Boost and Balance

Precision Molecules. Purposeful Results.

Peptide Blend Guide

Clinically guided peptide protocols for wellness, recovery, and optimization

FULL BLEND MENU

All therapies are provided under medical supervision. Individual results vary.

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Personalized Care, Purposeful Results

Each protocol should be reviewed with the clinical team to determine appropriate fit and use.

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FOUNTAIN OF YOUTH

Clinically Guided Protocol

GHK-Cu (50mg) | BPC-157 (10mg) | TB-500 (10mg) | Epitalon (10mg)
Per 5mL vial

CLINICAL OVERVIEW

Fountain of Youth is a regenerative peptide blend designed to reverse cellular decline, accelerate soft tissue repair, and optimize mitochondrial health. By combining four synergistic peptides with distinct mechanisms - including angiogenesis, telomerase activation, and collagen remodeling - this formula targets both surface-level aging and deep cellular repair. The result is enhanced recovery, improved skin quality, deeper rest, and long-term vitality.

MECHANISM OF ACTION

GHK-Cu (Copper Peptide) (50mg)
Regenerative tripeptide that improves skin tone, boosts collagen, stimulates hair growth, and reduces inflammation through TGF-β modulation. Enhances mitochondrial activity and tissue repair.

BPC-157 (10mg)
Gastroprotective peptide that accelerates healing of ligaments, tendons, and gut lining. Promotes angiogenesis, nitric oxide release, and systemic anti-inflammatory effects.

TB-500 (10mg)
Peptide fragment of thymosin beta-4 that supports actin regulation and tissue regeneration. Enhances flexibility, reduces inflammation, and promotes cellular migration.

Epitalon (10mg)
Pineal gland tetrapeptide that activates telomerase, restores circadian rhythms, and enhances longevity pathways. Supports deep sleep, immune balance, and antioxidant defenses.



BENEFITS

- Faster recovery of joints, skin, and soft tissue
- Collagen and elastin regeneration
- Hair growth and follicle stimulation
- Mitochondrial support and cellular energy
- Sleep cycle regulation and anti-aging support

SAFETY CONSIDERATIONS

- Mild injection site irritation may occur
- Not recommended for patients with active cancer
- Use clinical discretion when combining with other GH secretagogues
- Monitor cortisol sensitivity with Epitalon

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8-12 weeks on, 4 weeks off
Notes: Supports collagen production, cellular repair, and full-body rejuvenation. Ideal for anti-aging, post-surgical recovery, and vitality.

MOLECULAR PROPERTIES

GHK-Cu: C14H24N6O4Cu
BPC-157: C62H98N16O22
TB-500: C212H350N56O78S
Epitalon: C14H22N4O9

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KALI

Clinically Guided Protocol

BPC-157 (10mg) | MOTS-c (10mg) | Tesamorelin (5mg) | 5-Amino-1MQ (10mg) Per 5mL vial

CLINICAL OVERVIEW

KALI is a GLP-support and metabolic shield blend built for patients on GLP-1 therapy, including semaglutide, tirzepatide, retatrutide, and other GLPs. It targets the most common reasons patients struggle on therapy - nausea and GI distress, fatigue, lean muscle loss, and adaptive metabolic slowdown - so that weight loss reflects fat reduction rather than lost strength or vitality.

For clinics, KALI is designed to improve tolerability and help reduce dropout due to side effects, while patients move through their transformation with more energy, resilience, and lasting results.

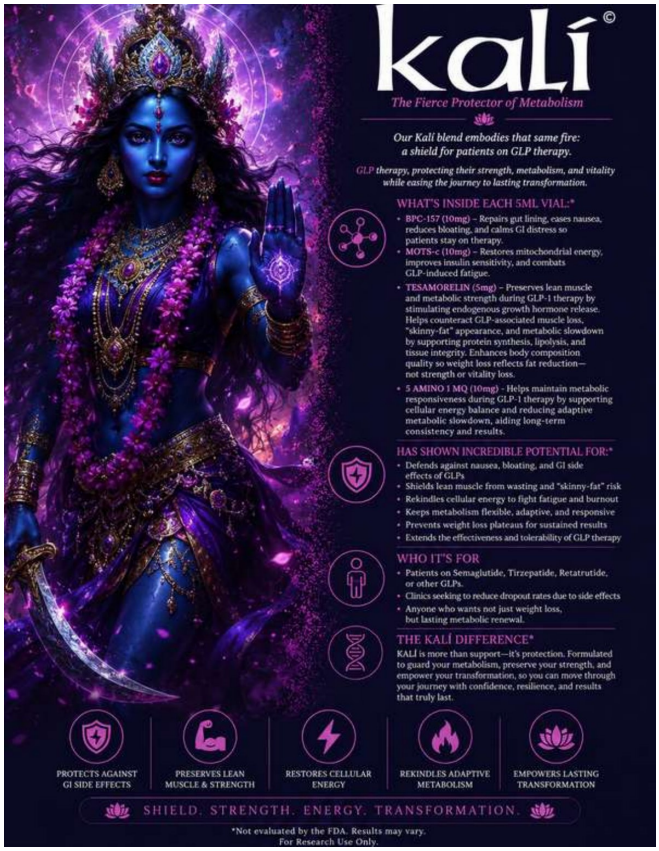
MECHANISM OF ACTION

BPC-157 (10mg)
Repairs the gut lining, eases nausea, reduces bloating, and calms GI distress so patients can stay on therapy.

MOTS-c (10mg)
Mitochondrial-derived peptide that restores cellular energy, improves insulin sensitivity, and combats GLP-induced fatigue.

Tesamorelin (5mg)
GHRH analog that stimulates endogenous growth hormone release to preserve lean muscle and metabolic strength during GLP-1 therapy. Supports protein synthesis, lipolysis, and tissue integrity, helping counteract the "skinny-fat" effect.

5-Amino-1MQ (10mg)
Small-molecule NNMT inhibitor that supports cellular energy balance and helps maintain metabolic responsiveness during GLP-1 therapy, reducing adaptive slowdown and aiding long-term consistency.



BENEFITS

- Defends against nausea, bloating, and GI side effects of GLPs
- Shields lean muscle from wasting and "skinny-fat" risk
- Rekindles cellular energy to fight fatigue and burnout
- Keeps metabolism flexible and helps prevent weight-loss plateaus
- Extends the effectiveness and tolerability of GLP therapy

SAFETY CONSIDERATIONS

- Coordinate with the provider managing the patient's GLP-1 therapy
- Monitor glucose markers; Tesamorelin may raise IGF-1 levels
- Avoid in active malignancy, pregnancy, or breastfeeding
- 5-Amino-1MQ has limited human clinical data - use under medical supervision
- Mild injection site irritation possible

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 12 weeks on, 4 weeks off
Notes: GLP-1 side effect therapy.

MOLECULAR PROPERTIES

BPC-157: C62H98N16O22
MOTS-c: C38H49N9O10
Tesamorelin: C221H366N72O67S
5-Amino-1MQ: C10H11N2+ (cation)

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ADONIX

Clinically Guided Protocol

Tesamorelin (10mg) | Ipamorelin (10mg) | AOD-9604 (10mg) | MOTS-c (10mg) Per 5mL vial

CLINICAL OVERVIEW

Adonix is a multi-pathway fat-loss and metabolic enhancement blend designed to support patients targeting body recomposition, visceral fat reduction, and cellular energy optimization. Tesamorelin has been FDA-approved for the reduction of abdominal fat in HIV-related lipodystrophy and is highly effective at increasing endogenous GH secretion and reducing visceral adiposity. Ipamorelin enhances natural GH pulses without unwanted elevations in cortisol or prolactin, AOD-9604 promotes fat breakdown, and MOTS-c boosts energy expenditure at the mitochondrial level. Together, these compounds enhance thermogenesis, lean muscle support, and energy regulation.

MECHANISM OF ACTION

Tesamorelin (10mg)
A synthetic GHRH analog that stimulates the pituitary to increase natural growth hormone secretion. Clinically shown to reduce visceral adipose tissue and improve metabolic markers without significant changes to glucose tolerance.

Ipamorelin (10mg)
A selective GH secretagogue that complements Tesamorelin for synergistic growth hormone release, without raising cortisol or prolactin.

AOD-9604 (10mg)
A modified fragment of human growth hormone (hGH 176-191) that selectively stimulates lipolysis and inhibits lipogenesis without affecting blood sugar or IGF-1 levels.

MOTS-c (10mg)
A mitochondrial-derived peptide that enhances insulin sensitivity, supports glucose utilization, and boosts endurance by modulating metabolic homeostasis.



BENEFITS

- Visceral fat reduction (especially abdominal)
- Lean muscle retention and improved body composition
- Improved GH/IGF-1 profile without exogenous GH
- Enhanced recovery and energy output
- No stimulant side effects, suited to long-term use

SAFETY CONSIDERATIONS

- Adonix is generally well-tolerated
- Mild side effects may include injection site irritation, water retention, or headaches
- Tesamorelin may raise IGF-1 levels; avoid use in patients with active malignancy
- Always use under medical supervision with appropriate screening

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 12 weeks on, 4 weeks off
Notes: Formulated for fat loss, lean muscle, and metabolic acceleration. Combines mitochondrial optimization with advanced lipolytic support.

MOLECULAR PROPERTIES

Tesamorelin: C221H366N72O67S
Ipamorelin: C38H49N9O5
AOD-9604: C78H123N23O23S2
MOTS-c: C38H49N9O10

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APEX

Clinically Guided Protocol

Tesamorelin (10mg) | CJC-1295 (6mg) | Ipamorelin (12mg) | BPC-157 (10mg) Per 5mL vial

CLINICAL OVERVIEW

APEX is a peak-performance blend created for patients seeking rapid recovery, increased energy output, fat loss, and enhanced tissue repair. With a synergistic combination of growth hormone-releasing peptides and a regenerative healing agent, APEX optimizes the body's anabolic and restorative processes - making it ideal for high performers, post-injury recovery, or anyone hitting a wall in training or metabolism.

MECHANISM OF ACTION

Tesamorelin (10mg)
A potent GHRH analog known for increasing endogenous growth hormone and IGF-1 levels. Clinically proven to reduce visceral adiposity and support lipid metabolism; also shows promise in cognitive health and body composition.

CJC-1295 (6mg)
Long-acting GHRH analog that promotes consistent, natural GH pulses. Supports improved muscle tone, collagen synthesis, cellular repair, and enhanced metabolic rate without feedback suppression.

Ipamorelin (12mg)
Ghrelin receptor agonist that selectively stimulates GH release with no significant impact on cortisol or prolactin. Aids in muscle preservation, injury recovery, and lean mass support.

BPC-157 (10mg)
Body Protection Compound with broad regenerative benefits. Promotes tissue healing, reduces inflammation, and protects the gut lining, tendons, and ligaments through nitric oxide modulation and angiogenesis.



BENEFITS

- Accelerates physical recovery and repair
- Enhances GH and IGF-1 naturally
- Promotes lean muscle retention and fat metabolism
- Supports soft tissue healing and inflammation control
- Ideal for fat loss, post-injury, and metabolic rejuvenation

SAFETY CONSIDERATIONS

- Monitor glucose levels in insulin-resistant or diabetic patients
- Not recommended in individuals with active malignancy or endocrine disorders
- Mild injection site irritation possible
- Avoid concurrent use with exogenous GH unless medically indicated

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 10-12 weeks on, 6 weeks off
Notes: Enhances strength, endurance, muscle density, and recovery. Ideal for high performers and muscle preservation.

MOLECULAR PROPERTIES

Tesamorelin: C221H366N72O67S
CJC-1295: C165H271N47O46
Ipamorelin: C38H49N9O5
BPC-157: C62H98N16O22

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EMPRESS

Clinically Guided Protocol

MOTS-c (10mg) | BPC-157 (10mg) | GHK-Cu (50mg) | Kisspeptin-10 (2mg) Per 5mL vial

CLINICAL OVERVIEW

EMPRESS is a precision-tailored peptide blend formulated for women navigating hormonal changes, fatigue, aging, and regenerative needs. From mitochondrial revitalization to deep tissue healing and skin rejuvenation, this stack supports optimal wellness across energy, libido, and hormone health. It is particularly suited for women experiencing menopause, perimenopause, or chronic burnout - offering a restorative solution for the mind, body, and endocrine system.

MECHANISM OF ACTION

MOTS-c (10mg)
A mitochondrial-derived peptide that enhances insulin sensitivity, increases endurance, and boosts metabolic flexibility. Especially beneficial during hormonal shifts when mitochondrial output often declines.

BPC-157 (10mg)
A potent regenerative compound that accelerates healing of tendons, joints, and the gastrointestinal tract. Reduces inflammation, supports gut-brain axis balance, and improves tissue repair.

GHK-Cu (50mg)
Copper-binding peptide that drives collagen synthesis, skin elasticity, hair growth, and wound healing. Known for its anti-aging and tissue remodeling effects, especially in the skin and vascular system.

Kisspeptin-10 (2mg)
A key regulator of reproductive hormone signaling. Stimulates GnRH release, promoting natural estrogen/progesterone balance and supporting libido and fertility in women.



BENEFITS

- Supports healthy hormone regulation and libido
- Improves mitochondrial function and cellular energy
- Enhances skin tone, hair growth, and tissue rejuvenation
- Aids in healing gut lining, joints, and soft tissue
- Designed for women facing hormonal decline or chronic fatigue

SAFETY CONSIDERATIONS

- Kisspeptin-10 may temporarily influence menstrual timing - monitor during cycle-sensitive protocols
- Not for use during pregnancy or in hormone-sensitive cancers
- Mild injection site irritation is rare but possible
- Use under medical supervision in patients with endocrine disorders

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 10 weeks on, 4-6 weeks off
Notes: Targets fatigue, hormonal shifts, libido, and skin tone. Optimized for women's vitality and menopause support.

MOLECULAR PROPERTIES

MOTS-c: C38H49N9O10
BPC-157: C62H98N16O22
GHK-Cu: C14H24N6O4Cu
Kisspeptin-10: C55H75N17O16

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VÄLKYR

TB-500 (10mg) | BPC-157 (10mg) Per 5mL vial

Clinically Guided Protocol

CLINICAL OVERVIEW

VÄLKYR is a high-powered regenerative blend designed for full-body recovery, injury healing, and inflammation control. By combining two of the most respected peptides in regenerative medicine, this formulation promotes rapid healing of connective tissue, muscle, ligaments, and even gut lining. Ideal for athletes, chronic pain sufferers, or post-surgical recovery protocols, VÄLKYR helps restore structural integrity while reducing systemic stress.

MECHANISM OF ACTION

TB-500 (10mg)
A synthetic fragment of thymosin beta-4, TB-500 enhances tissue regeneration through cell migration and angiogenesis. It plays a critical role in muscle repair, wound healing, and reducing fibrotic scarring. Its systemic action allows for healing effects beyond the local injection site.

BPC-157 (10mg)
A stable gastric pentadecapeptide that regulates inflammatory responses, enhances nitric oxide signaling, and promotes the repair of tendons, ligaments, nerves, and intestinal tissue. Shown to significantly reduce healing time and support collagen formation at injury sites.



BENEFITS

- Accelerated recovery from injury or surgery
- Enhanced soft tissue and joint healing
- Reduced inflammation and oxidative stress
- Supports repair of gut lining and nervous tissue
- Ideal for high-performance, orthopedic, or post-op protocols

SAFETY CONSIDERATIONS

- Not recommended for use in individuals with active malignancies
- Rare cases of localized irritation or swelling at injection site
- Use under medical supervision in patients with autoimmune or chronic systemic conditions
- No known major drug interactions

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8-10 weeks on, 4 weeks off
Notes: Recovery and healing for post-op and soft tissue repair. Accelerates healing of joints, tendons, and gut lining.

MOLECULAR PROPERTIES

TB-500: C212H350N56O78S
BPC-157: C62H98N16O22

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PROMETHEUS

Clinically Guided Protocol

CJC-1295 (6mg) | Ipamorelin (12mg) | BPC-157 (10mg) Per 5mL vial

CLINICAL OVERVIEW

PROMETHEUS is a growth hormone secretagogue and recovery blend designed to naturally enhance GH pulsatility, deepen sleep, and accelerate tissue repair. By combining CJC-1295 and Ipamorelin with the regenerative peptide BPC-157, this formula supports lean muscle, fat metabolism, deeper sleep, and cellular repair - without the negative side effects associated with synthetic hGH. It is ideal for athletes, high performers, and patients seeking optimized recovery, resilience, and anti-aging outcomes through natural GH elevation.

MECHANISM OF ACTION

CJC-1295 (6mg)
A long-acting analog of growth hormone releasing hormone (GHRH) that stimulates the anterior pituitary to increase growth hormone release. Promotes deep-wave sleep, supports collagen production, and boosts cellular repair. Its extended half-life allows sustained GH output.

Ipamorelin (12mg)
A selective growth hormone releasing peptide (GHRP) that triggers GH release without elevating cortisol or prolactin. Supports lean muscle development, cellular repair, and deep recovery.

BPC-157 (10mg)
A regenerative peptide known for repairing gut lining, muscle, tendon, and soft tissue. Supports resilience, reduces inflammation, and accelerates healing.



BENEFITS

- Stimulates natural growth hormone pulses
- Enhances deep sleep and REM recovery
- Promotes lean muscle, fat metabolism, and cellular repair
- Repairs gut lining and reduces inflammation
- Boosts skin elasticity, joint health, and overall vitality

SAFETY CONSIDERATIONS

- Not for use in patients with active malignancies
- Mild water retention or appetite increase possible
- Avoid in pregnancy or hormone-sensitive conditions
- Best used under clinical supervision for long-term metabolic support

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 12 weeks on, 4-6 weeks off
Notes: Male-focused vitality and recovery. Supports testosterone, libido, and resilience.

MOLECULAR PROPERTIES

CJC-1295: C165H271N47O46
Ipamorelin: C38H49N9O5
BPC-157: C62H98N16O22

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INFERNO

Clinically Guided Protocol

AOD-9604 (10mg) | CJC-1295 (6mg) | Ipamorelin (10mg) | MOTS-c (10mg) Per 5mL vial

CLINICAL OVERVIEW

INFERNO is a high-performance fat-burning and metabolic optimization blend designed to ignite cellular energy, promote deep fat loss, and boost recovery. By combining mitochondrial peptides, GH secretagogues, and targeted lipolytic agents, this blend supports body recomposition without compromising lean mass - and without stimulants. INFERNO is ideal for patients who have plateaued in their fat loss journey or need metabolic restoration after chronic stress or hormone imbalance.

MECHANISM OF ACTION

AOD-9604 (10mg)
A modified fragment of hGH that specifically triggers fat breakdown (lipolysis) and inhibits fat storage (lipogenesis). Helps reduce abdominal fat without influencing blood sugar or growth factor levels.

CJC-1295 (6mg)
A long-acting GHRH analog that enhances natural GH secretion. Promotes lean mass retention, skin repair, and deep sleep by amplifying the GH cascade.

Ipamorelin (10mg)
A selective GHRP that works synergistically with CJC-1295 to stimulate GH release without increasing cortisol or prolactin. Supports fat burning, recovery, and energy regulation.

MOTS-c (10mg)
A mitochondrial-derived peptide that enhances glucose metabolism, increases AMPK activation, and supports endurance and fat oxidation for long-term metabolic health.



BENEFITS

- Accelerated fat metabolism and lipolysis
- Enhanced energy, stamina, and glucose regulation
- Supports natural GH release and muscle preservation
- Helps break through fat loss plateaus
- Promotes mitochondrial health and anti-aging benefits

SAFETY CONSIDERATIONS

- Use caution in insulin-resistant or diabetic patients
- Not for use during pregnancy or in active cancer cases
- May cause mild water retention or appetite changes in rare cases
- Should be administered under clinical supervision for best results

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 10-12 weeks on, 6 weeks off
Notes: Advanced fat-burning with mitochondrial activation. Boosts energy and reduces stubborn fat.

MOLECULAR PROPERTIES

AOD-9604: C78H123N23O23S2
CJC-1295: C165H271N47O46
Ipamorelin: C38H49N9O5
MOTS-c: C38H49N9O10

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KÄLM

Clinically Guided Protocol

Semax (5mg) | Selank (5mg) | Ipamorelin (5mg) | MOTS-c (10mg) Per 5mL vial

CLINICAL OVERVIEW

KÄLM is a neural reset blend designed to quiet internal noise, reduce cortisol and anxiety, and restore equilibrium - enhancing focus and mental clarity without sedation or fog. It pairs two nootropic regulatory peptides, Semax and Selank, with Ipamorelin for deeper sleep and natural GH-driven restoration, and MOTS-c for mitochondrial energy. It is ideal for overthinkers and under-sleepers, professionals and leaders under pressure, and patients with chronic stress or neuroinflammation.

MECHANISM OF ACTION

Semax (5mg)
A synthetic fragment of ACTH that stimulates BDNF (brain-derived neurotrophic factor), modulates dopamine and serotonin balance, and promotes neuroprotection, memory, and cognitive resilience.

Selank (5mg)
An analog of tuftsin that exerts anxiolytic and nootropic effects by modulating GABA and serotonin. Lowers cortisol and anxiety while stabilizing mood, attention, and stress response.

Ipamorelin (5mg)
A selective GHRP that supports deep sleep, natural GH release, and hormonal rhythm for recovery and restoration - without raising cortisol or prolactin.

MOTS-c (10mg)
A mitochondrial-derived peptide that enhances metabolic flexibility, mitochondrial health, and mental energy without overstimulation.



BENEFITS

- Reduces stress, cortisol, and anxiety without sedation
- Sharpens focus, memory, and decision-making
- Improves mood and emotional balance
- Improves sleep quality and recovery
- Boosts mental energy without overstimulation

SAFETY CONSIDERATIONS

- No known serious adverse effects in clinical use
- Not for use in patients with active malignancy (Ipamorelin component)
- Rarely, mild headache or injection site irritation
- Not for use in pregnancy or individuals with hypersensitivity to peptide compounds

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8 weeks on, 2-4 weeks off
Notes: Neuro-regenerative and anti-anxiety blend. Promotes emotional balance and focus.

MOLECULAR PROPERTIES

Semax: C37H51N9O10S
Selank: C33H57N11O9
Ipamorelin: C38H49N9O5
MOTS-c: C38H49N9O10

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

LOVE & HAPPINESS

Clinically Guided Protocol

Oxytocin (50mg) | PT-141 (10mg) Per 5mL vial

CLINICAL OVERVIEW

LOVE & HAPPINESS is a peptide blend formulated to enhance connection, intimacy, and emotional well-being. By combining PT-141 - known for its libido-enhancing and arousal effects - with a high dose of oxytocin, the "bonding hormone," this blend elevates mood, increases feelings of closeness, and supports both physical and emotional intimacy. It is ideal for couples therapy, low libido cases, or simply enhancing quality of life through human connection.

MECHANISM OF ACTION

Oxytocin (50mg)
A neuropeptide and hormone responsible for social bonding, emotional regulation, and attachment. Reduces anxiety, increases trust and empathy, and is released naturally during intimacy. At higher doses, oxytocin may also reduce inflammation and improve emotional resilience.

PT-141 (10mg)
A synthetic melanocortin receptor agonist that acts on the central nervous system to enhance sexual arousal and desire in both men and women. Unlike PDE5 inhibitors, PT-141 works neurologically, not through vascular pathways.



BENEFITS

- Increases libido and sexual arousal
- Supports emotional bonding and connection
- Reduces social anxiety and promotes relaxation
- Enhances mood, empathy, and trust
- Can improve intimacy in both individuals and couples

SAFETY CONSIDERATIONS

- Not for use in individuals with cardiovascular risk factors without medical clearance
- May cause flushing, headache, or transient nausea in rare cases
- Avoid if allergic to peptide analogs or experiencing severe psychiatric instability
- Best used under clinical supervision for couples or behavioral therapy support

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | as needed, 1-5x weekly
For sexual or social use: 25-30 units, 30-60 minutes prior to activity
Notes: Boosts oxytocin and social connection. Supports bonding, empathy, and mood.

MOLECULAR PROPERTIES

Oxytocin: C43H66N12O12S2
PT-141 (Bremelanotide): C50H68N14O10

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

LUCID

Clinically Guided Protocol

Semax (5mg) | Selank (5mg) | MOTS-c (50mg) | Tesamorelin (6mg) Per 5mL vial

CLINICAL OVERVIEW

LUCID is a high-performance cognitive and metabolic optimization blend engineered for focus, memory, neuroprotection, and mental stamina - no stimulants, no crash. By combining two nootropic peptides (Semax and Selank) with a high dose of mitochondrial MOTS-c and the metabolic support of Tesamorelin, LUCID supports enhanced brain function, clean energy, and sustained output. It is ideal for builders, thinkers, executives, and patients experiencing brain fog, cognitive burnout, or age-related decline in focus.

MECHANISM OF ACTION

Semax (5mg)
A synthetic ACTH-derived peptide that increases BDNF, dopamine, and serotonin levels in the brain. Enhances memory, focus, and neuroplasticity.

Selank (5mg)
A tuftsin analog that modulates GABA and serotonin to reduce stress-fog and anxiety without sedation or dulling your edge.

MOTS-c (50mg)
A mitochondrial-derived peptide that activates AMPK, improves glucose utilization, and powers mitochondrial energy for mental endurance.

Tesamorelin (6mg)
A potent GHRH analog that stimulates natural GH release, enhancing cognitive sharpness and metabolic support via IGF-1 upregulation.



BENEFITS

- Improves focus, memory, and cognitive performance
- Reduces brain fog, fatigue, and distraction
- Supports creativity and flow state
- Balances dopamine and mood for steady output
- Clean mitochondrial energy without the crash

SAFETY CONSIDERATIONS

- May cause temporary headache or overstimulation in sensitive individuals
- Not for use in patients with active cancers or pregnant individuals
- Rare side effects may include vivid dreams
- Use under medical supervision, especially in patients on mood or endocrine medications

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Morning or early afternoon use preferred for cognitive effect
Cycle: 8-10 weeks on, 4 weeks off
Notes: Cognitive enhancement and focus support. Helps mental clarity and memory.

MOLECULAR PROPERTIES

Semax: C37H51N9O10S
Selank: C33H57N11O9
MOTS-c: C38H49N9O10
Tesamorelin: C221H366N72O67S

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

SAMSON & DELILAH

Clinically Guided Protocol

GHK-Cu (50mg) | CJC-1295 (6mg) | Ipamorelin (12mg) | TB-500 (10mg)
Per 5mL vial

CLINICAL OVERVIEW

SAMSON & DELILAH is a regenerative peptide blend primarily formulated for hair restoration, collagen synthesis, and deep tissue repair. This synergistic combination of growth hormone secretagogues, copper peptides, and tissue-repairing agents supports follicular health, scalp microcirculation, and recovery at a cellular level. Ideal for men and women experiencing hair thinning, aging skin, or needing enhanced musculoskeletal healing.

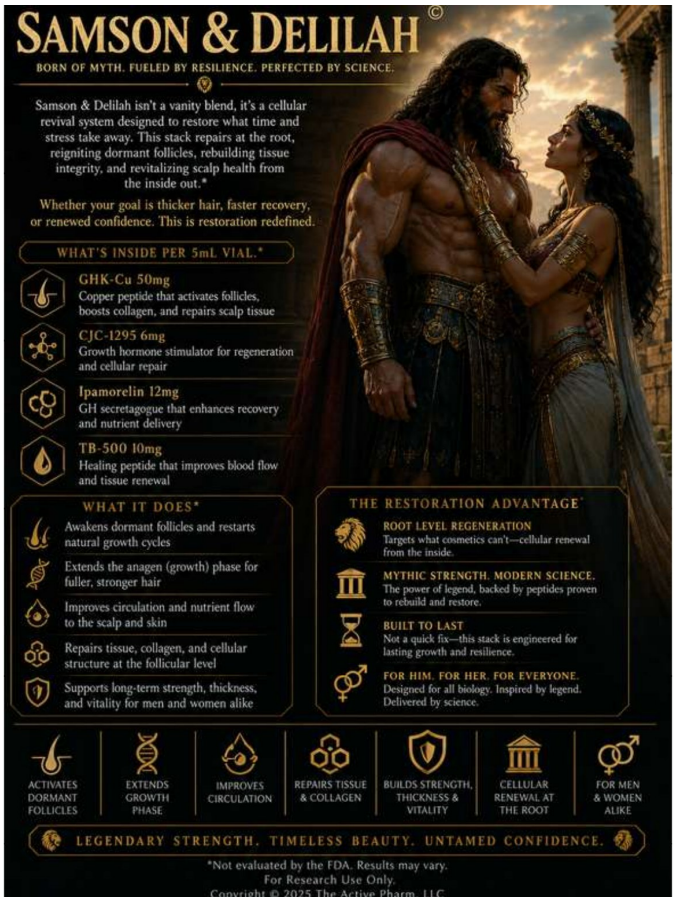
MECHANISM OF ACTION

GHK-Cu (50mg)
A copper-binding tripeptide known to stimulate hair regrowth, increase collagen and elastin synthesis, and accelerate wound healing. Also acts as an anti-inflammatory and antioxidant agent at the cellular level.

CJC-1295 (6mg)
A long-acting GHRH analog that promotes the body's natural release of growth hormone, supporting tissue regeneration, skin tightening, and improved sleep cycles for enhanced recovery.

Ipamorelin (12mg)
A selective GHRP that works in tandem with CJC-1295 to stimulate endogenous GH release without raising cortisol or prolactin. Enhances tissue repair and nutrient delivery.

TB-500 (10mg)
A synthetic version of thymosin beta-4 that aids angiogenesis, cell migration, and tissue remodeling. Known for potent healing properties in tendons, muscles, and dermal layers - including the scalp.



BENEFITS

- Stimulates dormant hair follicles and scalp circulation
- Extends the anagen (growth) phase for fuller hair
- Enhances collagen and elastin production
- Supports faster recovery from injury or inflammation
- Improves skin texture, tightness, and appearance

SAFETY CONSIDERATIONS

- Mild redness or irritation may occur at injection sites
- Rare allergic reaction possible with copper peptides
- Not intended for use during pregnancy or in active malignancy
- Monitor patients on immunomodulators or growth-related therapies

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 12-16 weeks on, 4-6 weeks off
Notes: Hair-focused regenerative blend for growth, follicle repair, and reduced shedding.

MOLECULAR PROPERTIES

GHK-Cu: C14H24N6O4Cu
CJC-1295: C165H271N47O46
Ipamorelin: C38H49N9O5
TB-500: C212H350N56O78S

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

HYPNØS

Clinically Guided Protocol

DSIP (2mg) | CJC-1295 (5mg) | Ipamorelin (10mg) | Selank (5mg) | MOTS-c (10mg) Per 5mL vial

CLINICAL OVERVIEW

HYPNØS is a precision-formulated blend for deep, restorative sleep and neurological recovery. It combines calming neuropeptides with growth hormone secretagogues and mitochondrial support to promote better sleep architecture, stress reduction, and overnight tissue repair. Designed for patients with disrupted sleep cycles, cortisol imbalances, or difficulty entering restorative sleep, HYPNØS resets the circadian rhythm and supports mind-body recovery at the cellular and neuroendocrine level.

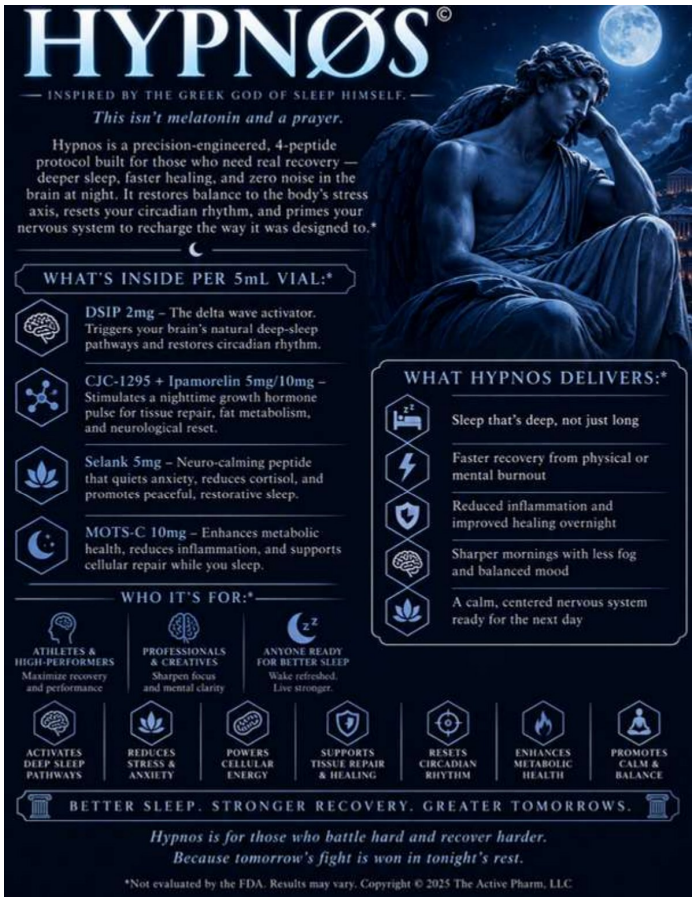
MECHANISM OF ACTION

DSIP (2mg)
Delta Sleep-Inducing Peptide promotes the initiation of slow-wave sleep, modulates the stress response via the hypothalamus, and supports natural circadian rhythm alignment.

CJC-1295 (5mg) + Ipamorelin (10mg)
GHRH analog and selective GHRP that together stimulate a nighttime growth hormone pulse - amplifying tissue repair, fat metabolism, and neurological reset during the body's most anabolic phase, without cortisol elevation.

Selank (5mg)
A GABAergic neuro-calming peptide that quiets anxiety, reduces cortisol, and promotes peaceful, restorative sleep without sedation.

MOTS-c (10mg)
A mitochondrial-derived peptide that enhances metabolic health, reduces inflammation, and supports cellular repair while you sleep.



BENEFITS

- Supports faster sleep onset and deeper sleep quality
- Reduces stress and nighttime anxiety
- Enhances GH release for overnight cellular repair
- Improves mood, clarity, and energy the following day
- Helps regulate circadian rhythm and hormonal recovery

SAFETY CONSIDERATIONS

- Mild dizziness or grogginess may occur in some users
- Use caution in patients with untreated sleep apnea or GH-related contraindications
- Not recommended during pregnancy or for patients with active malignancies
- Monitor mood or sedation effects in patients using CNS medications

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Administer in the evening or 30-60 minutes before bed
Cycle: 8-12 weeks on, as needed
Notes: Deep sleep, GH release, and circadian rhythm optimization.

MOLECULAR PROPERTIES

DSIP: C35H48N10O15
CJC-1295: C165H271N47O46
Ipamorelin: C38H49N9O5
Selank: C33H57N11O9
MOTS-c: C38H49N9O10

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

SENTINEL

Clinically Guided Protocol

Thymosin Alpha-1 (5mg) | BPC-157 (5mg) | KPV (2mg) | LL-37 (1mg)
Per 5mL vial

CLINICAL OVERVIEW

SENTINEL is a four-peptide immune optimization blend designed to defend, detect, and repair. Built for frontline protection, it primes the immune system, reinforces the gut-immune axis, and delivers antimicrobial support exactly where it is needed. From chronic inflammation to immune dysregulation, Sentinel is the body's internal defense system - fast-acting and precision-targeted.

MECHANISM OF ACTION

Thymosin Alpha-1 (5mg)
Recruits and regulates T-cells, enhancing T-cell maturation and modulating immune response - especially in viral or immunocompromised states.

BPC-157 (5mg)
Supports gut lining and vascular integrity, reduces systemic inflammation, and accelerates healing from GI to soft tissue.

KPV (2mg)
Suppresses inflammatory cytokines (such as IL-6 and TNF-α) without immunosuppression. Valuable in IBD, autoimmune conditions, and inflammatory skin or joint issues.

LL-37 (1mg)
A naturally occurring broad-spectrum antimicrobial peptide that disrupts biofilms and neutralizes pathogens on contact. Also supports wound healing and cellular defense.



BENEFITS

- Bolsters immune readiness and recovery
- Reduces chronic inflammation and cytokine load
- Protects gut lining, skin, and mucosal defenses
- Fights pathogens and biofilms with innate immunity
- Accelerates tissue repair and immune regulation

SAFETY CONSIDERATIONS

- May cause mild redness at injection site
- LL-37 can cause flu-like symptoms if overdosed - titrate up slowly
- Not recommended for use during active infection unless prescribed
- Cycle 8-12 weeks on, 4 weeks off under provider supervision

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Morning or evening based on treatment goals
Cycle: 8-12 weeks on, 4 weeks off
Notes: Immune modulation and inflammation control. Ideal for gut-immune repair and pathogen response.

MOLECULAR PROPERTIES

Thymosin Alpha-1: C129H215N33O55
BPC-157: C62H98N16O22
KPV: C19H30N4O4
LL-37: C211H377N65O46

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

BODHI

Clinically Guided Protocol

Semax (5mg) | Selank (5mg) | BPC-157 (10mg) | KPV (10mg) Per 5mL vial

CLINICAL OVERVIEW

BODHI is a neuro-balancing peptide blend crafted to restore calm, focus, and emotional equilibrium. By targeting inflammation, neuroplasticity, and gut-brain communication, it creates a state of centered cognition - alert yet grounded. Ideal for patients needing mental clarity without stimulation or sedation, Bodhi bridges the gap between mindfulness and medicine. It may be ideal for social anxiety and mood dysregulation, ADHD and sensory overwhelm, gut-brain axis dysfunction, and post-inflammatory cognitive recovery.

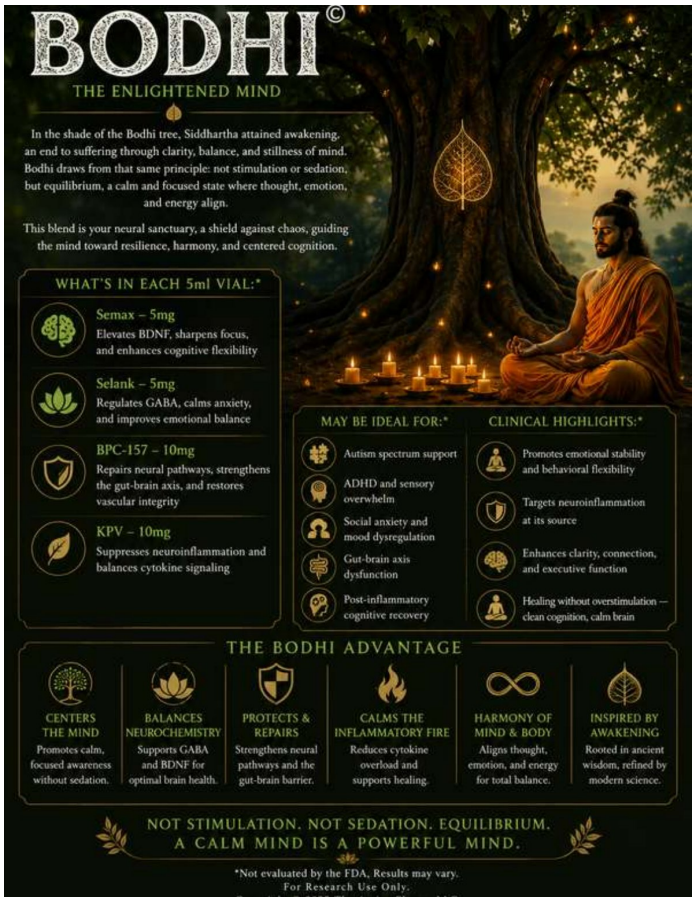
MECHANISM OF ACTION

Semax (5mg)
ACTH-derived peptide that elevates BDNF, enhances memory, and promotes synaptic repair. Improves focus and resilience to cognitive fatigue.

Selank (5mg)
Tuftsin analog that regulates GABA and serotonin, reducing anxiety and cortisol while promoting calm concentration.

BPC-157 (10mg)
Regenerative peptide that repairs neural and vascular tissue, strengthens the gut-brain axis, and supports angiogenesis and nitric-oxide balance.

KPV (10mg)
α-MSH tripeptide fragment with strong anti-inflammatory and neuroprotective properties. Suppresses cytokine overactivation and mitigates neuroinflammation for clearer cognition.



BENEFITS

- Promotes calm focus and emotional stability
- Reduces cortisol and neuroinflammatory stress
- Enhances clarity, connection, and executive function
- Repairs gut-brain and vascular communication
- Supports cognitive recovery after burnout or illness

SAFETY CONSIDERATIONS

- Generally well tolerated; mild injection-site irritation possible
- Avoid in pregnancy or active malignancy
- Use under medical supervision in neuropsychiatric conditions
- May be combined with Lucid for cognitive enhancement or Kälm for deeper stress relief

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8-12 weeks on, 2-4 weeks off
Notes: Calm, neural balance, and focus support.

MOLECULAR PROPERTIES

Semax: C37H51N9O10S
Selank: C33H57N11O9
BPC-157: C62H98N16O22
KPV: C19H30N4O4

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

ATLAS

Clinically Guided Protocol

CJC-1295 (DAC) (6mg) | Ipamorelin (12mg) | Tesamorelin (10mg) | IGF-1 LR3 (1mg) Per 5mL vial

CLINICAL OVERVIEW

ATLAS is an elite-tier peptide blend engineered for maximum size, strength, and power. Built for advanced lifters, athletes, and recomposition patients, ATLAS activates multiple anabolic pathways simultaneously - combining GH secretagogues, metabolic amplifiers, and IGF-1 LR3 for muscle fiber growth, deep recovery, and optimized nutrient partitioning for dense, quality gains.

MECHANISM OF ACTION

CJC-1295 (DAC) (6mg)
A long-acting GHRH analog that delivers sustained GH release by binding to albumin. Enhances protein synthesis, deep sleep, and long-term anabolic signaling.

Ipamorelin (12mg)
A selective ghrelin receptor agonist (GHRP) that boosts GH pulses without raising cortisol or prolactin. Supports lean muscle gain, injury recovery, and metabolic repair.

Tesamorelin (10mg)
A potent GHRH analog shown to significantly reduce visceral fat while enhancing GH and IGF-1 output. Helps maintain a leaner physique during mass cycles.

IGF-1 LR3 (1mg)
An extended-activity insulin-like growth factor that promotes direct muscle fiber hypertrophy, satellite cell proliferation, and enhanced nutrient partitioning.



BENEFITS

- Triggers multi-pathway muscle hypertrophy
- Drives sustained GH and IGF-1 elevation
- Enhances protein synthesis and nutrient utilization
- Accelerates recovery, cellular repair, and inflammation control
- Supports clean bulking - gain muscle, not fat

SAFETY CONSIDERATIONS

- Not for use in patients with active cancer or uncontrolled diabetes
- Monitor IGF-1 levels in patients with endocrine disorders
- May increase water retention or appetite - titrate dose gradually
- Use only under clinical supervision with proper screening

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, aggressive (for mass phase)
Subcutaneous injection | 5x per week
Preferably administered pre-bed or post-training
Cycle: 12 weeks on, 4 weeks off
Notes: Advanced muscle recomposition.

MOLECULAR PROPERTIES

CJC-1295 (DAC): C165H271N47O46
Ipamorelin: C38H49N9O5
Tesamorelin: C221H366N72O67S
IGF-1 LR3: C400H625N111O115S4

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

HYPERION

Tesamorelin (10mg) | Ipamorelin (10mg) Per 5mL vial

Clinically Guided Protocol

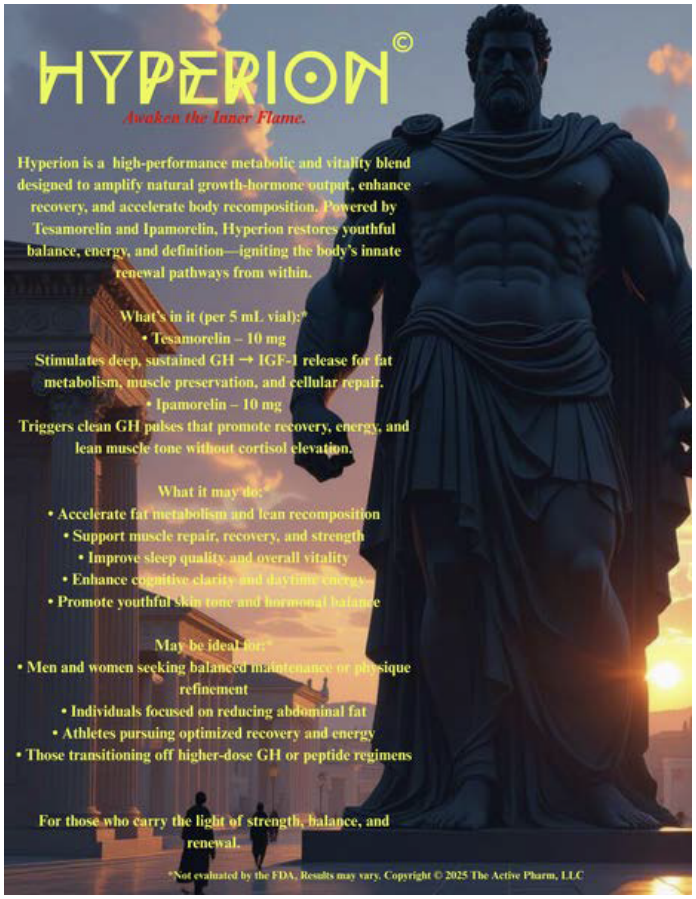
CLINICAL OVERVIEW

Hyperion is a high-performance metabolic and vitality peptide blend designed to enhance natural growth hormone release, accelerate body recomposition, and restore youthful energy. By combining Tesamorelin with Ipamorelin, Hyperion strengthens the GH-IGF-1 axis to support fat loss, muscle preservation, and cellular repair without overstimulation or cortisol elevation.

MECHANISM OF ACTION

Tesamorelin (10mg)
Stimulates GHRH receptors, increasing endogenous GH → IGF-1 release. Supports fat metabolism, muscle integrity, and improved mitochondrial function.

Ipamorelin (10mg)
Clean, selective GHRP agonist that promotes GH pulses without elevating cortisol or prolactin. Enhances recovery, energy, and lean muscle tone.



BENEFITS

- Enhances fat metabolism and lean body recomposition
- Supports strength, muscle preservation, and recovery
- Improves vitality, daytime energy, and sleep regulation
- Aids cognitive sharpness and metabolic balance
- Supports more youthful skin tone and overall hormonal health

SAFETY CONSIDERATIONS

- Avoid use in active malignancy
- Monitor in patients with uncontrolled diabetes
- May increase appetite initially
- Mild injection-site irritation possible

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8-12 weeks on, 4 weeks off
Notes: Abdominal fat loss, energy & recovery.

MOLECULAR PROPERTIES

Tesamorelin: C221H366N72O67S
Ipamorelin: C38H49N9O5

CLINICAL SUMMARY

Hyperion enhances natural GH pathways to elevate energy, reduce visceral fat, and support cellular regeneration. A balanced metabolic blend for performance, recovery, and long-term wellness.

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

HELIOS

GHK-Cu (50mg) | Tesamorelin (10mg) Per 5mL vial

Clinically Guided Protocol

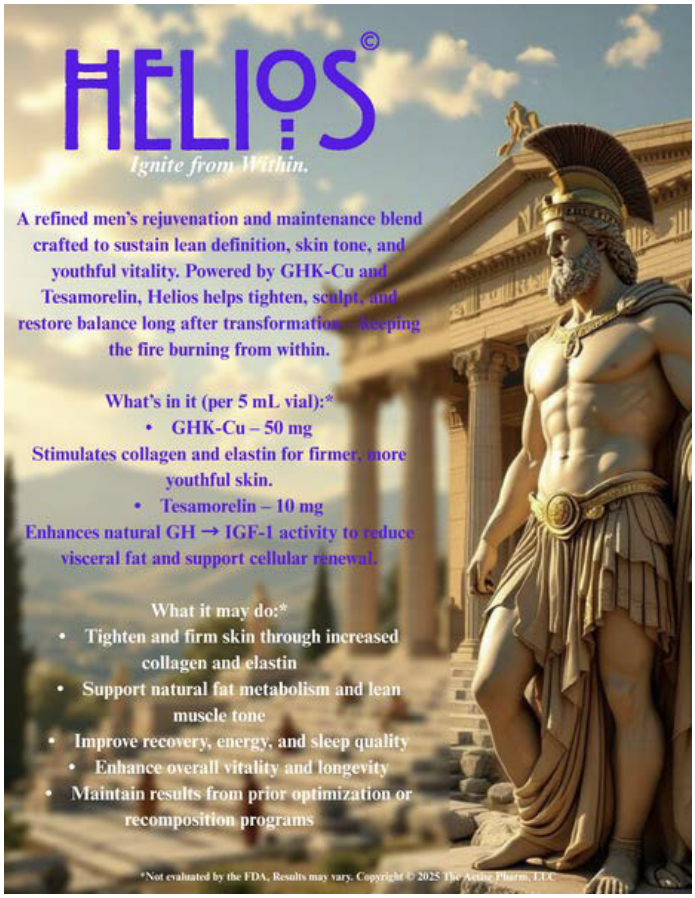
CLINICAL OVERVIEW

Helios is a men's rejuvenation and maintenance peptide blend engineered to support lean muscle definition, skin quality, and metabolic health. Combining GHK-Cu's regenerative properties with Tesamorelin's GH-driven fat metabolism, Helios promotes sustained vitality long after major body transformations are achieved.

MECHANISM OF ACTION

GHK-Cu (50mg)
Stimulates collagen, elastin, and angiogenesis to improve skin firmness and recovery. Reduces inflammation and supports healthy tissue turnover.

Tesamorelin (10mg)
Enhances endogenous GH → IGF-1 release, targeting visceral fat metabolism and cellular repair while supporting sleep quality, energy, and immune function.



BENEFITS

- Improves skin firmness, tone, and texture
- Supports lean muscle preservation and metabolic balance
- Enhances energy, recovery, and sleep quality
- Promotes healthy aging and longevity
- Helps maintain results from previous optimization or recomposition programs

SAFETY CONSIDERATIONS

- Avoid in active cancer
- Monitor glucose markers with long-term use
- Mild injection irritation or temporary fullness possible
- Use caution in patients with edema or cardiovascular conditions

DOSING

10 units = low
15 units = moderate
20 units = typical
Subcutaneous injection | 5x weekly

MOLECULAR PROPERTIES

GHK-Cu: C14H24N6O4Cu
Tesamorelin: C221H366N72O67S

CLINICAL SUMMARY

Helios provides a balanced blend of regenerative and metabolic pathways for men seeking long-term vitality, lean maintenance, and youthful appearance.

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

SELENE

GHK-Cu (50mg) | Tesamorelin (10mg) Per 5mL vial

Clinically Guided Protocol

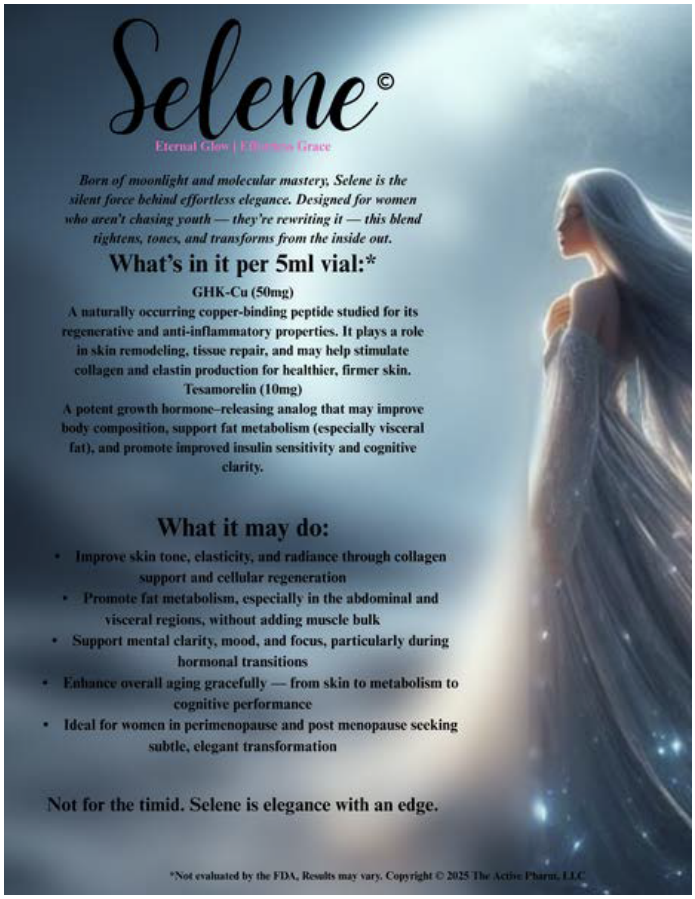
CLINICAL OVERVIEW

Selene is a women's longevity and aesthetic optimization blend designed to refine skin tone, support fat metabolism, and promote graceful hormonal balance. Powered by the regenerative effects of GHK-Cu and the metabolic benefits of Tesamorelin, Selene enhances collagen production, clarity, and energy while supporting smooth transitions through perimenopause and beyond.

MECHANISM OF ACTION

GHK-Cu (50mg)
Copper-binding peptide that improves collagen synthesis, reduces inflammation, increases angiogenesis, and supports tissue regeneration for firmer, healthier skin.

Tesamorelin (10mg)
Boosts GH → IGF-1 activity to target visceral fat metabolism, support cognitive clarity, and stabilize metabolic function.



BENEFITS

- Enhances skin elasticity, firmness, and radiance
- Reduces abdominal and visceral fat without adding muscle bulk
- Supports mood, focus, and cognitive balance
- Promotes smoother hormonal transitions
- Encourages graceful aging across skin, metabolism, and energy

SAFETY CONSIDERATIONS

- Avoid use during pregnancy or breastfeeding
- Use caution in patients with insulin resistance
- Temporary flushing or mild aches possible early in use
- Monitor in thyroid or adrenal disorders

DOSING

10 units = mild
15 units = moderate
20 units = typical
Subcutaneous injection | 5x weekly

MOLECULAR PROPERTIES

GHK-Cu: C14H24N6O4Cu
Tesamorelin: C221H366N72O67S

CLINICAL SUMMARY

Selene merges regenerative skincare biochemistry with metabolic balance to enhance beauty, vitality, and clarity. Ideal for women seeking subtle transformation with clinical precision.

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

AETHER

GHK-Cu (50mg) | Tesamorelin (10mg) Per 5mL vial

Clinically Guided Protocol

CLINICAL OVERVIEW

AETHER is a refined unisex rejuvenation and maintenance blend crafted to support lean definition, skin quality, energy, and long-term vitality. Powered by GHK-Cu and Tesamorelin, Aether helps tighten, sculpt, and restore balance for both men and women - supporting total body optimization and helping patients maintain and extend the results of prior optimization or recomposition programs.

MECHANISM OF ACTION

GHK-Cu (50mg)
Copper-binding peptide that stimulates collagen and elastin for firmer, more youthful skin. Supports angiogenesis, reduces inflammation, and promotes healthy tissue turnover.

Tesamorelin (10mg)
GHRH analog that enhances natural GH → IGF-1 activity to reduce visceral fat and support cellular renewal, energy, recovery, and sleep quality.

Enhanced Synergy
Together, these peptides support lean muscle tone, skin quality, and long-term vitality.



BENEFITS

- Unisex vitality - designed for both men and women
- Supports natural fat metabolism and lean muscle tone
- Improves skin elasticity, texture, and radiance
- Enhances energy, recovery, and sleep quality
- Supports and extends results from prior optimization

SAFETY CONSIDERATIONS

- Avoid in active cancer, pregnancy, or breastfeeding
- Monitor glucose markers; use caution in insulin resistance
- Mild injection irritation or temporary fullness possible
- Use caution with edema, cardiovascular, thyroid, or adrenal conditions

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 12 weeks on, 4 weeks off
Notes: Sculpting and rejuvenation. Designed for both men and women to support total body optimization.

MOLECULAR PROPERTIES

GHK-Cu: C14H24N6O4Cu
Tesamorelin: C221H366N72O67S

CLINICAL SUMMARY

Aether shares the GHK-Cu + Tesamorelin foundation of Helios and Selene in a single unisex protocol for lean definition, skin quality, and long-term vitality.

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

CRAVE

Clinically Guided Protocol

Oxytocin (50mg) | PT-141 (10mg) | Kisspeptin-10 (2mg) Per 5mL vial

CLINICAL OVERVIEW

CRAVE is the evolution of modern intimacy peptides - a three-pathway formula engineered to amplify desire, deepen emotional connection, and reignite the chemistry between partners. Built on the warm, bonding effects of oxytocin, CRAVE adds targeted neuropeptides that activate both mental arousal and the internal hormonal drive that makes desire feel real, natural, and spontaneous again. Where Love & Happiness creates warmth, CRAVE adds fire.

MECHANISM OF ACTION

Oxytocin (50mg) - Bond & Connect
Enhances emotional closeness, trust, warmth, and bonding - the foundation of meaningful intimacy.

PT-141 (10mg) - Arousal & Drive
Melanocortin receptor agonist that ignites central arousal pathways, heightening libido, responsiveness, and physical readiness.

Kisspeptin-10 (2mg) - Desire & Passion
Triggers the brain's reproductive signaling system (GnRH), boosting natural desire, motivation, and hormone-driven sexual energy.



BENEFITS

- Boosts libido and responsiveness
- Enhances emotional and physical intimacy
- Supports natural sexual signaling
- Reignites passion for couples
- Improves desire without harsh stimulants

SAFETY CONSIDERATIONS

- Not for use with cardiovascular risk factors without medical clearance
- May cause flushing, headache, or transient nausea
- Kisspeptin-10 may temporarily influence menstrual timing
- Not for use during pregnancy or in hormone-sensitive cancers
- Avoid with severe psychiatric instability

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | as needed, 1-5x weekly
For sexual use: 25-30 units, 30-60 minutes prior to activity
Notes: Neurochemical and hormonal synergy for desire, arousal, and bonding.

MOLECULAR PROPERTIES

Oxytocin: C43H66N12O12S2
PT-141 (Bremelanotide): C50H68N14O10
Kisspeptin-10: C55H75N17O16

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

ASCLEPIUS

Clinically Guided Protocol

BPC-157 (10mg) | TB-500 (10mg) | GHK-Cu (50mg) | MOTS-c (10mg)
Per 5mL vial

CLINICAL OVERVIEW

Inspired by the ancient Greek symbol of medicine, ASCLEPIUS is a regenerative recovery blend designed to support the body's natural repair systems following injury, trauma, or surgical procedures. This targeted protocol supports connective tissue healing, collagen remodeling, and cellular energy production - key systems involved in efficient recovery. Ideal for recovery after orthopedic procedures, soft-tissue injury and trauma, aesthetic and regenerative treatments, and maintaining strength and function during recovery.

MECHANISM OF ACTION

BPC-157 (10mg)
Supports healing of tendons, ligaments, muscle, and vascular tissue through nitric oxide modulation and angiogenesis.

TB-500 (Thymosin Beta-4) (10mg)
Promotes cellular migration and tissue remodeling across injured areas, reducing inflammation and fibrotic scarring.

GHK-Cu (50mg)
Supports collagen production, skin repair, and balanced tissue regeneration.

MOTS-c (10mg)
Supports mitochondrial energy production and metabolic signaling during recovery.



BENEFITS

- Connective tissue repair and recovery
- Healthy vascular development
- Collagen production and tissue remodeling
- Cellular energy systems during recovery
- Balanced inflammatory signaling

SAFETY CONSIDERATIONS

- Not recommended for use in individuals with active malignancies
- Rare localized irritation or swelling at injection site
- Rare allergic reaction possible with copper peptides
- Not intended for use during pregnancy
- Use under medical supervision in autoimmune or chronic systemic conditions

DOSING

10 units = low (start here for 1-3 days to assess tolerance)
15 units = moderate
20-25 units = typical, slightly more aggressive (max 25)
Subcutaneous injection | 5x per week
Cycle: 8-12 weeks on, 4 weeks off
Notes: Supports connective tissue healing, cellular repair, and recovery following injury, trauma, or surgical procedures.

MOLECULAR PROPERTIES

BPC-157: C62H98N16O22
TB-500: C212H350N56O78S
GHK-Cu: C14H24N6O4Cu
MOTS-c: C38H49N9O10

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

CYCLING & DOSING GUIDE

General protocols, cycle templating, and best practices for every blend

BLEND	CYCLE	FREQUENCY	PROTOCOL NOTES
Fountain Of Youth	8-12 weeks on, 4 weeks off	5x per week	Supports collagen production, cellular repair, and full-body rejuvenation. Ideal for anti-aging, post-surgical recovery, and vitality.
Kali	12 weeks on, 4 weeks off	5x per week	GLP-1 side effect therapy.
Adonix	12 weeks on, 4 weeks off	5x per week	Formulated for fat loss, lean muscle, and metabolic acceleration. Combines mitochondrial optimization with advanced lipolytic support.
Apex	10-12 weeks on, 6 weeks off	5x per week	Enhances strength, endurance, muscle density, and recovery. Ideal for high performers and muscle preservation.
Empress	10 weeks on, 4-6 weeks off	5x per week	Targets fatigue, hormonal shifts, libido, and skin tone. Optimized for women's vitality and menopause support.
Välkyr	8-10 weeks on, 4 weeks off	5x per week	Recovery and healing for post-op and soft tissue repair. Accelerates healing of joints, tendons, and gut lining.
Prometheus	12 weeks on, 4-6 weeks off	5x per week	Male-focused vitality and recovery. Supports testosterone, libido, and resilience.
Inferno	10-12 weeks on, 6 weeks off	5x per week	Advanced fat-burning with mitochondrial activation. Boosts energy and reduces stubborn fat.
Kälm	8 weeks on, 2-4 weeks off	5x per week	Neuro-regenerative and anti-anxiety blend. Promotes emotional balance and focus.
Love & Happiness	As needed, 1-5x weekly	As needed, 1-5x weekly	Boosts oxytocin and social connection. Supports bonding, empathy, and mood. For sexual or social use: 25-30 units, 30-60 minutes prior to activity.
Lucid	8-10 weeks on, 4 weeks off	5x per week	Cognitive enhancement and focus support. Helps mental clarity and memory.
Samson & Delilah	12-16 weeks on, 4-6 weeks off	5x per week	Hair-focused regenerative blend for growth, follicle repair, and reduced shedding.
Hypnøs	8-12 weeks on, as needed	5x per week	Deep sleep, GH release, and circadian rhythm optimization.
Sentinel	8-12 weeks on, 4 weeks off	5x per week	Immune modulation and inflammation control. Ideal for gut-immune repair and pathogen response.
Bodhi	8-12 weeks on, 2-4 weeks off	5x per week	Calm, neural balance, and focus support.
Atlas	12 weeks on, 4 weeks off	5x per week	Advanced muscle recomposition.
Hyperion	8-12 weeks on, 4 weeks off	5x per week	Abdominal fat loss, energy & recovery.
Helios	Per provider	5x weekly	Men's rejuvenation and maintenance.
Selene	Per provider	5x weekly	Women's longevity and aesthetic optimization.
Aether	12 weeks on, 4 weeks off	5x per week	Sculpting and rejuvenation. Designed for both men and women to support total body optimization.
Crave	As needed, 1-5x weekly	As needed, 1-5x weekly	Neurochemical and hormonal synergy for desire, arousal, and bonding. For sexual use: 25-30 units, 30-60 minutes prior to activity.
Asclepius	8-12 weeks on, 4 weeks off	5x per week	Supports connective tissue healing, cellular repair, and recovery following injury, trauma, or surgical procedures.

GENERAL DOSING GUIDELINES

- Start low: 10 units for 1-3 days to assess tolerance
- Increase gradually, up to 25 units
- Most blends: 5x per week, subcutaneous
- Consistency drives results

IMPORTANT

These dosing protocols are general guidelines. Individual results may vary. Always follow professional clinical judgment and monitor patient response. Cycle lengths reflect current practice data and should be adjusted by the treating provider.

Not evaluated by the FDA. Results may vary. For professional use under medical supervision. (c) 2026 Boost and Balance.

DISCLAIMER

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Results may vary.

All peptides and formulations offered by Boost and Balance are sourced exclusively through FDA-registered 503A and 503B compounding pharmacies, licensed compounding laboratories, or pharmacy-authorized fulfillment facilities. All raw materials used in our formulations meet or exceed 97% purity and are obtained through partners operating under strict regulatory and quality standards.

***DOSING IS BASED ON DATA COLLECTED FROM MEDICAL PROFESSIONALS CURRENTLY USING PEPTIDES IN THEIR CLINICAL SETTINGS**

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References & Clinical Data

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