



Peptide Quick Reference Guide

Benefits • Best timing • Synergy stacks (one-page overview)

<i>Recovery & Repair</i>	<i>Fat Loss & Metabolic</i>	<i>Cognitive & Longevity</i>
<p>BPC-157 Benefits: Tendon/ligament/muscle & gut repair; supports blood flow; lowers inflammation. Best time: Daily (AM is convenient). Stacks well with: TB500, GHK-Cu</p> <p>TB500 Benefits: Systemic tissue repair & recovery; supports cellular migration; reduces inflammation. Best time: 1–2x weekly (time flexible). Stacks well with: BPC-157, CJC/Ipamorelin</p> <p>GHK-Cu Benefits: Collagen support; skin elasticity; wound healing; hair support. Best time: AM or PM (often topical). Stacks well with: BPC-157, TB500</p>	<p>Retatrutide Benefits: Appetite control; fat loss; improved insulin sensitivity. Best time: Weekly (same day/time). Stacks well with: MOTS-C, Tesamorelin, CJC/Ipamorelin</p> <p>Tesamorelin Benefits: Targets visceral fat; metabolic improvement. Best time: Before bed (empty stomach). Stacks well with: Ipamorelin, MOTS-C, Retatrutide</p> <p>MOTS-C Benefits: Mitochondrial function; insulin sensitivity; endurance support. Best time: Morning or pre-workout. Stacks well with: Retatrutide, NAD+, Tesamorelin</p>	<p>NAD+ Benefits: Cellular energy & DNA repair support; cognitive clarity. Best time: Morning (energizing). Stacks well with: MOTS-C, Semax, GH peptides</p> <p>Semax Benefits: Focus & memory support; neuroprotection; mood stability. Best time: Morning / early afternoon. Stacks well with: NAD+, Pinealon</p> <p>Pinealon Benefits: Neuroprotective; brain longevity support. Best time: Morning or early evening (often cycled). Stacks well with: Semax, NAD+</p> <p>CJC-1295 + Ipamorelin Benefits: Supports natural GH pulse: recovery, sleep quality, fat loss & lean mass support. Best time: Before bed (empty stomach). Stacks well with: BPC-157/TB500, Tesamorelin, NAD+</p>

Most Synergistic Stacks

Injury Recovery Stack	BPC-157 + TB500 + CJC/Ipamorelin — local repair + systemic regeneration + GH support.
Fat Loss / Metabolic Stack	Retatrutide + MOTS-C + Tesamorelin — appetite control + mitochondrial efficiency + visceral fat reduction.

Longevity / Anti-Aging Stack	NAD+ + CJC/Ipamorelin + GHK-Cu — cellular energy + GH support + collagen repair.
Cognitive Stack	Semax + NAD+ + Pinealon — focus & memory support + mitochondrial brain energy.

For educational purposes only. Not medical advice. Follow product storage and handling instructions.