therapy?

You've learned how peptides help your body repair, restore, and perform at its highest level — now it's time to see what that looks like for you.

Our licensed medical team will help you identify which peptides align with your goals — from metabolic health and recovery to cognitive performance and longevity. Every plan starts with a lab-based assessment and personalized analysis. We offer asynchronous consultations for convenience, or you can schedule a telehealth visit if you prefer a face-to-face discussion.

Our easy process:

- 1) Labwork at your local Labcorp
- 2) Medical Intake/Consult
- 3) If appropriate, your prescription is shipped to you along with your personalized lab analysis/report
- 4) Unlimited support

Start your transformation today at restorewellnessky.com or restoremen.com.

Have questions? Text us at 502-208-1330 — we're here to help.





Medical Disclaimer

The information in this handbook is intended solely for educational purposes and should not be interpreted as individualized medical advice, diagnosis, or treatment. The peptide therapies and wellness protocols described are designed to support general understanding of available options within functional and regenerative medicine. Some peptides and compounds discussed may be used off-label, meaning outside their specific FDA-approved indications, and certain formulations may not be approved by the U.S. Food and Drug Administration (FDA) for all conditions referenced. All treatment recommendations and prescriptions at Restore Wellness are provided under the supervision of licensed medical professionals and are determined according to each patient's unique health history, goals, and clinical presentation. By choosing to use this information or participate in any services offered, you acknowledge that you do so voluntarily and accept full responsibility for your personal health decisions. You are encouraged to consult with a qualified healthcare provider before beginning, changing, or discontinuing any medication, supplement, or therapy.

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