

PEPTIDE STACKING GUIDE — Part 1

Peptide Stack	Use	Dose	Main Benefits
Strength & Growth Hormone Release Core: Ipamorelin + CJC-1295 DAC Advanced: + IGF-1 LR3	Muscle growth	Ipamorelin 200-300 mcg daily; CJC-1295 DAC 1-2 mg weekly; IGF-1 LR3 20-40 mcg daily.	Stimulates GH and IGF-1 to promote lean muscle, strength, and power. Shortens recovery time and supports joint and tendon resilience.
Fat Loss Core: Tesamorelin + CJC-1295 DAC Advanced: + AOD-9604	Fat reduction	Tesamorelin 1-2 mg daily; CJC-1295 DAC 1-2 mg weekly; AOD-9604 250-500 mcg daily.	Reduces visceral fat while maintaining lean tissue. Improves metabolism, appetite control, and body composition.
Recovery Core: BPC-157 + TB-500 Advanced: + Thymosin Beta-4	Recovery	BPC-157 300 mcg-1 mg daily; TB-500 2-5 mg weekly; Thymosin Beta-4 1-2 mg weekly.	Accelerates tissue repair, reduces inflammation, and strengthens ligaments and tendons. Enhances recovery after training.

PEPTIDE STACKING GUIDE — Part 2

Peptide Stack	Use	Dose	Main Benefits
Skin Improvements Core: GHK-Cu + BPC-157 Advanced: + Epitalon	Skin health	GHK-Cu 1–2 mg daily; BPC-157 300 mcg–1 mg daily; Epitalon 5–10 mg daily (cycles).	Stimulates collagen and elastin for firmer skin, reduces wrinkles, and accelerates wound healing. Supports hair and nail health.
Longevity Core: CJC-1295 DAC + Ipamorelin Advanced: + Epitalon	Longevity	CJC-1295 DAC 1–2 mg weekly; Ipamorelin 200–300 mcg daily; Epitalon 5–10 mg daily (cycles).	Supports healthy ageing, deeper sleep, and recovery. Reduces systemic inflammation and promotes vitality.
Brain Health Core: BPC-157 + GHK-Cu Advanced: + Selank	Brain health	BPC-157 300 mcg–1 mg daily; GHK-Cu 1–2 mg daily; Selank 250–500 mcg daily.	Supports memory, focus, and mental clarity. Helps reduce inflammation and stabilise mood.