LEKKER PEPTIDES

Peptides 101: The Peptide Cheat Sheet

Peptides for dummies, everything on one page. www.lekkerpeptides.co.za

Peptides 101 in 60 seconds

1. What it is
A short chain of amino acids, the same building blocks proteins are made from. Peptides are the shorter chains.

2. Why studied
Many act as signals in the body, so researchers look at them for repair, metabolism, sleep and ageing.

3. How sold
As a vial you mix, a ready pen, capsules or a nasal spray.

4. How to keep
Cold, dark and dry. Once mixed, a vial lasts weeks, not months.

5. The pack rules
Your pack and listing beat anything on this page. Read them first.

The four ways they are sold

Self-mix vial
Freeze-dried powder you mix with bacteriostatic water yourself.
Mixing: yes. Needles: yes.

Pre-filled pen
Ready to use with no mixing.
Mixing: no. Needles: yes.

Capsules
Taken by mouth, so nothing to mix and no needles.
Mixing: no. Needles: no.

Nasal spray
Used without needles, and nothing to mix.
Mixing: no. Needles: no.

Storage at a glance

Sealed powder
Cold, dark and dry, in its box, as the listing says. The expiry date applies.

Mixed vial
In the fridge. Write the date you mixed it on the vial. Weeks, not months.

Pen in use
Fridge, cap on between uses, away from light. Follow the time on the pack.

Avoid
Heat, direct light and freezing, unless the listing says to freeze.

Mixing a vial: run the bacteriostatic water slowly down the inside wall of the vial, never straight onto the powder. Swirl gently, never shake. Full steps: www.lekkerpeptides.co.za/how-to-reconstitute-peptides/

More detail: www.lekkerpeptides.co.za/how-to-store-peptides/ and www.lekkerpeptides.co.za/how-long-do-peptides-last/

Peptide glossary

Peptide
A short chain of amino acids. Longer chains are called proteins.

Amino acid
The small building blocks that chains are made from.

Lyophilised
Freeze-dried into a powder. It is how most vials arrive.

Reconstitute
To mix the powder with a liquid, usually bacteriostatic water.

Bacteriostatic water
Sterile water with a preservative, typically 0.9% benzyl alcohol, used for mixing.

mg and mcg
Milligrams and micrograms. 1 mg is 1,000 mcg.

Click
One step on a pen dial. The pack says how much each click gives, and it differs by pen.

Half-life
Roughly, the time it takes for the amount in the body to fall by half.

Research use only
What we supply. It is not a registered medicine and not medical advice.

The compounds at a glance

Weight and metabolic		
Retatrutide	GLP-1 type compound studied in weight and metabolic research.	Pre-filled pen, Self-mix vial
Tirzepatide	Dual GIP and GLP-1 receptor agonist, studied in weight and metabolic research.	Pre-filled pen, Self-mix vial
Semaglutide	GLP-1 receptor agonist, studied in weight and metabolic research.	Pre-filled pen, Self-mix vial
AOD-9604	A fragment of growth hormone, studied in fat metabolism and body composition research.	Pre-filled pen, Self-mix vial
Recovery and tissue		
BPC-157	Studied in tissue repair, recovery and gut research. Mostly animal research; human data is limited.	Capsules, Pre-filled pen, Self-mix vial
TB-500	Studied in tissue repair and recovery research. Mostly animal research.	Pre-filled pen, Self-mix vial
BPC-157 + TB-500 (Wolverine)	Both compounds in one product.	Pre-filled pen, Self-mix vial
KPV	A small fragment of alpha-MSH, studied in inflammation research.	Self-mix vial
Glow and Klow	Blends of GHK-Cu, BPC-157 and TB-500. Klow adds KPV.	Pre-filled pen, Self-mix vial
Longevity, skin and energy		
GHK-Cu	The copper peptide, studied in skin and connective tissue research.	Capsules, Pre-filled pen, Self-mix vial
NAD+	A coenzyme central to cellular energy metabolism, studied in longevity research.	Pre-filled pen, Self-mix vial
NMN	A precursor the body uses to make NAD+.	Capsules, Pre-filled pen
MOTS-c	Studied for its effects on mitochondria.	Pre-filled pen, Self-mix vial
SS-31	Also acts on mitochondria, in a different way to MOTS-c.	Self-mix vial
Epitalon, Cartalax, Thymogen	Short bioregulator peptides studied in ageing research.	Pre-filled pen, Self-mix vial
Thymosin alpha-1	Studied in immune research.	Pre-filled pen, Self-mix vial
Sleep, stress and focus		
DSIP	Studied in sleep research.	Pre-filled pen
Selank	Studied for calm without sedation.	Nasal spray, Self-mix vial
Semax	Studied for focus and memory.	Nasal spray, Pre-filled pen
Growth hormone axis and more		
CJC-1295, Ipamorelin, Sermorelin, GHRP-6	Growth hormone releasing peptides, studied in research on the growth hormone axis.	Pre-filled pen, Self-mix vial
Tesamorelin	A growth hormone releasing peptide, studied in body composition research.	Pre-filled pen, Self-mix vial
PT-141	Studied in desire research. It acts on the brain.	Pre-filled pen, Self-mix vial
Melanotan II	Studied in tanning research.	Pre-filled pen, Self-mix vial, Nasal spray

"Studied for" means the area of research, not a promise of a result. For most of these compounds the evidence is early or limited. The compounds we hold change: the current list is at www.lekkerpeptides.co.za/peptides-a-z/

Keep learning at www.lekkerpeptides.co.za: peptide calculator (/peptide-calculator/), peptide finder (/peptide-finder/), protocols and preparation (/peptide-protocols/), where to inject (/where-to-inject/).

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