

BODYTECHS

WELLNESS + R_xEHAB

Regenerative Medicine & Peptide Therapy:

The Body Techs Wellness Guide

Welcome to Body Techs Wellness + Rehab

At **Body Techs Wellness**, we believe in a **holistic, science-based approach to health and wellness**. Our carefully selected peptides and natural compounds are designed to **support healing, optimize performance, and enhance longevity**—without synthetic drugs or harmful side effects.

This guide will help you understand:

- ✓ **What peptides and compounds do** and how they work in the body.
- ✓ **How to use them safely and effectively** based on your goals.
- ✓ **The best stacking options** for weight loss, healing, anti-aging, and performance.

Each purchase includes a **full kit** with everything you need for administration:

- ✓ **Peptide or Compound Vial**
- ✓ **Bacteriostatic Water (BAC Water) for Reconstitution**
- ✓ **1ml or 2ml Syringes (Based on Dosage Needs)**
- ✓ **Alcohol Wipes for Safe Injection**

✦ Pricing & Available Peptides/Compounds

Peptide / Compound	Strength (MG per Vial)	Vial Size	Price
NAD+	500 MG	5ML	\$250
AOD9604	5 MG	3ML	\$75
L-Glutathione	600 MG	10ML	\$100
MOTS-c	10 MG	3ML	\$130
Tesamorelin	5 MG	3ML	\$95
BPC-157 + TB-500 (Blend)	5/15 MG	10ML	\$365
CJC-1295 + Ipamorelin (No DAC) (Blend)	5/5 MG	3ML	\$115
Epithalon (Capsules)	3.5 MG	60 Capsules	\$200
GHK-Cu (Capsules)	2 MG	60 Capsules	\$150
BPC-157 (Capsules)	500 MG	60 Capsules	\$125
Repair & Research Formula (BPC-157 + TB4) Blend		60 Capsules	\$300

💡 **Note:** Prices may vary based on availability. Contact us for the most up-to-date pricing.

✦ Disclaimer for Body Techs Wellness Guide

DISCLAIMER: The information provided in this guide is for educational and informational purposes only. Body Techs Wellness + Rehab (KST LLC) is not a medical facility and does not provide medical advice, diagnosis, or treatment.

The peptides, compounds, and other wellness products discussed in this guide are not FDA-approved for the diagnosis, treatment, cure, or prevention of any disease. Any references to potential benefits, dosages, or usage are based on general research and are not a substitute for professional medical advice.

These products are not intended for therapeutic or diagnostic purposes. The use of peptides or compounds for human ingestion, bodily introduction, or self-administration without appropriate medical oversight constitutes off-label use and is at the sole discretion and responsibility of the purchaser.

Clients are strongly encouraged to consult with a licensed healthcare provider before using any peptides, supplements, or related compounds. Body Techs Wellness does not administer injections, provide medical supervision, or guarantee any specific results from the use of these products.

By purchasing and using these products, you acknowledge and accept full responsibility for their proper handling, storage, and administration. Body Techs Wellness and its affiliates assume no liability for any misuse, side effects, or adverse reactions related to these products.

Table of Contents

Welcome to the **Body Techs Wellness Peptide & Compound Guide**. Below, you'll find a detailed breakdown of each peptide, its function, and how it can support your **health, wellness, and performance goals**.

Each section includes:

- ✓ **A full description of the peptide or compound**
- ✓ **Its purpose and function in the body**
- ✓ **Why it's considered natural**
- ✓ **Who benefits the most (Male, Female, or Both)**
- ✓ **Recommended dosages and stacking options**

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Section 1 – Introduction to Peptides & Compounds

What Are Peptides & How Do They Work?

Peptides are **short chains of amino acids** that act as signaling molecules in the body. They are responsible for **regulating a wide range of biological functions**, including **metabolism, healing, anti-aging, hormone production, and immune response**.

Unlike traditional medications that **override natural processes**, peptides **stimulate the body's own mechanisms** to function optimally. This makes them a **powerful and natural tool for wellness, performance, and longevity**.

How Peptides Work in the Body

Peptides **bind to specific receptors** on cells, **activating natural biological pathways** that improve:

- ✓ **Tissue Repair & Healing** – Stimulates cell regeneration for **faster recovery**.
 - ✓ **Metabolism & Fat Loss** – Enhances **fat burning & energy production**.
 - ✓ **Hormone Regulation** – Supports **natural HGH, testosterone & insulin levels**.
 - ✓ **Cognitive Function & Mental Clarity** – Improves **focus, memory & brain health**.
 - ✓ **Longevity & DNA Repair** – Activates genes that **extend cellular lifespan**.
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Why Choose Peptides Over Synthetic Medications?

Unlike synthetic drugs that **force changes in the body**, peptides work **with** the body's natural biology. This makes them:

- ✓ **More Effective & Targeted** – Peptides activate **specific pathways**, leading to **better results with fewer side effects**.
 - ✓ **Biocompatible & Safe** – Peptides are naturally **broken down and used by the body**, unlike pharmaceuticals that leave toxic residues.
 - ✓ **Less Risk of Dependency** – Unlike synthetic hormones, **peptides stimulate the body's own production** without shutting it down.
 - ✓ **Versatile & Multi-Purpose** – Peptides can be used for **weight loss, muscle growth, healing, and anti-aging** without interfering with other bodily functions.
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Safe Administration & Dosing Guidelines

How Are Peptides Taken?

Peptides are commonly administered in the following way:

1. **Subcutaneous (SubQ) Injection** – The most effective method, allowing peptides to **absorb quickly into the bloodstream**.

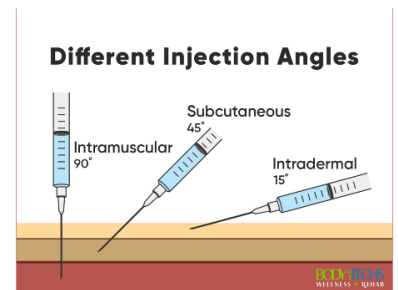
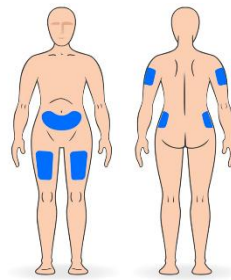
Subcutaneous Injection Guide

What is a Subcutaneous Injection?

A subcutaneous injection deposits medication into the **fat layer beneath the skin** for slow absorption.

Best Injection Sites

- ✓ Abdomen (1 inch from navel)
- ✓ Upper outer thighs
- ✓ Upper outer arms (if assisted)
- 💡 Rotate sites to avoid irritation.



Injection Angle

- Use a **45-degree angle** with the needle.
 - Insert, inject slowly, withdraw needle, and wipe with alcohol pad.
2. **Oral Capsules** – Some peptides, like **BPC-157** and **Epithalon**, are available in **capsule form** for easier consumption.
 3. **Topical Application** – Peptides like **GHK-Cu** can be applied **directly to the skin** for anti-aging and hair growth benefits.

Important Notes on Peptide Use

- ✓ **Always use Bacteriostatic Water (BAC Water)** to **reconstitute peptide vials** before injection.
 - ✓ **Follow recommended dosages** – More does not always mean better!
 - ✓ **Store peptides properly** – Most peptides need to be **kept refrigerated** after mixing.
 - ✓ **Peptides are not a "quick fix"** – Consistency over time leads to **optimal results**.
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Stacking Peptides: Best Combinations for Your Goals

Many peptides work **better together**, as they complement each other's effects. Below are some **recommended stacks** based on different health goals.

Best Peptides for Fat Loss & Metabolism

- ✓ **MOTS-c** – Mitochondrial energy & fat oxidation
- ✓ **AOD9604** – Targets stubborn fat without affecting muscle
- ✓ **Tesamorelin** – Boosts HGH & visceral fat loss

Best Peptides for Muscle Growth & Recovery

- ✓ **CJC-1295 + Ipamorelin** – Increases natural HGH & muscle retention
- ✓ **BPC-157 + TB-500** – Heals muscles, tendons & ligaments
- ✓ **NAD+** – Enhances recovery & mitochondrial energy

Best Peptides for Anti-Aging & Longevity

- ✓ **Epithalon** – DNA repair & telomere protection
 - ✓ **GHK-Cu** – Collagen production & skin rejuvenation
 - ✓ **L-Glutathione** – Antioxidant detoxification & immune support
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What's Included in Your Peptide Kit?

Every purchase from **Body Techs Wellness** comes with a **complete kit** to make administration easy and convenient:

- ✓ **Peptide or Compound Vial**
- ✓ **Bacteriostatic Water (BAC Water) for Reconstitution**
- ✓ **1ML or 2ML Syringes (Based on Dosage Needs)**
- ✓ **Alcohol Wipes for Sterile Injection**

Section 2 – Individual Peptide & Compound Profiles

NAD+ – Cellular Repair, Energy & Longevity







 **Strength:** 500 MG

 **Vial Size:** 5ML

Overview

NAD+ (**Nicotinamide Adenine Dinucleotide**) is a **naturally occurring coenzyme** essential for **cellular energy, DNA repair, and longevity**. It plays a critical role in mitochondrial function, **helping cells generate energy (ATP)**. As we age, NAD+ levels **decline significantly**, contributing to **fatigue, cognitive decline, and metabolic slowdown**. Supplementing with NAD+ restores these functions, promoting **youthful energy, mental clarity, and cellular health**.

Purpose & Function

-  **Boosts Cellular Energy** – Helps mitochondria produce ATP, reducing fatigue.
 -  **Supports Anti-Aging & Longevity** – Activates **sirtuins**, which slow aging and repair DNA.
 -  **Improves Cognitive Function** – Enhances **memory, focus, and mental clarity**.
 -  **Enhances Metabolism** – Supports **fat-burning and insulin regulation**.
 -  **Aids in Detoxification** – Reduces oxidative stress and supports **liver health**.
 -  **Speeds Up Recovery** – Aids **muscle repair and inflammation control**.
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Why It's Natural

NAD+ is **not a synthetic drug**—it is a **naturally occurring coenzyme found in every cell**. Levels decline with **age, stress, and lifestyle factors**, leading to **fatigue, inflammation, and cognitive decline**. Supplementing **restores natural function**, allowing the body to work at optimal levels.

Who Benefits from NAD+?

- ✓ **Men & Women (Both Benefit Equally)**
- ✓ **Individuals 30+ Looking to Maintain Youthful Energy & Metabolism**
- ✓ **Athletes & Active Individuals Seeking Faster Recovery**
- ✓ **Those Experiencing Brain Fog, Memory Loss, or Chronic Fatigue**
- ✓ **Anyone Focused on Anti-Aging, Longevity & Cellular Repair**

Recommended Dosage & Administration

Reconstitution Instructions:

1. **Add 5ML of Bacteriostatic Water (BAC Water) to the vial.**
2. **Gently swirl (do not shake) until fully dissolved.**

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw **.5ML = 50MG**, inject **1-2 times per week**.
 - **Alternative Dose:** Draw **1ML = 100MG**, inject **1-2 times per week as needed**.
 - **Best Time to Inject:** **Morning or before activity for energy & focus.**
 - **Needle Size:** **1ML syringe (provided in kit).**
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Stacking Recommendations

NAD+ works best when combined with other peptides & compounds:

✓ **For Energy & Metabolism: MOTS-c** (Fat Loss + Mitochondrial Boost)

✓ **For Longevity & Cellular Repair: Epithalon** (Telomere Protection)

✓ **For Cognitive Function & Recovery: L-Glutathione** (Brain Detox & Immune Support)

✓ **For Anti-Aging & Muscle Support: CJC-1295 + Ipamorelin** (Natural HGH Release)

AOD9604 – Fat Burning Without Side Effects

✦ **Strength:** 5 MG

✦ **Vial Size:** 3ML

Overview

AOD9604 is a **modified fragment of human growth hormone (HGH)** that is specifically designed to **promote fat loss without affecting blood sugar, insulin, or muscle mass**. Unlike traditional weight-loss drugs, **AOD9604 works naturally with the body's metabolism to accelerate fat burning and reduce stubborn adipose tissue** (especially in the stomach, thighs, and hips).

AOD9604 **does not interfere with natural growth hormone levels**, making it one of the **safest fat-burning peptides available**. It has been **FDA-approved for weight loss research** and is widely used for **body composition improvement, metabolism support, and fat loss acceleration**.

Purpose & Function

- ✓ **Enhances Fat Burning** – Stimulates **lipolysis (fat breakdown)** and prevents new fat accumulation.
 - ✓ **Targets Stubborn Fat** – **Helps reduce fat in the abdominal area, thighs, and arms.**
 - ✓ **Preserves Muscle Mass** – Burns fat without breaking down lean muscle.
 - ✓ **Supports Metabolism** – Increases **natural calorie-burning efficiency**.
 - ✓ **Works Without Affecting Hormones** – No impact on **blood sugar, insulin, or HGH production**.
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Why It's Natural

AOD9604 is a **bioactive peptide derived from human growth hormone (HGH)**. However, unlike HGH, **it is designed solely to stimulate fat loss**, without affecting **blood sugar, insulin levels, or muscle tissue**. It mimics the **natural fat-burning effects** that occur in the body but in a more targeted and efficient manner.

Who Benefits from AOD9604?

- ✓ **Men & Women (Both Benefit Equally)**
 - ✓ **Individuals Struggling with Stubborn Fat & Slow Metabolism**
 - ✓ **Those Looking to Lose Fat While Preserving Muscle**
 - ✓ **Athletes & Active Individuals Wanting Better Body Composition**
 - ✓ **Anyone Seeking Weight Loss Without Harsh Stimulants or Side Effects**
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Recommended Dosage & Administration

Reconstitution Instructions:

1. Add 2ML of Bacteriostatic Water (BAC Water) to the vial.
2. Gently swirl (do not shake) until fully dissolved.

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw **0.25ML = 250MCG**, inject **once daily** (morning or pre-workout).
- **Maximum Dose:** Draw **0.5ML = 500MCG**, inject **once daily**.
- **Best Time to Inject:** Morning or before exercise for optimal fat-burning effects.
- **Needle Size:** 1ML syringe (provided in kit).

Stacking Recommendations

AOD9604 can be combined with other peptides for **enhanced weight loss and body composition results**:

- ✓ **For Increased Metabolism: MOTS-c** (Boosts Fat Loss + Mitochondrial Energy)
- ✓ **For Muscle Preservation & Recovery: CJC-1295 + Ipamorelin** (Supports HGH Release)
- ✓ **For Visceral Fat Reduction: Tesamorelin** (Targets Deep Belly Fat)
- ✓ **For Full-Body Healing & Metabolism Support: BPC-157 + TB-500**

L-Glutathione – Detoxification, Immune Support & Anti-Aging

✦ **Strength:** 600 MG

✦ **Vial Size:** 10ML

Overview

L-Glutathione, often called the “**Master Antioxidant,**” is a **powerful detoxifier** naturally produced by the body. It plays a **vital role in cellular health, immune function, and anti-aging** by neutralizing harmful toxins and protecting cells from oxidative damage.

Over time, **aging, stress, poor diet, and environmental toxins** deplete glutathione levels, leading to **fatigue, immune dysfunction, and inflammation**. Supplementing with L-Glutathione **restores optimal levels**, supporting **liver detoxification, skin health, and overall vitality**.

Purpose & Function

- ✓ **Enhances Detoxification** – Removes **toxins, heavy metals, and pollutants** from the body.
 - ✓ **Supports Liver Health** – Essential for **breaking down harmful substances & regenerating liver cells**.
 - ✓ **Boosts Immune Function** – Strengthens the body’s **defense against infections & illnesses**.
 - ✓ **Fights Inflammation & Oxidative Stress** – Reduces **free radical damage** linked to aging & disease.
 - ✓ **Promotes Skin Brightening & Anti-Aging** – Reduces **hyperpigmentation & evens skin tone**.
 - ✓ **Protects Brain Function** – Helps prevent **cognitive decline & supports mental clarity**.
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Why It’s Natural

L-Glutathione is **naturally produced in the liver** and found in foods like avocados, spinach, and asparagus. However, **modern lifestyles, toxins, and aging** rapidly deplete levels, making supplementation essential for **optimal health and detoxification**.

Who Benefits from L-Glutathione?

- ✓ **Men & Women (Both Benefit Equally)**
 - ✓ **Individuals Exposed to High Toxin Levels (Alcohol, Processed Foods, Pollution)**
 - ✓ **Those Seeking Anti-Aging & Skin Brightening Benefits**
 - ✓ **People with Autoimmune or Chronic Inflammatory Conditions**
 - ✓ **Athletes & Active Individuals for Faster Recovery & Reduced Oxidative Stress**
 - ✓ **Anyone Focused on Long-Term Cellular Health & Disease Prevention**
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Recommended Dosage & Administration

Reconstitution Instructions:

1. Add 10ML of Bacteriostatic Water (BAC Water) to the vial.
2. Gently swirl (do not shake) until fully dissolved.

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw 0.5ML = 30MG, inject 1-3 times per week.
 - **Higher Dose:** Draw 1ML = 60MG, inject 1-2 times per week as needed.
 - **Best Time to Inject:** Morning or post-detox protocol for best absorption.
 - **Needle Size:** 1ML or 2ML syringe (provided in kit).
-

Stacking Recommendations

L-Glutathione pairs well with other peptides for **enhanced detoxification & anti-aging:**

- ✓ **For Detox & Cellular Repair: NAD+** (Boosts Mitochondrial Function & Energy)
- ✓ **For Skin Health & Collagen Boost: GHK-Cu** (Enhances Skin Elasticity & Hair Growth)
- ✓ **For Liver Support & Anti-Inflammation: BPC-157** (Gut & Organ Healing)
- ✓ **For Brain Function & Longevity: Epithalon** (Supports Telomere & Cognitive Health)

MOTS-c – Metabolism, Fat Loss & Energy Enhancement

✦ **Strength:** 10 MG

✦ **Vial Size:** 3ML

Overview

MOTS-c is a **mitochondrial-derived peptide** that plays a **critical role in energy production, metabolism regulation, and fat loss**. Unlike traditional weight-loss peptides, **MOTS-c works at the cellular level**, improving how the body **processes glucose, burns fat, and utilizes energy**.

It mimics the effects of **exercise at a molecular level**, making it a great option for **those struggling with slow metabolism, insulin resistance, or age-related weight gain**.

Purpose & Function

- ✓ **Boosts Fat Metabolism** – Encourages the body to **burn fat as fuel instead of storing it**.
 - ✓ **Increases Energy Production** – Enhances **ATP (cellular energy) output** for better endurance.
 - ✓ **Regulates Blood Sugar & Insulin Sensitivity** – Helps prevent **fat storage & stabilizes glucose levels**.
 - ✓ **Mimics Exercise at a Cellular Level** – Activates genes linked to **fat burning & muscle efficiency**.
 - ✓ **Improves Physical Performance & Recovery** – Reduces **exercise fatigue & muscle soreness**.
 - ✓ **Supports Longevity & Cellular Health** – Protects **mitochondria from oxidative stress & aging**.
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Why It's Natural

MOTS-c is a **naturally occurring peptide produced by mitochondria**—the "powerhouses" of the cell. It helps **regulate metabolism, fat oxidation, and cellular energy production**. However, **levels decline with age**, leading to **slower metabolism, weight gain, and fatigue**. Supplementing **restores optimal mitochondrial function**, allowing the body to work more efficiently.

Who Benefits from MOTS-c?

- ✓ **Men & Women (Both Benefit Equally)**
- ✓ **Individuals Over 30 Experiencing a Metabolic Slowdown**
- ✓ **Those Struggling with Weight Loss, Fatigue, or Insulin Resistance**
- ✓ **Athletes & Active Individuals for Improved Performance & Recovery**
- ✓ **Anyone Seeking Fat Loss Without Losing Muscle Mass**
- ✓ **People Focused on Longevity & Mitochondrial Health**

Recommended Dosage & Administration

Reconstitution Instructions:

1. **Add 2ML of Bacteriostatic Water (BAC Water) to the vial.**
2. **Gently swirl (do not shake) until fully dissolved.**

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw **0.5ML = 2.5MG**, inject **every 5 days**.
- **Higher Dose:** Draw **1ML = 5MG**, inject **every 5 days**.
- **Best Time to Inject:** **Morning or before physical activity** for optimal fat-burning & energy.
- **Needle Size:** **1ML syringe (provided in kit).**

Stacking Recommendations

MOTS-c works best when combined with other peptides for **enhanced metabolism & longevity:**

- ✓ **For Maximum Fat Loss: AOD9604** (Accelerates Fat Burning)
- ✓ **For Energy & Cellular Repair: NAD+** (Boosts Mitochondrial Function & Recovery)
- ✓ **For Metabolism & Muscle Preservation: Tesamorelin** (HGH Release & Visceral Fat Reduction)
- ✓ **For Anti-Aging & Endurance: CJC-1295 + Ipamorelin** (HGH & Performance Support)

Tesamorelin – Growth Hormone Booster & Visceral Fat Reduction

✦ **Strength:** 5 MG

✦ **Vial Size:** 3ML

Overview

Tesamorelin is a **growth hormone-releasing peptide (GHRH)** that stimulates the pituitary gland to **increase natural HGH (human growth hormone) production**. Unlike synthetic HGH, Tesamorelin **does not shut down the body's natural hormone production**—instead, it **optimizes it**, making it a safer and more natural way to experience the benefits of HGH.

This peptide is especially known for its ability to **reduce visceral fat (deep belly fat), improve muscle tone, and enhance cognitive function**. It is particularly beneficial for those over **30-40 years old**, when **natural HGH levels start declining**.

Purpose & Function

- ✓ **Reduces Stubborn Visceral Fat** – Targets **deep abdominal fat linked to metabolic disorders**.
 - ✓ **Enhances Lean Muscle Growth** – Preserves **muscle while promoting fat loss**.
 - ✓ **Improves Metabolism & Insulin Sensitivity** – Helps the body **process carbs & fats more efficiently**.
 - ✓ **Boosts Natural HGH Production** – Supports **anti-aging, muscle recovery, and overall vitality**.
 - ✓ **Enhances Cognitive Function** – Improves **mental clarity, memory, and focus**.
 - ✓ **Speeds Up Recovery & Tissue Repair** – Reduces **inflammation and accelerates healing**.
-

Why It's Natural

Tesamorelin is **not synthetic HGH**—it is a **natural growth hormone-releasing peptide (GHRH analog)** that works by **stimulating the body's own HGH production**. This means it **enhances natural function without causing dependence**, making it a safer alternative to direct HGH injections.

Who Benefits from Tesamorelin?

- ✓ **Men & Women (Both Benefit Equally)**
 - ✓ **Individuals 35+ Looking to Maintain Lean Muscle & Burn Fat**
 - ✓ **Those Struggling with Visceral (Deep Belly) Fat & Slow Metabolism**
 - ✓ **Athletes & Fitness Enthusiasts for Performance & Recovery**
 - ✓ **Anyone Wanting Anti-Aging & HGH Optimization Without Synthetic Hormones**
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Recommended Dosage & Administration

Reconstitution Instructions:

1. **Add 2ML of Bacteriostatic Water (BAC Water) to the vial.**
2. **Gently swirl (do not shake) until fully dissolved.**

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw **0.5ML = 1.25MG**, inject **once daily (before bed)**.
 - **Higher Dose:** Draw **1ML = 2.5MG**, inject **once daily** (adjust based on response).
 - **Best Time to Inject: Before bed on an empty stomach** (mimics the body's natural GH release).
 - **Needle Size: 1ML syringe (provided in kit).**
-

Stacking Recommendations

Tesamorelin is highly effective when combined with other peptides for **fat loss, muscle growth, and anti-aging**:

- ✓ **For Maximum Fat Loss: AOD9604** (Fat Burning Without Muscle Loss)
- ✓ **For GHG Optimization & Recovery: CJC-1295 + Ipamorelin** (Boosts Natural GHG Release)
- ✓ **For Metabolism & Energy: MOTS-c** (Increases Fat Burning & Cellular Energy)
- ✓ **For Healing & Inflammation Control: BPC-157 + TB-500** (Supports Joint & Tissue Repair)

BPC-157 + TB-500 – The Ultimate Healing & Recovery Peptide Blend

✦ **Strength:** 5MG BPC-157 / 15MG TB-500

✦ **Vial Size:** 10ML

Overview

BPC-157 and TB-500 are **two of the most powerful healing peptides**, known for their **ability to accelerate tissue repair, reduce inflammation, and enhance recovery from injuries**.

- **BPC-157** is a **naturally occurring peptide in the stomach** that promotes **gut healing, joint repair, and overall tissue regeneration**.
- **TB-500** (a synthetic version of Thymosin Beta-4) **enhances blood flow, reduces inflammation, and promotes wound healing**.

When combined, these peptides **work synergistically** to **speed up muscle, tendon, ligament, and joint recovery**, making them a must-have for **athletes, active individuals, and anyone recovering from injuries or surgeries**.

Purpose & Function

- ✓ **Accelerates Injury Recovery** – Speeds up healing in **muscles, tendons, joints, and ligaments**.
 - ✓ **Reduces Inflammation & Pain** – Helps with **chronic pain conditions, arthritis, and swelling**.
 - ✓ **Supports Gut Health** – BPC-157 protects and heals the **digestive tract (great for IBS, ulcers, and gut inflammation)**.
 - ✓ **Enhances Blood Flow & Circulation** – TB-500 helps deliver **oxygen and nutrients to damaged tissues**.
 - ✓ **Boosts Tissue Regeneration** – Promotes **new cell growth & repair for long-term recovery**.
 - ✓ **Improves Flexibility & Joint Mobility** – Ideal for **athletes and those with joint stiffness**.
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Why It's Natural

- **BPC-157 is naturally found in gastric juices** and is essential for **gut health, healing, and inflammation control**.
- **TB-500 is a synthetic version of Thymosin Beta-4**, a protein naturally occurring in the body that helps **regenerate damaged tissues and improve blood circulation**.

These peptides **work with the body's natural healing processes** rather than overriding them, making them **safer than traditional painkillers or anti-inflammatory drugs**.

Who Benefits from BPC-157 + TB-500?

- ✓ Men & Women (Both Benefit Equally)
 - ✓ Athletes & Active Individuals Recovering from Injuries
 - ✓ Those with Chronic Joint Pain, Arthritis, or Inflammation
 - ✓ People Recovering from Surgery or Soft Tissue Damage
 - ✓ Anyone Looking to Improve Flexibility & Mobility
 - ✓ Individuals with Gut Issues (IBS, Leaky Gut, Acid Reflux, or Ulcers)
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Recommended Dosage & Administration

Reconstitution Instructions:

1. Add 10ML of Bacteriostatic Water (BAC Water) to the vial.
2. Gently swirl (do not shake) until fully dissolved.

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw 0.5ML = 250MCG BPC-157 / 750MCG TB-500, inject once daily.
 - **Higher Dose:** Draw 1ML = 500MCG BPC-157 / 1.5MG TB-500, inject once daily as needed.
 - **Best Time to Inject:** Morning or post-injury for recovery boost.
 - **Needle Size:** 1ML or 2ML syringe (provided in kit).
-

Stacking Recommendations

BPC-157 + TB-500 works best when paired with other peptides for **enhanced recovery and performance**:

- ✓ **For Full-Body Healing:** NAD+ (Boosts Cellular Repair & Energy)
- ✓ **For Inflammation & Anti-Aging:** L-Glutathione (Detox & Skin Health)
- ✓ **For Joint & Muscle Support:** CJC-1295 + Ipamorelin (HGH Boost & Recovery)
- ✓ **For Metabolism & Fat Loss:** MOTS-c (Fat Burning & Mitochondrial Health)

CJC-1295 + Ipamorelin – Natural HGH Booster for Anti-Aging & Muscle Growth

✦ **Strength:** 5MG CJC-1295 / 5MG Ipamorelin

✦ **Vial Size:** 3ML

Overview

CJC-1295 and Ipamorelin are two of the most **effective peptides for naturally boosting human growth hormone (HGH)**. Together, they work **synergistically** to stimulate the pituitary gland, leading to **increased fat loss, muscle growth, recovery, and anti-aging benefits**—without the risks of synthetic HGH.

- **CJC-1295 (No DAC)** increases **natural HGH production** and supports **long-term growth hormone release**.
- **Ipamorelin** is a **GHRP (Growth Hormone Releasing Peptide)** that **mimics the body's natural growth hormone release cycles**, enhancing metabolism and muscle repair.

Unlike synthetic HGH, **this combination keeps the body's own hormone production active**, preventing dependency while maximizing results.

Purpose & Function

- ✓ **Enhances Natural HGH Levels** – Stimulates the **pituitary gland** for sustained **growth hormone production**.
- ✓ **Supports Muscle Growth & Recovery** – Increases **lean muscle mass** and **accelerates post-workout recovery**.
- ✓ **Promotes Fat Loss** – Boosts **metabolism** and helps **burn stubborn fat**.
- ✓ **Improves Sleep Quality** – Enhances **deep REM sleep**, improving **recovery and cognitive function**.
- ✓ **Supports Anti-Aging & Longevity** – Stimulates **collagen production**, reducing **wrinkles and improving skin elasticity**.
- ✓ **Boosts Immune Function & Cellular Repair** – Supports **wound healing and reduces inflammation**.

Why It's Natural

Both **CJC-1295 and Ipamorelin** mimic **natural signals in the body** that regulate **growth hormone release**. Unlike synthetic HGH, these peptides **stimulate your own pituitary gland**, meaning your body still controls hormone production naturally—without shutting it down.

Who Benefits from CJC-1295 + Ipamorelin?

- ✓ Men & Women (Both Benefit Equally)
 - ✓ Individuals Over 30 Experiencing HGH Decline
 - ✓ Athletes & Fitness Enthusiasts Looking to Build Lean Muscle & Burn Fat
 - ✓ Those Wanting to Improve Recovery, Sleep & Energy Levels
 - ✓ Anyone Seeking Anti-Aging & Longevity Benefits
-

Recommended Dosage & Administration

Reconstitution Instructions:

1. Add 2ML of Bacteriostatic Water (BAC Water) to the vial.
2. Gently swirl (do not shake) until fully dissolved.

Subcutaneous Injection Guidelines:

- **Standard Dose:** Draw 0.1ML = 250MCG CJC-1295 / 250MCG Ipamorelin, inject before bed.
 - **Higher Dose:** Draw 0.2ML = 500MCG CJC-1295 / 500MCG Ipamorelin, inject before bed or post-workout.
 - **Best Time to Inject:** Before bed (mimics natural HGH release) or post-workout for recovery.
 - **Needle Size:** 1ML syringe (provided in kit).
-

Stacking Recommendations

CJC-1295 + Ipamorelin enhances the effects of other peptides for **fat loss, muscle growth, and longevity:**

- ✓ **For Maximum Fat Loss & Muscle Growth: Tesamorelin** (Targets Deep Belly Fat & Increases HGH)
- ✓ **For Energy & Cellular Repair: NAD+** (Boosts Mitochondrial Function & Recovery)
- ✓ **For Recovery & Anti-Inflammation: BPC-157 + TB-500** (Supports Joint & Tissue Healing)
- ✓ **For Metabolism & Fat Oxidation: MOTS-c** (Boosts Fat Burning & Endurance)

Epithalon – DNA Repair, Anti-Aging & Longevity

✦ **Strength:** 3.5 MG

✦ **Form:** Enteric-Coated Capsules

Overview

Epithalon (also spelled Epitalon) is a **powerful longevity peptide** that has been shown to **activate telomerase**, an enzyme that **protects and extends telomeres**—the protective caps on the ends of DNA strands. Longer telomeres are associated with **slower aging, enhanced cellular function, and disease resistance**.

Epithalon is widely researched for its **anti-aging, immune-boosting, and sleep-enhancing** properties. It has been used in **longevity studies** and is recognized for its **potential to extend lifespan and improve overall health**.

Purpose & Function

✓ **Supports DNA Repair & Cellular Longevity** – Activates **telomerase**, protecting **DNA from age-related damage**.

✓ **Enhances Sleep Quality & Melatonin Production** – Helps regulate **circadian rhythm & deep sleep cycles**.

✓ **Boosts Immune Function** – Strengthens the **body's natural defense system**.

✓ **Reduces Inflammation & Oxidative Stress** – Protects **cells from free radical damage**.

✓ **Supports Brain Function & Cognitive Clarity** – May improve **memory, focus, and mood stability**.

✓ **Promotes Youthful Skin & Collagen Production** – Helps maintain **skin elasticity & hydration**.

Why It's Natural

Epithalon is a **synthetic version of Epithalamin**, a naturally occurring peptide **produced by the pineal gland**. It works by mimicking the body's natural **telomerase-activating process**, supporting **DNA repair and cellular rejuvenation**.

Unlike synthetic drugs, Epithalon works **in harmony with the body**, helping restore **biological functions that naturally decline with age**.

Who Benefits from Epithalon?

- ✓ Men & Women (Both Benefit Equally)
 - ✓ Individuals Over 40 Looking to Slow Aging & Enhance Longevity
 - ✓ Those Experiencing Sleep Issues or Poor Melatonin Production
 - ✓ Anyone Wanting to Improve DNA Repair & Cellular Health
 - ✓ People Seeking Disease Prevention & Immune Strengthening
 - ✓ Athletes & High-Performers Looking for Faster Recovery & Brain Optimization
-

Recommended Dosage & Administration

Oral Dosage (Capsules):

- **Standard Dose: 1 capsule (3.5MG) per day for 10-20 days.**
- **Higher Dose: 2 capsules (7MG) per day for 10-20 days** (if needed).
- **Cycle Length: Use for 10-20 days, then cycle off for 3-6 months before repeating.**
- **Best Time to Take: Before bed** (to optimize sleep & melatonin production).

Alternative Dosage (Injection – If Using Injectable Form):

- **5-10MG subcutaneous injection daily for 10-20 days.**
-

Stacking Recommendations

Epithalon pairs well with other peptides & supplements for **enhanced longevity and health benefits**:

- ✓ **For Cellular Repair & Energy: NAD+** (Boosts Mitochondrial Function)
- ✓ **For Sleep & Brain Function: L-Glutathione** (Neuroprotection & Detox)
- ✓ **For Skin & Collagen Production: GHK-Cu** (Skin Rejuvenation & Hair Growth)
- ✓ **For Fat Loss & Muscle Retention: CJC-1295 + Ipamorelin** (HGH Optimization)

GHK-Cu – Skin Regeneration, Collagen Production & Hair Growth

✦ **Strength:** 2 MG

✦ **Form:** Enteric-Coated Capsules

Overview

GHK-Cu (**Glycyl-L-Histidyl-L-Lysine Copper Peptide**) is a **naturally occurring copper-binding peptide** known for its **remarkable ability to promote skin regeneration, stimulate collagen production, and enhance hair growth**. It is widely used in **anti-aging skincare, wound healing, and tissue repair** due to its ability to **activate stem cells and improve cellular function**.

GHK-Cu is found naturally in **plasma, saliva, and urine**, but levels **decline significantly with age**, leading to **wrinkles, thinning hair, and slower wound healing**. Supplementing with GHK-Cu **restores these levels**, promoting **youthful skin, stronger hair, and enhanced tissue repair**.

Purpose & Function

- ✓ **Stimulates Collagen & Elastin Production** – Improves **skin elasticity, firmness, and hydration**.
 - ✓ **Enhances Skin Healing & Regeneration** – Speeds up **wound healing and scar reduction**.
 - ✓ **Promotes Hair Growth & Scalp Health** – Revitalizes **hair follicles, reducing hair thinning & shedding**.
 - ✓ **Fights Inflammation & Oxidative Stress** – Reduces **free radical damage, slowing down aging**.
 - ✓ **Strengthens & Protects Skin Barrier** – Enhances **resilience against environmental damage**.
 - ✓ **Improves Overall Tissue Repair & Recovery** – Supports **muscle, joint, and soft tissue healing**.
-

Why It's Natural

GHK-Cu is a **naturally occurring peptide found in the body** that binds to copper, **activating essential biological processes** related to **skin, tissue, and hair regeneration**. Since copper is an essential trace mineral, **GHK-Cu works naturally with the body's repair systems** rather than overriding them.

Who Benefits from GHK-Cu?

- ✓ Men & Women (Both Benefit Equally)
 - ✓ Individuals Concerned with Skin Aging, Wrinkles & Fine Lines
 - ✓ Those Experiencing Hair Thinning, Hair Loss, or Weak Hair Growth
 - ✓ Anyone Recovering from Wounds, Burns, or Scars
 - ✓ Athletes & Active Individuals Needing Soft Tissue Repair
 - ✓ People Looking for Natural Anti-Aging & Skin Health Benefits
-

Recommended Dosage & Administration

Oral Dosage (Capsules):

- **Standard Dose: 1 capsule (2MG) per day.**
 - **Higher Dose: 2 capsules (4MG) per day** for advanced skin & hair support.
 - **Cycle Length: Use for 8-12 weeks, then take a short break before resuming.**
 - **Best Time to Take: Morning or evening with food.**
-

Stacking Recommendations

GHK-Cu pairs well with other peptides & supplements for **enhanced skin, hair, and tissue regeneration**:

- ✓ **For Anti-Aging & Longevity: Epithalon** (Supports DNA Repair & Telomeres)
- ✓ **For Skin Detox & Brightening: L-Glutathione** (Fights Oxidative Damage)
- ✓ **For Muscle & Joint Recovery: BPC-157 + TB-500** (Supports Tissue Repair)
- ✓ **For Metabolism & Energy: NAD+** (Boosts Cellular Function & Recovery)

BPC-157 – Gut Health, Tissue Repair & Anti-Inflammation

✦ **Strength:** 500 MG

✦ **Form:** Enteric-Coated Capsules

Overview

BPC-157 (**Body Protection Compound-157**) is a **naturally occurring peptide** found in **gastric juices** that plays a crucial role in **gut healing, tissue repair, and inflammation reduction**. It has been extensively studied for its ability to **accelerate wound healing, protect the digestive system, and promote overall cellular recovery**.

Unlike traditional anti-inflammatory drugs, **BPC-157 does not harm the stomach lining**. Instead, it **repairs it**, making it an excellent option for **those with digestive issues, chronic pain, or injuries**.

Purpose & Function

- ✓ **Heals the Gut Lining** – Supports recovery from **IBS, leaky gut, acid reflux, and ulcers**.
 - ✓ **Reduces Chronic Inflammation** – Helps with **autoimmune conditions, arthritis, and joint pain**.
 - ✓ **Speeds Up Tissue & Muscle Repair** – Accelerates healing for **injuries, post-surgery recovery, and soft tissue damage**.
 - ✓ **Protects Against NSAID Damage** – Helps counteract **stomach damage from pain medications**.
 - ✓ **Improves Joint & Ligament Strength** – Ideal for **athletes and active individuals** recovering from stress-related injuries.
 - ✓ **Enhances Brain & Nervous System Function** – May help with **nerve damage and cognitive function**.
-

Why It's Natural

BPC-157 is derived from **natural peptides found in the human digestive system**. It works with the body's **own healing mechanisms** to repair tissues, reduce inflammation, and support gut health, rather than overriding biological processes like synthetic drugs.

Who Benefits from BPC-157?

- ✓ Men & Women (Both Benefit Equally)
 - ✓ Individuals with Digestive Issues (IBS, Acid Reflux, Leaky Gut, Ulcers)
 - ✓ Athletes & Active Individuals Recovering from Injuries
 - ✓ Anyone Experiencing Chronic Pain or Joint Inflammation
 - ✓ People Recovering from Surgery or Soft Tissue Damage
 - ✓ Those Taking NSAIDs or Medications that Damage the Gut
-

Recommended Dosage & Administration

Oral Dosage (Capsules):

- **Standard Dose: 1 capsule (500MG) per day.**
- **Higher Dose: 2 capsules (1000MG) per day** for more aggressive healing.
- **Cycle Length: Use for 4-8 weeks, then assess results and adjust as needed.**
- **Best Time to Take: Morning on an empty stomach or with food if sensitive.**

Alternative Usage (Injection – If Using Injectable Form):

- **Subcutaneous Injection: 250-500MCG daily for 4-8 weeks.**
-

Stacking Recommendations

BPC-157 pairs well with other peptides & supplements for **enhanced healing and recovery**:

- ✓ **For Full-Body Tissue Repair: TB-500** (Boosts Muscle & Joint Recovery)
- ✓ **For Gut Detox & Liver Support: L-Glutathione** (Detoxification & Cellular Protection)
- ✓ **For Anti-Aging & Mitochondrial Health: NAD+** (Cellular Regeneration & Energy)
- ✓ **For Inflammation & Joint Support: GHK-Cu** (Skin, Joint, and Tissue Healing)

Repair & Research Formula – Ultimate Tissue & Organ Healing Blend

✦ **Ingredients:** BPC-157 + Thymosin Beta-4 (TB4)

✦ **Form:** Enteric-Coated Capsules

Overview

The **Repair & Research Formula** combines **BPC-157** and **Thymosin Beta-4 (TB4)**—two of the most **potent regenerative peptides** for **deep tissue, muscle, joint, and organ healing**. Together, they create a **synergistic effect**, accelerating the body's natural **repair processes** and reducing **inflammation** at a cellular level.

- **BPC-157** is a **gut-derived peptide** known for **healing tissue damage, reducing inflammation, and supporting joint health**.
- **Thymosin Beta-4 (TB4)** is a **naturally occurring thymic peptide** that **enhances blood flow, supports immune function, and promotes tissue regeneration**.

This combination is ideal for **athletes, individuals recovering from injuries or surgeries, and anyone struggling with chronic inflammation or degenerative conditions**.

Purpose & Function

✓ **Accelerates Soft Tissue & Wound Healing** – Supports recovery from **injuries, surgery, and musculoskeletal damage**.

✓ **Reduces Chronic Inflammation** – Helps with **autoimmune conditions, arthritis, and swelling**.

✓ **Supports Gut Lining & Digestive Health** – Beneficial for **IBS, ulcers, and leaky gut syndrome**.

✓ **Promotes Blood Flow & Cell Regeneration** – TB4 enhances **oxygenation and nutrient delivery to damaged tissues**.

✓ **Boosts Immune Function** – Helps the body **fight infections and recover from stress or illness**.

✓ **Protects Against Aging-Related Tissue Degeneration** – Aids in **muscle recovery, joint longevity, and organ health**.

Why It's Natural

- **BPC-157** is a **peptide naturally found in gastric juices**, essential for **gut repair and tissue healing**.
- **Thymosin Beta-4 (TB4)** is **naturally produced in the thymus gland**, where it regulates **immune response and cell regeneration**.

By **mimicking natural biological processes**, this formula **enhances the body's own healing abilities without synthetic interference**.

Who Benefits from the Repair & Research Formula?

- ✓ **Men & Women (Both Benefit Equally)**
 - ✓ **Athletes & Active Individuals Recovering from Injuries**
 - ✓ **People with Chronic Joint Pain, Arthritis, or Degenerative Conditions**
 - ✓ **Individuals Healing from Surgery, Soft Tissue, or Ligament Damage**
 - ✓ **Anyone Struggling with Gut Issues, Leaky Gut, or Stomach Inflammation**
 - ✓ **Those Looking for Natural Anti-Inflammatory & Regenerative Support**
-

Recommended Dosage & Administration

Oral Dosage (Capsules):

- **Standard Dose: 1 capsule per day** (maintenance & general recovery).
- **Higher Dose: 2 capsules per day** for intensive healing or chronic inflammation.
- **Cycle Length: Use for 4-12 weeks, then assess recovery and adjust if needed.**
- **Best Time to Take: Morning or evening with food** for better absorption.

Alternative Usage (Injection – If Using Injectable Form Separately):

- **BPC-157 Injection: 250-500MCG daily** (for gut healing or injury recovery).
 - **TB-500 Injection: 2-5MG 1-2x per week** (for deep tissue repair).
-

Stacking Recommendations

The **Repair & Research Formula** pairs well with other peptides for **enhanced recovery and tissue healing**:

- ✓ **For Cellular Repair & Anti-Aging: NAD+** (Mitochondrial Regeneration & Energy)
- ✓ **For Detoxification & Inflammation Control: L-Glutathione** (Liver Support & Skin Health)
- ✓ **For Joint & Tendon Strength: GHK-Cu** (Collagen & Hair Growth Support)
- ✓ **For HGH Stimulation & Muscle Recovery: CJC-1295 + Ipamorelin** (Growth Hormone Optimization)

Section 3 – Peptide Stacking & Best Combinations

Maximizing Results with Peptide Stacking

Peptides work best when used in **synergy** with other compounds. Stacking peptides can **enhance their individual effects**, leading to **faster fat loss, better recovery, improved muscle growth, and long-term anti-aging benefits**.

This section outlines **the best peptide stacks** based on **your specific health and wellness goals**.

Best Peptide Stacks for Fat Loss & Metabolism

Goal: Burn fat, boost metabolism, and improve energy levels


- ✓ MOTS-c + AOD9604 → Accelerates fat metabolism & targets stubborn fat
- ✓ Tesamorelin + AOD9604 → Enhances HGH release & promotes visceral fat reduction
- ✓ CJC-1295 + Ipamorelin + Tesamorelin → Supports muscle retention while cutting fat

 **How to Use:** Take these peptides **in the morning** or **before workouts** for optimal fat-burning effects.

Best Peptide Stacks for Muscle Growth & Performance

Goal: Build lean muscle, enhance endurance, and improve recovery

- ✓ CJC-1295 + Ipamorelin + Tesamorelin → Stimulates natural HGH for muscle repair & growth
- ✓ BPC-157 + TB-500 → Enhances muscle healing, joint recovery, and tissue repair
- ✓ NAD+ + CJC-1295 + Ipamorelin → Improves endurance, energy, and workout recovery

 **How to Use:** Inject before bed or post-workout for **optimal muscle recovery & performance**.

Best Peptide Stacks for Injury Healing & Joint Recovery

Goal: Repair joints, heal injuries, and reduce inflammation


- ✓ BPC-157 + TB-500 → Speeds up healing of tendons, ligaments, and muscles
- ✓ Repair & Research Formula (BPC-157 + TB4) → Supports deep tissue & organ healing
- ✓ GHK-Cu + BPC-157 → Enhances collagen production & wound healing

 **How to Use:** Administer **daily or every other day** to accelerate tissue healing.

Best Peptide Stacks for Anti-Aging & Longevity

Goal: Extend cellular lifespan, improve brain function, and maintain youthfulness

- ✓ **NAD+ + Epithalon** → Supports DNA repair, telomere extension & longevity
- ✓ **GHK-Cu + CJC-1295 + Ipamorelin** → Enhances skin, hair, and collagen production
- ✓ **L-Glutathione + NAD+** → Detoxifies cells and reduces oxidative stress

 **How to Use:** Best taken **at night** for cellular repair and anti-aging benefits.

Section 4 – FAQ, Safe Administration & Legal Disclaimer

Frequently Asked Questions (FAQ)

1. How long does it take to see results from peptides?

Peptide results vary, but most people notice **improvements within 2-4 weeks**, with **maximum benefits after 3-6 months** of consistent use.

2. How do I store my peptides?

✓ **Before reconstitution (mixing with BAC water):** Keep peptides in a **cool, dry place** (refrigeration is ideal).

✓ **After reconstitution:** Store in the **refrigerator** and use within **4-6 weeks**.

3. Can I take multiple peptides at the same time?

Yes! Many peptides work better when combined. **Refer to the stacking guide in Section 3** for the best combinations.

4. Are peptides safe?

Yes, peptides are **naturally occurring in the body** and generally well-tolerated. However, **always consult a doctor** before starting any new supplement.

5. How do I mix my peptides (Reconstitution Instructions)?

1. **Use a sterile syringe to add BAC water** to the vial (amount varies by peptide).
2. **Swirl gently** until fully dissolved—do not shake.
3. **Store in the refrigerator** and follow dosing guidelines.

6. What if I miss a dose?

Peptides work best with **consistency**, but missing a dose occasionally **will not disrupt progress**. Simply resume your next scheduled dose.

Safe Administration & Peptide Injection Guide

- ✓ Use Bacteriostatic Water (BAC Water) to mix peptides
 - ✓ Inject subcutaneously (SubQ) into the abdomen, thigh, or upper arm
 - ✓ Rotate injection sites to avoid irritation
 - ✓ Always use sterile syringes and alcohol wipes
-

✦ Disclaimer for Body Techs Wellness Guide

DISCLAIMER: The information provided in this guide is for educational and informational purposes only. Body Techs Wellness + Rehab (KST LLC) is not a medical facility and does not provide medical advice, diagnosis, or treatment.

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