



# AirMid

## WELLNESS

---

Modern Medicine, Ancient Roots

**Research Peptide Guide**

# RESEARCH PEPTIDE GUIDANCE

## Proprietary Research & Application Protocols

---

### TABLE OF CONTENTS

1. **Epithalon** — Anti-Aging & Telomere Health
2. **Glutathione** — Master Antioxidant & Detox
3. **KLOW Blend** — Ultimate Healing Stack
4. **GLOW Blend** — Cosmetic Rejuvenation and Repair
5. **CJC-1295 + Ipamorelin** — GH Release & Sleep
6. **BPC-157 + TB-500** — Systemic Injury Repair
7. **BPC-157** — Gut & Local Healing
8. **AOD-9604** — Targeted Fat Loss
9. **5-Amino-1MQ** — Metabolic Rate & Energy
10. **GHK-Cu** — Skin Tightening & Healing
11. **Sermorelin** — GHRH Wellness & Recovery
12. **Semaglutide** — GLP-1 Weight Loss
13. **Retatrutide** — Triple Agonist Fat Loss
14. **PT-141** — Libido & Sexual Arousal
15. **NAD+** — Mitochondrial Energy Support
16. **MOTS-C** — Exercise Mimetic Metabolism
17. **MK-677** — Oral GH Secretagogue
18. **Melanotan** — Sunless Tanning
19. **Tirzepatide** — Dual Agonist Weight Loss
20. **Tesamorelin** — Visceral Fat Reduction
21. **SLU-PP-332** — Circadian Fat Oxidation

**FOR RESEARCH USE ONLY —  
NOT FOR HUMAN CONSUMPTION**

**DISCLAIMER**

This document is provided strictly for laboratory and educational research reference purposes only. These compounds are not FDA-approved for human use. No medical advice is given or implied. Use sterile technique and follow all applicable laws and regulations.

---

**Handling & Storage**

**Upon Receipt (Powder Form)**

Store lyophilized peptides in the freezer at **-20°C** until ready to mix.

**After Reconstitution (Mixed Vials)**

Store all reconstituted peptides in the refrigerator at **2–8°C**.

**Do not freeze once mixed.**

**Sterile Safety Rules**

- Always wipe vial tops with alcohol before use
- Use sterile syringes and bacteriostatic water
- Never share needles or syringes

# 1. EPITHALON 50MG

**Category:** Anti-Aging & Longevity

**Description:** Activates telomerase, supports DNA replication, deep sleep, hormonal balance.

## **Reconstitution**

- Chill vial + water 1 hour
- Add **2mL (200 units)** cold bacteriostatic water
- Swirl gently, do not shake

## **Dosing**

- **10mg daily (40 units)**
  - Inject daily for **10 days**
  - Run **2 cycles per year**
  - Subcutaneous PM, fasted (2+ hrs after meal)
-

## 2. GLUTATHIONE 1500MG

**Category:** Detoxification & Antioxidant

**Description:** The body's most powerful antioxidant. It neutralizes free radicals, supports liver health, detoxifies, and promotes skin brightness and clarity.

**Reconstitution:**

- Prep: Refrigerate both powder and water for ~30 minutes before mixing. Both must be cold.
- Mix: Add 5 mL of Bacteriostatic Water. Aim the stream down the side of the vial.
- Technique: Gently swirl (do not shake) until fully dissolved.
- Storage: The solution must remain cold at all times.

**Dosing:**

- Concentration: 300 mg per 1 mL.
- Range: 200mg (0.67 mL) – 400mg (1.33 mL).
- Standard Dose: 300 mg (1.0 mL).
- Schedule: Inject 3x per week for 8 weeks.
- Cycle: 8 weeks ON, then 4 weeks OFF. Repeat.

**Notes:**

- Route: Can be injected Subcutaneously (SubQ) or Intramuscularly (IM). \*\*\*IM is best
  - Timing: Inject in a fasted state (at least 2 hours after your last meal).
-

### 3. KLOW BLEND 80MG

**Category:** Healing & Regeneration, Gut Health, Inflammation and Tissue Recovery

**Blend:** BPC-157 + TB-500 + KPV + GHK-Cu

#### **Reconstitution**

- Add **3mL** bacteriostatic water (“No Sting” suggested)

#### **Dosing**

- **Inject 15 units SQ** per dose
  - ~0.5mg BPC157
  - ~0.5mg TB500
  - ~2.5mg GHK-Cu
  - ~0.5mg KPV
- Frequency: **3–7x/week**
- Cycle: **12–16 weeks ON**, then **2–4 weeks OFF**
- Bottles: **4–6 per cycle**

Notes: May sting, mild flushing possible.

---

## 4. GLOW BLEND 70MG

**Category:** Cosmetic & Regenerative

**Description:** BPC-157 + TB-500 + GHK-Cu (50mg).

Supports collagen, elasticity, fine-line reduction.

### Reconstitution

- Add **3mL** bacteriostatic water (“No Sting” suggested)

### Dosing

- **Inject 15 units SQ** per dose
  - ~0.5mg BPC157
  - ~0.5mg TB500
  - ~2.5mg GHK-Cu
- Frequency: **3–7x/week**
- Cycle: **12–16 weeks ON**, then **2–4 weeks OFF**
- Bottles: **4–6 per cycle**

Suggested stacks: Epithalon, CJC/Ipamorelin, Melanotan II.

---

## 5. CJC-1295 (NO DAC) + IPAMORELIN 5MG/5MG

**Category:** Fat Loss & Anti-Aging, Enhances recovery, Sleep and lean muscle

### **Reconstitution**

- Add **2.5ml** bacteriostatic water

### **Dosing**

- 500mcg + 500mcg (**10 units**) up to
- 1000mcg + 1000mcg (**20 units**)
- Frequency: Daily PM before bed
- Cycle: **12–16 weeks ON**, then **2–4 weeks OFF**
- Bottles: **8–11 per cycle**

Notes: Inject fasted, reduce dose if water retention.

---

## 6. BPC-157 + TB-500 BLEND 10MG/10MG

**Category:** Full-Body Healing, Gut Health, Neuroprotective and Cardiovascular Benefits

### **Reconstitution**

- Add **2mL** bacteriostatic water

### **Dosing**

#### **Injury Healing:**

- Range: 20-40 units SQ (1mg-2mg)
- PM dosing before bed
- Frequency: Daily to 3x/week 20 days on/1 Week OFF
- Cycle: **8–16 weeks ON**, then **2–4 weeks OFF**

#### **General Feel Good Maintenance/Health**

- Range: 10 units SQ (0.5mg) -20 units SQ(1mg)
  - PM dosing before bed
  - Frequency: Daily to 3x/week 20 days on/1 Week OFF
  - Cycle: **8–16 weeks ON**, then **2–4 weeks OFF**
-

## 7. BPC-157 10MG

**Category:** Healing & Gut Health

### **Reconstitution**

- Add **2mL** bacteriostatic water

### **Dosing**

- 0.5–1mg (10–20 units) SQ
- Daily or EOD (end of day)
- Local IM or SubQ
- Cycle: **8–12 weeks**

Acute injuries: inject near injury site. BEST in fasted state in PM

---

## 8. AOD-9604 5MG

**Category:** Fat Loss

### **Reconstitution**

- Add **2mL** acetic acid + glycerol bac water

### **Dosing**

- 250–500mcg (10–20 units) SQ
  - Daily AM
  - Cycle: **12–16 weeks ON**, then **2–4 Weeks OFF**
-

## 9. 5-AMINO-1MQ 10MG

**Category:** Metabolic & Energy/Fat Metabolism

### **Reconstitution**

- Add **2mL** bacteriostatic water

### **Dosing**

- 500–1000mcg (10–20 units) SQ
  - Daily AM Fasted State
  - Cycle: **6–8 weeks**
-

## 10. GHK-CU 100MG

**Category:** Anti-Aging & Skin/Rejuvenation

**Description:** A copper peptide that stimulates collagen, tightens skin, reduces wrinkles, and promotes wound healing and hair growth.

**Reconstitution:**

- **Mix:** Add 2 mL of Bacteriostatic Water ("No-Sting" water suggested).

**Dosing:**

- Range: 2.5mg – 5.0mg (5 units – 10 units).
- Frequency: 3–5x per week.
- Route: Subcutaneous.
- Cycle: 6–8 weeks.
- Est. Bottles: 1 bottle per cycle.

**Notes:**

- Inject in a fasted state in the PM (when most healing occurs).
  - Side Effects: Injection may sting; use "No-Sting" water to blunt the sensation.
-

## 11. SERMORELIN 10MG

**Category:** GHRH (Growth Hormone Releasing Hormone): Promotes healthy growth, tissue repair and metabolic processes (anti-aging and wellness), supports lean muscle development

### Reconstitution

- Chill vial + water
- Add **3mL (300 units)** cold water

### Dosing

- 200–300mcg daily
- Approx: 10 units  $\approx$  333mcg
- Cycle: **3–6 months ON**, then **1–2 months OFF**

Timing: PM fasted or AM for fat loss.d

---

## 12. SEMAGLUTIDE 10MG

**Category:** GLP-1 Weight Loss

### **Reconstitution**

- Add **2mL** cold bacteriostatic water

### **Weekly Ramp Protocol**

- Weeks 1–2: 0.25mg (5 units) 1x/week
  - Weeks 3–4: 0.50mg (10 units) 1x/week
  - Weeks 5–6: 0.75mg (15 units) 1x/week
  - Weeks 7–8: 1.0mg (20 units) 1x/week
  - Max: 2.5mg (50 units)
-

## 13. RETATRUTIDE 10MG

**Category:** Weight Loss/GLP3 (GLP-1/GIP/GCG)

### **Reconstitution**

- Add **1mL** bacteriostatic water \*\*put in refrigerator 30 minutes prior to mixing along with Retatrutide 10mg powder

### **Dosing**

- Weeks 1–4: 1mg (10 units), 2x/week \*\*Can increase by 5 units per dose if tolerated after 2 weeks
  - Week 5+ (maintenance): increase by 0.5mg increments (\* 5 units per dose)/ week
  - **Max Dose:** 15mg/week (150 units)
-

## 14. PT-141 10MG

**Category:** Sexual Health (Women and Men)

### **Reconstitution**

- Add **1mL** cold bacteriostatic water into cold powder, gently swirl  
DO NOT SHAKE

### **Dosing**

- Initial Dose: Start: Inject 5 units (0.5mg) SQ 1 hour before sex
  - Maintenance Dose: 10-20 units (1mg-2mg)
  - **Max:** 20 units (2mg)/night
  - Timing: 1 hour before activity
  - \* May cause flushing \*Caution if taking blood pressure medications
-

## 15. NAD+ 500MG

**Category:** Cellular Energy/Rejuvenation/Anti-aging

### **Reconstitution**

- Add **5mL** bacteriostatic water (“No Sting”) Swirl DO NOT SHAKE

### **Dosing**

- 5–25mg (5–25 units) SQ \*Best to start at 5mg/dose titrate by 5mg/dose
  - Frequency: 3x/week
  - Cycle: 1000mg total then 4-week break
-

## 16. MOTS-C 10MG

**Category:** Mitochondrial Peptide(Energy/Inflammation/exercise endurance/fat loss)

### **Reconstitution**

- Add **1mL** bacteriostatic water SWIRL DO NOT SHAKE

### **Dosing**

- 1mg daily (10 units) SQ
  - Cycle: 12 weeks
  - Bottles: ~6.5 per cycle (1 bottle=10days)
  - Use in fasted state AM or PM, reduce dose if flushing or headaches occur
-

## 17. MK-677 (ORAL)

**Category:** GH Secretagogue (Stimulates Pituitary Gland/improves sleep/bone density/skin elasticity and cognitive function)

### **Dosing**

- 10–20mg daily (1/2tab-full tab)
  - 3–4 months ON, then 2 months OFF
  - Take fasted AM or PM \*Take at night before bed if causes drowsiness. \*If trying to lose weight take at night. May cause increase in appetite
-

## 18. MELANOTAN 10MG

**Category:** Tanning Peptide/Promotes Melanin synthesis

### **Reconstitution**

- Add **2mL** cold bacteriostatic water SWIRL DO NOT SHAKE

### **Dosing**

- 250–500mcg (5–10 units) SQ
  - Inject 2x/week at night \*may cause nausea
-

## 19. TIRZEPATIDE 10MG

**Category:** Dual Agonist Weight Loss/GLP-1/GIP

### **Reconstitution**

- Add **1mL** bacteriostatic water

### **Dosing**

- Weeks: START 1–4: 1mg (10 units) SQ 1-2x/week \*Start low and can increase dose by 5 units after week 1 if tolerated
  - Week 5+(Maintenance): increase by 0.5mg ( 5 units) as needed
  - **Max:** 15mg/week (150 units)
-

## 20. TESAMORELIN 10MG

**Category:** Visceral Fat Reduction/GHRH (growth hormone releasing hormone)/Cognitive & Brain Health/Cardiovascular health (may reduce Triglycerides/improve lipid profiles)/Bone Health (may increase Bone Mineral Density/Useful in Osteopenia/Osteoporosis)/Anti-Aging/Improves Sleep quality/Helps Preserve lean muscle mass/Supports faster injury recovery/Improves Mood and mental Clarity/May enhance Libido

### **Reconstitution**

- Add **1mL** bacteriostatic water: GENTLY SWIRL/DO NOT SHAKE

### **Dosing**

- 500–1000mcg daily (5–10 units) (0.5MG-1MG) SQ
- Cycle: 12 weeks ON, 4 weeks OFF
- Best stacked with Ipamorelin

May retain water- use a lower dose and titrate up slowly

---

## 21. SLU-PP-332 5MG

**Category:** Circadian Fat Oxidation/Fat Burner/Endurance/Exercise Mimetic

### **Reconstitution**

- Add **2mL** cold bacteriostatic water SWIRL GENTLY DO NOT SHAKE

### **Dosing**

- Range: 0.25mg-1 mg (10 units-40 units) SQ
- Starting dose: Inject 10 units (0.25mg) up to 3x/day SQ
- Frequency: 1-3x/day
- Must be fasted (critical for BBB crossing) \*works best with 2-3 injections/day