

ARES LABORATORIES



PEPTIDE FIELD GUIDE

The purpose. The pathways.
The gym and peptide-community talk.

55 COMPOUNDS & BLENDS / EXPANDED EXPLANATIONS

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Know what the words mean.

Mechanisms, intended purposes and community claims in plain language.

This guide explains every distinct entry in the supplier list, with more space for what each compound is meant to do and why people talk about it. Repeated vial strengths are combined into one profile; blends are identified by the composition shown in the list.

WHAT IT IS

The compound or formulation, plus the biological system it belongs to.

PURPOSE & HOW IT WORKS

The intended target and the underlying idea, explained beyond a one-line benefits list.

GYM & PEPTIDE TALK

Community narratives and market claims: why enthusiasts are interested, what they hope to feel, and where reports differ.

Community talk is not a guarantee. These paragraphs paraphrase discussion themes and market language; they are not survey results, verified treatment outcomes or endorsements. Where a product is obscure, the description is its market pitch, not a claimed consensus. Forums may include promotional or inaccurate posts.

Approval belongs to the medicine. A supplier vial with the same ingredient name is not automatically an approved product. This is an educational reference, with no dosing, mixing or injection protocols. Brief cautions are not complete safety profiles.

Quick vocabulary

Food noise: recurring thoughts or urges around eating. **Cut:** a period focused on fat loss. **Recomp:** losing fat while maintaining or gaining muscle. **Agonist:** a substance that activates a receptor. **GH:** growth hormone. **GI:** gastrointestinal. **IGF-1:** insulin-like growth factor 1. **Visceral fat:** fat around internal organs. **MTC:** medullary thyroid carcinoma. **MEN2:** multiple endocrine neoplasia type 2.



The research map

Two profiles per page, plus a dedicated retatrutide explainer.

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Special feature: Reta and the "GLP-3" nickname - page 9.

An alphabetical index and linked reading list follow the profiles. Bracketed numbers identify background sources; C-numbers identify examples of community discussion.



Metabolism & appetite

Satiety signals, glucose control and experimental fat-loss pathways

COMPOUND PROFILE

SM

Semaglutide

WHAT IT IS A GLP-1 receptor agonist that mimics a gut-hormone signal.

PURPOSE & HOW IT WORKS Semaglutide activates GLP-1, a receptor involved in meal-related fullness and blood-sugar regulation. It helps the brain register that enough food has been eaten, slows stomach emptying and increases insulin release when glucose is elevated. Its weight-management purpose is mainly to make a sustained calorie deficit easier by reducing appetite and food intake, rather than acting like a stimulant or directly building muscle.

GYM & PEPTIDE TALK / CLAIMS The familiar pitch is less food noise: fewer repetitive thoughts about snacks, cravings and the next meal. Gym users discuss easier cutting and portion control. Some describe low energy or difficulty eating enough protein, so weight loss is not automatically fat loss with muscle preserved.

Reading links [2]

COMPOUND PROFILE

TR

Tirzepatide

WHAT IT IS A peptide that activates both GIP and GLP-1 receptors.

PURPOSE & HOW IT WORKS Tirzepatide combines GLP-1 and GIP receptor activation in one molecule. Both are part of the body's nutrient-response system; together they influence glucose-dependent insulin secretion and food intake. The practical goal is improved glucose control and sustained weight reduction through less hunger and easier eating control. Its dual action is different from semaglutide's GLP-1-only action; it does not mean it contains a hormone called GLP-2.

GYM & PEPTIDE TALK / CLAIMS Peptide discussions frame tirzepatide as a cutting aid that quiets cravings and makes sticking to a diet feel less mentally exhausting. People often compare it with semaglutide for tolerability and appetite control. Reports of better or worse energy differ; it is not inherently a muscle-preserving drug.

Reading links [3]



Metabolism & appetite

Satiety signals, glucose control and experimental fat-loss pathways

COMPOUND PROFILE

RT

Retatrutide / reta / "GLP-3"

WHAT IT IS A triple agonist acting at GIP, GLP-1 and glucagon receptors.

PURPOSE & HOW IT WORKS Retatrutide activates three receptors: GLP-1, GIP and glucagon. GLP-1 contributes to satiety and reduced intake; GIP contributes to glucose-dependent insulin signaling and metabolic regulation. The glucagon component is being studied for effects on energy expenditure and liver metabolism. The intended result is weight reduction through several coordinated pathways. It is one triple-agonist molecule, not three separate drugs blended together. It remains investigational in the reviewed sources.

GYM & PEPTIDE TALK / CLAIMS Fans call it reta, a triple agonist, or informally GLP-3. They talk about strong fat loss, less food noise, breaking plateaus and sometimes feeling more energetic during a cut. Others describe fatigue, hunger, poor sleep or a faster heart rate. GLP-3 is slang for three targets, not an actual receptor name.

Reading links [\[4\]](#) [\[C1\]](#)

COMPOUND PROFILE

CGL

Cagrilintide

WHAT IT IS A long-acting analogue of amylin, a hormone involved in meal-related fullness.

PURPOSE & HOW IT WORKS Cagrilintide mimics amylin, a hormone released alongside insulin after eating. The aim is to reinforce the brain's meal-completion signal so smaller amounts of food feel satisfying and eating is easier to stop. It is discussed alongside GLP-1 drugs because it approaches appetite through a different receptor system. Its purpose is appetite and weight regulation, not stimulating metabolism in the same way people imagine a thermogenic fat burner.

GYM & PEPTIDE TALK / CLAIMS The community pitch is stronger fullness, less snacking and help with a weight-loss stall. Some posts describe a marked reduction in hunger; others describe fatigue or excessive fullness. Discussion of pairing it with other appetite drugs is common, but that chatter is not a validated combination plan.

Reading links [\[5\]](#) [\[C10\]](#)



Metabolism & appetite

Satiety signals, glucose control and experimental fat-loss pathways

COMPOUND PROFILE

CS10

Cagrilintide + semaglutide

WHAT IT IS The list specifies a vial containing 5 mg of each compound. The clinical combination is known as CagriSema.

PURPOSE & HOW IT WORKS This combination brings together two meal-related signaling systems: amylin and GLP-1. The purpose is to strengthen fullness and reduce food intake beyond what either pathway may achieve alone, while the semaglutide component also influences glucose regulation. The supplier lists 5 mg of each ingredient per vial. The pharmaceutical combination under study is called CagriSema; the supplier mixture is not demonstrated to be the same formulation.

GYM & PEPTIDE TALK / CLAIMS Fans describe the concept as layered appetite control: quiet the cravings and feel satisfied sooner. The attraction is overcoming persistent hunger or a stalled cut. Claims about a homemade or supplier blend matching clinical CagriSema should not be assumed from the ingredient names alone.

Reading links [5] [C10]

COMPOUND PROFILE

MDT10

Mazdutide

WHAT IT IS A dual GLP-1 and glucagon receptor agonist.

PURPOSE & HOW IT WORKS Mazdutide activates GLP-1 and glucagon receptors. The GLP-1 side is associated with appetite and blood-sugar control, while glucagon signaling adds interest in energy use and liver metabolism. This makes its design different from tirzepatide, whose second target is GIP. The intended uses concern metabolic disease and weight management. China has approved mazdutide for specific indications; that does not make this supplier vial an approved medicine.

GYM & PEPTIDE TALK / CLAIMS The market pitch is appetite control plus a metabolic component, sometimes framed as a next-generation cutting compound. It is also discussed for fatty-liver-related goals. The sources reviewed do not establish a reliable gym-community consensus that it feels better or burns more fat than alternatives.

Reading links [6]



Metabolism & appetite

Satiety signals, glucose control and experimental fat-loss pathways

COMPOUND PROFILE

SUR10

Survodutide

WHAT IT IS A dual glucagon/GLP-1 receptor agonist; the list spells it "survotitude."

PURPOSE & HOW IT WORKS Survodutide combines GLP-1 and glucagon receptor activity. It is being developed around weight management and metabolic liver disease, including MASH: metabolic dysfunction-associated steatohepatitis, a condition involving liver fat, inflammation and injury. Its purpose is broader metabolic improvement, not merely smaller meals. The supplier's spelling, survotitude, appears to mean survodutide, but the chemical identity still needs confirmation.

GYM & PEPTIDE TALK / CLAIMS The market story focuses on cutting, energy expenditure and liver-fat reduction. Enthusiasts compare its receptor pattern with mazdutide and the glucagon component of reta. Those similarities do not establish equal effects, equal tolerability or interchangeable products.

Reading links [7]

COMPOUND PROFILE

2AD / 5AD / 10AD

AOD-9604

WHAT IT IS A modified fragment of human growth hormone, developed around fat-metabolism effects.

PURPOSE & HOW IT WORKS AOD-9604 was designed from the fat-metabolism region of human growth hormone. Its proposed purpose is to encourage lipolysis, the release of stored fat, and reduce lipogenesis, the creation or storage of fat, without reproducing all of growth hormone's growth-related effects. This explains the fat-loss positioning. It does not establish that released fat will be burned, that a particular body area can be targeted, or that the compound produces meaningful human weight loss.

GYM & PEPTIDE TALK / CLAIMS The familiar pitch is stubborn-fat reduction without strong appetite suppression or a stimulant feeling. Gym discussions focus on belly fat and adding it to a cut. Calling it a spot-fat remover or a reliable substitute for a calorie deficit goes beyond what can be claimed.

Reading links [8]



Metabolism & appetite

Satiety signals, glucose control and experimental fat-loss pathways

COMPOUND PROFILE

AP5

Adipotide

WHAT IT IS An experimental peptide construct designed to target blood vessels supplying white fat.

PURPOSE & HOW IT WORKS Adipotide was designed to bind features of blood vessels supplying white fat and deliver a cell-killing signal. The experimental idea is to reduce the support network feeding adipose tissue so the tissue shrinks. That is fundamentally different from making a person less hungry or gently increasing calorie burning. The intended fat-reduction mechanism is destructive to targeted cells and has been investigated mainly in animal settings.

GYM & PEPTIDE TALK / CLAIMS The extreme market pitch is fat-cell elimination or a permanent shortcut for stubborn fat. Those descriptions can make it sound much more predictable than it is. Kidney injury in animal work is a major concern, and human safety is not established.

Reading links [9]

A mechanism explains the intended target.

A community story describes an experience.

Neither guarantees your result.



Reta: what "GLP-3" means

One molecule. Three receptor targets. A nickname that needs explaining.

Retatrutide is a GIP / GLP-1 / glucagon triple receptor agonist. "GLP-3" is informal shorthand used online for the three-target concept. There is no established GLP-3 hormone or receptor in this explanation. The scientific term is **triple agonist**. [4]

01 GLP-1

GLUCAGON-LIKE PEPTIDE-1

Helps regulate appetite and meal size, slows stomach emptying and supports glucose-dependent insulin release. Fans connect this with less hunger and less food noise.

02 GIP

GLUCOSE-DEPENDENT INSULINOTROPIC POLYPEPTIDE

Contributes to glucose-dependent insulin signaling and metabolic regulation. Its role in the combination is more complex than simply adding a second appetite suppressant.

03 GLUCAGON

THE ENERGY / LIVER PATHWAY

Adds a pathway being studied for effects on energy expenditure and liver metabolism. Glucagon can also raise glucose; the combined action matters more than a simple fat-burner label.

COMPARE THE TARGETS

Semaglutide	GLP-1
Tirzepatide	GIP + GLP-1
Retatrutide	GIP + GLP-1 + glucagon

The gym translation: enthusiasts hope for appetite control plus an additional metabolic effect, which is why reta gets so much cutting attention. Three targets do not mean three times the fat loss, and the nickname does not establish muscle preservation. User reports of energy and appetite vary. [2-4, C1]



Repair, skin & inflammation

Tissue-repair research, cosmetic peptides and supplier blends

COMPOUND PROFILE

BC

BPC-157

WHAT IT IS A synthetic 15-amino-acid peptide investigated in injury and gastrointestinal models.

PURPOSE & HOW IT WORKS BPC-157 is investigated for its effects on tissue-repair signaling, including cell migration, blood-vessel-related responses and connective-tissue healing in experimental models. The intended targets are tendons, ligaments, muscle and the gastrointestinal lining. In practical terms, the idea is to improve the conditions in which damaged tissue repairs itself. That is different from acting as a direct painkiller, and less pain would not by itself prove that a tendon has structurally healed.

GYM & PEPTIDE TALK / CLAIMS Gym users call it an injury-recovery peptide and talk about cranky elbows, knees, shoulders and nagging tendon problems. Peptide fans also discuss gut comfort and fewer digestive flare-ups. These are community claims; reliable human proof of broad healing benefits remains limited.

Reading links [\[10\]](#) [\[1\]](#) [\[C2\]](#)

COMPOUND PROFILE

BT

TB-500 / thymosin beta-4

WHAT IT IS The list calls this "TB500 (Thymosin B4 Acetate)." These names are used inconsistently.

PURPOSE & HOW IT WORKS Thymosin beta-4 is connected with actin, a protein involved in cell shape and movement. Researchers study its relationship to cell migration, wound repair and blood-vessel formation. The practical idea is improving tissue repair and mobility after damage. However, full-length thymosin beta-4 and the fragment often called TB-500 are different substances, so the intended mechanism cannot be assigned accurately until the supplier confirms which molecule is present.

GYM & PEPTIDE TALK / CLAIMS The gym pitch is more whole-body recovery, easier movement and less stiffness after hard training. It is frequently paired in conversation with BPC-157, with TB described as the broader recovery component. That local-versus-systemic comparison is community shorthand, not an established clinical distinction.

Reading links [\[11\]](#) [\[1\]](#) [\[C2\]](#)



Repair, skin & inflammation

Tissue-repair research, cosmetic peptides and supplier blends

COMPOUND PROFILE

BB10 / BB20

BPC + TB blend

WHAT IT IS A supplier combination of BPC-157 and a TB-labeled ingredient; sometimes called a Wolverine-type blend.

PURPOSE & HOW IT WORKS This combines two ingredients associated with experimental repair biology. BPC-157 is promoted around connective-tissue and gut repair, while the TB component is associated with cell movement and tissue remodeling. The intended purpose is a broader recovery package for training-related aches and injuries. The supplier lists 10 or 20 mg total but does not give the ingredient split, so the balance between components cannot be determined from this sheet.

GYM & PEPTIDE TALK / CLAIMS Fans often call a BPC/TB pairing the Wolverine stack: the idea is getting back to training faster and dealing with stubborn tendon or joint complaints. The comic-book nickname exaggerates what is known. The blend does not establish rapid healing or permission to train through an injury.

Reading links [\[10\]](#) [\[11\]](#) [\[C2\]](#)

COMPOUND PROFILE

BBG70

GLOW

WHAT IT IS The list specifies TB 10 mg + BPC-157 10 mg + GHK-Cu 50 mg: 70 mg total.

PURPOSE & HOW IT WORKS GLOW combines the supplier's TB 10 mg, BPC-157 10 mg and GHK-Cu 50 mg. Its proposed purpose links tissue-repair themes with copper-peptide skin-remodeling themes. BPC and TB are included for recovery-related claims; GHK-Cu is included for collagen-related skin appearance and repair claims. The 70 mg total describes composition, not a single molecule with a demonstrated unified mechanism or a validated finished skincare treatment.

GYM & PEPTIDE TALK / CLAIMS The community pitch is recovery plus appearance: smoother skin, a healthier-looking complexion, improved elasticity, hair-related benefits and less beat-up joints. Some users hope it helps loose skin during weight loss. It cannot be assumed to tighten substantial excess skin or regenerate injured tissue.

Reading links [\[10\]](#) [\[11\]](#) [\[13\]](#) [\[C2\]](#) [\[C5\]](#)



Repair, skin & inflammation

Tissue-repair research, cosmetic peptides and supplier blends

COMPOUND PROFILE

K80

KLOW

WHAT IT IS The list specifies TB 10 mg + BPC-157 10 mg + GHK-Cu 50 mg + KPV 10 mg: 80 mg total.

PURPOSE & HOW IT WORKS KLOW adds KPV 10 mg to the supplier's GLOW-style mixture: TB 10 mg, BPC-157 10 mg and GHK-Cu 50 mg. The proposed role of KPV is inflammation-related signaling, while the other ingredients carry repair and skin-remodeling claims. The intended positioning is an all-in-one recovery, skin and inflammation blend. Adding a fourth ingredient does not show that the mixture works better or that all four remain stable together.

GYM & PEPTIDE TALK / CLAIMS Fans describe KLOW as GLOW with extra help for inflammation, irritated skin or gut complaints. Gym discussions combine those goals with recovery and joint comfort. Reports range from visible skin changes to little benefit or new irritation, so the name should not imply a guaranteed glow-up.

Reading links [\[10\]](#) [\[11\]](#) [\[12\]](#) [\[13\]](#) [\[C2\]](#) [\[C5\]](#)

COMPOUND PROFILE

KP

KPV

WHAT IT IS A three-amino-acid fragment associated with alpha-melanocyte-stimulating hormone biology.

PURPOSE & HOW IT WORKS KPV is investigated for reducing inflammatory signaling in experimental tissues, particularly the intestine and skin. The intent is to calm an excessive local inflammatory response rather than broadly suppress every part of immunity. In gut models, researchers study how it enters cells and influences inflammatory pathways. The relevance to symptoms such as bloating, skin irritation or bowel discomfort is a proposed application, not a demonstrated treatment for every cause of those symptoms.

GYM & PEPTIDE TALK / CLAIMS Peptide fans position it as a gut-calming or inflammation-calming compound and talk about irritated skin, digestive flare-ups and combining it with BPC-157. Those symptom labels can cover very different illnesses; a community recovery story does not establish which condition was treated.

Reading links [\[12\]](#)



Repair, skin & inflammation

Tissue-repair research, cosmetic peptides and supplier blends

COMPOUND PROFILE

CU

GHK-Cu

WHAT IT IS A copper-binding tripeptide involved in tissue-remodeling research.

PURPOSE & HOW IT WORKS GHK-Cu is a small copper-binding peptide studied in tissue remodeling. Its proposed purposes include influencing collagen and other extracellular-matrix components, wound-related cell responses and the appearance of aging skin. This is why it appears in skincare and hair-related discussions. The term copper peptide describes a complex with copper; it is not simply copper supplementation, and its behavior depends on the formulation and route.

GYM & PEPTIDE TALK / CLAIMS The recurring pitch is better skin texture, fewer fine lines, thicker-looking hair and improved elasticity. Fans also discuss loose skin after weight loss and faster recovery. Topical cosmetic discussion is much more common than justified claims of whole-body rejuvenation from injections.

Reading links [\[13\]](#) [\[1\]](#) [\[C5\]](#)

COMPOUND PROFILE

NP810

SNAP-8

WHAT IT IS Acetyl octapeptide-3, an eight-amino-acid cosmetic peptide.

PURPOSE & HOW IT WORKS SNAP-8, or acetyl octapeptide-3, is marketed as a cosmetic peptide that mimics part of machinery involved in neurotransmitter release. The intended skincare outcome is to soften the appearance of expression lines produced by repeated facial movement, especially forehead lines and crow's feet. That cosmetic concept depends on the finished formula and delivery through skin; it does not make raw powder a ready-to-use cosmetic or an injectable product.

GYM & PEPTIDE TALK / CLAIMS Skincare fans use the nickname Botox in a bottle and discuss smoother forehead lines or softer 11s between the eyebrows. The nickname is an analogy used in marketing, not equivalence: SNAP-8 is not botulinum toxin and does not establish the same degree of muscle relaxation.

Reading links [\[14\]](#) [\[C5\]](#)



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

CND

CJC-1295 without DAC

WHAT IT IS Usually a market name for modified GRF(1-29), a short-acting GHRH analogue.

PURPOSE & HOW IT WORKS Usually sold as modified GRF(1-29), this ingredient is intended to mimic a growth-hormone-releasing signal from the brain to the pituitary. The goal is to encourage the body to release its own growth hormone, which can influence downstream IGF-1. Without DAC refers to the absence of the long-acting albumin-binding modification. Shorter exposure is part of the selling story, but a product name alone does not confirm the exact sequence.

GYM & PEPTIDE TALK / CLAIMS Gym users talk about deeper sleep, better recovery, staying leaner and maintaining muscle during a cut, often in conversations about an ipamorelin pairing. Fans describe it as supporting natural GH pulses. That language does not mean hormone levels stay normal or that muscle gains are assured.

Reading links [\[15\]](#) [\[C3\]](#) [\[C16\]](#)

COMPOUND PROFILE

CD

CJC-1295 with DAC

WHAT IT IS A GHRH analogue with a drug-affinity complex that prolongs exposure through albumin binding.

PURPOSE & HOW IT WORKS The DAC modification allows the peptide to bind albumin and remain active longer than a short-acting GHRH analogue. Its purpose is prolonged stimulation of growth-hormone signaling and downstream IGF-1. The key distinction is duration of exposure, not that it builds muscle through a separate anabolic pathway. Hormonal responses can persist, so this form should not be described as interchangeable with no-DAC products.

GYM & PEPTIDE TALK / CLAIMS The enthusiast pitch is sustained GH support for recovery, sleep and body composition, with the longer action seen as convenient. Some users associate it with a fuller physique. Fullness can include fluid retention and is not automatically newly built muscle.

Reading links [\[15\]](#) [\[1\]](#) [\[C3\]](#)



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

CP10

CJC-1295 without DAC + IPA

WHAT IT IS The list specifies 5 mg of no-DAC CJC plus 5 mg of ipamorelin.

PURPOSE & HOW IT WORKS The supplier lists 5 mg of each ingredient. The concept is to stimulate GH release through two different inputs: a GHRH-like signal from the CJC component and ghrelin-receptor signaling from ipamorelin. Fans describe the combination as encouraging a stronger GH response than either input alone. The intended downstream goals are recovery and body composition, but that hormonal rationale does not demonstrate those outcomes for this exact mixture.

GYM & PEPTIDE TALK / CLAIMS This is a familiar gym-community sleep-and-recovery pairing. People discuss feeling more rested, bouncing back between sessions, holding strength while dieting and a tighter-looking waist. Reports are mixed: some describe better sleep, others more wakefulness or little visible change.

Reading links [\[15\]](#) [\[16\]](#) [\[C3\]](#) [\[C16\]](#)

COMPOUND PROFILE

IP

Ipamorelin

WHAT IT IS A synthetic pentapeptide growth-hormone secretagogue acting through the ghrelin receptor.

PURPOSE & HOW IT WORKS Ipamorelin is designed to activate the ghrelin receptor and trigger GH release from the pituitary. It is promoted as relatively selective for GH compared with some older secretagogues. The proposed practical benefits flow from that GH/IGF pathway: recovery, body composition and sleep-related goals. Relative selectivity is a pharmacology description, not proof that it has no other hormonal effects or that a healthy adult will gain muscle.

GYM & PEPTIDE TALK / CLAIMS Fans often describe it as the gentler GH peptide, with less intense hunger than GHRP-6, and discuss deeper sleep or less soreness. Much of the chatter involves combinations, so an apparent benefit cannot necessarily be attributed to ipamorelin alone.

Reading links [\[16\]](#) [\[1\]](#) [\[C3\]](#) [\[C12\]](#)



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

G25 / G210

GHRP-2

WHAT IT IS A synthetic growth-hormone-releasing peptide in the ghrelin-receptor family.

PURPOSE & HOW IT WORKS GHRP-2 stimulates the ghrelin-receptor system to promote GH release. It belongs to an older family of secretagogues used to explore endocrine responses. The intended gym-related purpose is more GH signaling to support recovery and anabolic goals; appetite effects are also discussed. It is not selective for muscle growth, and human endocrine work shows that other hormones can change alongside GH.

GYM & PEPTIDE TALK / CLAIMS The bodybuilding pitch is a strong GH pulse, better recovery and support for adding size. It is compared with GHRP-6 for hunger and with ipamorelin for side-effect selectivity. A stronger measurable hormone response does not establish a better physique result.

Reading links [17] [C12]

COMPOUND PROFILE

G65 / G610

GHRP-6

WHAT IT IS A synthetic ghrelin-receptor agonist and growth-hormone secretagogue.

PURPOSE & HOW IT WORKS GHRP-6 activates ghrelin-receptor signaling connected with both GH release and feeding behavior. This gives it two separate purposes in enthusiast discussion: stimulating the GH axis and making eating easier for someone who struggles to consume enough food. Increased appetite is not the same as improved nutrient partitioning. If calorie intake rises, the resulting weight gain can include fat as well as lean tissue.

GYM & PEPTIDE TALK / CLAIMS The familiar gym label is the hungry one. Bulking discussions emphasize eating more, getting through large meals and recovering from hard sessions. That appetite-focused reputation makes it conceptually different from a GLP-1 cutting drug, even though both are called peptides.

Reading links [17] [46] [C12]



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

HX5

Hexarelin

WHAT IT IS A synthetic GH-releasing peptide related to GHRP-6.

PURPOSE & HOW IT WORKS Hexarelin is another synthetic ghrelin-receptor-family secretagogue intended to produce a GH response. It has also attracted experimental interest in cardiovascular signaling, but that does not establish heart protection in gym users. Its purpose in performance circles is to amplify hormone-related recovery and growth signaling. It can affect prolactin, ACTH and cortisol as well as GH, which complicates simple claims about strength or recovery.

GYM & PEPTIDE TALK / CLAIMS Enthusiast comparisons present it as a potent GH releaser for recovery, strength and size. The intensity of that reputation should not be read as a ranking of effectiveness or safety. Changes in hormonal markers are easier to demonstrate than durable gains in muscle.

Reading links [17] [C12]

COMPOUND PROFILE

SMO

Sermorelin

WHAT IT IS A 29-amino-acid GHRH fragment that stimulates pituitary GH secretion.

PURPOSE & HOW IT WORKS Sermorelin reproduces the active first 29 amino acids of growth-hormone-releasing hormone. It signals a functioning pituitary to release GH rather than supplying GH directly. This mechanism explains its historical diagnostic and pediatric uses and its later wellness positioning. In adults, the intended goals are often improved recovery, sleep and body composition, but pituitary responsiveness and the underlying reason for symptoms affect what a GH signal can accomplish.

GYM & PEPTIDE TALK / CLAIMS Wellness and gym conversations call it a natural-GH support option, especially for feeling recovered and less run-down with age. Fans discuss deeper sleep, a leaner waist and gradual changes rather than dramatic size gains. It is not equivalent to taking prescribed growth hormone.

Reading links [18]



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

TSM

Tesamorelin

WHAT IT IS A GHRH analogue that raises GH and IGF-1.

PURPOSE & HOW IT WORKS Tesamorelin stimulates the GH/IGF-1 axis through a GHRH-like signal. Its approved medical purpose is reducing excess abdominal fat in adults with HIV-associated lipodystrophy. This primarily concerns visceral fat, the fat surrounding internal organs, rather than simply the pinchable fat under the skin. That distinction explains the emphasis on waist size. It is not a general weight-loss medicine, and reducing visceral fat need not produce a large drop on the scale.

GYM & PEPTIDE TALK / CLAIMS The gym pitch is a smaller waist, less deep belly fat and improved body composition, often described as recomp. Some expect sharper abs or better recovery. A flatter-looking stomach does not establish selective removal of every type of belly fat or added muscle.

Reading links [19]

COMPOUND PROFILE

IG01 / IG1

IGF-1 LR3

WHAT IT IS A modified insulin-like growth factor analogue with altered binding to IGF-binding proteins.

PURPOSE & HOW IT WORKS IGF-1 is a growth signal involved in tissue growth and nutrient use. LR3 is a modified analogue designed to behave differently with IGF-binding proteins, altering how much activity is available to cells. The intended bodybuilding purpose is stronger growth-related signaling and nutrient uptake. It is not the same molecule as normal IGF-1 or the prescription medicine mecasermin, and it does not act only on skeletal muscle.

GYM & PEPTIDE TALK / CLAIMS Fans talk about fuller muscles, better pumps, nutrient partitioning and bringing up lagging body parts. Some claim hyperplasia, meaning creation of more muscle fibers rather than enlargement of existing ones. Human bodybuilding claims of targeted growth or new fibers are not established; low blood sugar is a serious concern.

Reading links [20] [C11]



Growth-hormone signaling

GH release, IGF pathways and experimental muscle-repair claims

COMPOUND PROFILE

FM2

MGF

WHAT IT IS Mechano growth factor refers to an IGF-1 splice-variant concept and, commercially, an associated E-peptide.

PURPOSE & HOW IT WORKS MGF is linked to the IGF-1 gene's response to mechanical stress. The commercially discussed fragment is intended to influence muscle progenitor or satellite cells, which help repair and support muscle tissue. The proposed purpose is to improve repair after hard training and support muscle adaptation. The natural precursor, its gene expression and a synthetic E-peptide are different things; describing one does not prove the others work as products.

GYM & PEPTIDE TALK / CLAIMS The bodybuilding story centers on activating satellite cells, repairing damaged muscle and helping a lagging muscle grow. Satellite cells are support cells involved in repair, not an automatic switch for new muscle. Claims of site-specific growth and dramatic hypertrophy go beyond established human outcomes.

Reading links [\[21\]](#) [\[22\]](#) [\[C15\]](#)

COMPOUND PROFILE

FMP2

PEG-MGF

WHAT IT IS A pegylated MGF-related peptide; polyethylene glycol is attached to alter its behavior in the body.

PURPOSE & HOW IT WORKS PEG-MGF attaches polyethylene glycol to an MGF-related construct to change its persistence and handling in the body. The intent is a longer-lasting version of the muscle-repair signal proposed for MGF. That makes duration the main design claim. It does not establish that longer exposure produces better repair, and chemically modifying a peptide can also change distribution, interactions and immune recognition.

GYM & PEPTIDE TALK / CLAIMS Gym discussions describe it as extended recovery support, sometimes contrasted with the growth-focused reputation of IGF-1 LR3. Fans talk about muscle repair, satellite cells and bringing up weak body parts. The marketed sequence and pegylation details matter, and those physique outcomes are unproven.

Reading links [\[21\]](#) [\[22\]](#) [\[1\]](#) [\[C11\]](#) [\[C15\]](#)



Cellular energy & redox

Mitochondrial research, cofactors and small-molecule metabolism tools

COMPOUND PROFILE

25

SS-31 / elamipretide

WHAT IT IS A mitochondria-targeting tetrapeptide that binds cardiolipin in the inner mitochondrial membrane.

PURPOSE & HOW IT WORKS SS-31 targets cardiolipin, a lipid important to the inner mitochondrial membrane. Mitochondria convert fuel into usable cellular energy; the research idea is to support the membrane environment in which that machinery operates. Its proposed purpose is more efficient mitochondrial function under stress, not stimulant-like arousal. The approved elamipretide medicine Forzinity has a narrow Barth-syndrome indication, which does not establish general energy enhancement in healthy adults.

GYM & PEPTIDE TALK / CLAIMS Peptide fans describe cleaner energy, less fatigue, better exercise tolerance and feeling less drained after workouts. A common informal analogy is repairing the cellular engine before asking it to perform harder. That is a metaphor, not proof that SS-31 resets mitochondria or reverses aging.

Reading links [23] [C4]

COMPOUND PROFILE

MS

MOTS-c

WHAT IT IS A mitochondrial-derived peptide involved in cellular metabolic signaling.

PURPOSE & HOW IT WORKS MOTs-c is a mitochondrial-derived signaling peptide studied in metabolic adaptation. It is linked with how cells respond to energy stress, use glucose and coordinate metabolic pathways. The intended purposes include insulin sensitivity, exercise-related capacity and metabolic flexibility: the ability to shift between fuels. Those goals explain the exercise-mimetic label, but a molecule acting on some exercise-related signals does not reproduce all the benefits of training.

GYM & PEPTIDE TALK / CLAIMS Fans talk about better cardio endurance, easier workouts, improved energy and staying leaner. It is often grouped with SS-31 and NAD⁺ in mitochondrial discussions. Claims of an exercise-in-a-vial effect or reliable fat loss in humans are stronger than what is established.

Reading links [24] [C4]



Cellular energy & redox

Mitochondrial research, cofactors and small-molecule metabolism tools

COMPOUND PROFILE

NJ

NAD⁺

WHAT IT IS Nicotinamide adenine dinucleotide, a coenzyme used in energy metabolism and cellular reactions.

PURPOSE & HOW IT WORKS NAD⁺ carries electrons in metabolic reactions and is also used by enzymes involved in cellular maintenance. That makes it essential to normal energy production and signaling. The supplementation pitch is to improve availability of this cofactor and thereby support energy or recovery. However, a substance's job inside a cell is different from what happens when additional material is administered; delivery, breakdown and cellular uptake affect the result.

GYM & PEPTIDE TALK / CLAIMS The community story includes more energy, less brain fog, improved recovery and feeling refreshed. Some call it cellular fuel, although it is more accurately a cofactor helping metabolic reactions run. NAD⁺, NMN and NR are different compounds and should not share claims automatically.

Reading links [25] [C4]

COMPOUND PROFILE

AR50

AICAR

WHAT IT IS A nucleoside research compound, often called acadesine, that can activate AMPK-related energy sensing after cellular conversion.

PURPOSE & HOW IT WORKS AICAR is a small-molecule tool used to influence AMPK-related energy sensing after conversion inside cells. AMPK helps coordinate responses to low cellular energy, including pathways involved in glucose uptake and fat metabolism. Its proposed performance purpose is to produce some metabolic adaptations associated with endurance exercise. That laboratory concept is why it is called an exercise mimetic; it is not a replacement for the cardiovascular and mechanical effects of training.

GYM & PEPTIDE TALK / CLAIMS The performance-oriented pitch is improved endurance, better fuel use and easier cutting without a conventional stimulant. It appears in exercise-in-a-pill discussions. Those labels compress complicated biology and do not establish a safe human endurance enhancer or calorie-burning shortcut.

Reading links [26]



Cellular energy & redox

Mitochondrial research, cofactors and small-molecule metabolism tools

COMPOUND PROFILE

5AM / 50AM

5-amino-1MQ

WHAT IT IS 5-amino-1-methylquinolinium, an inhibitor of the enzyme NNMT.

PURPOSE & HOW IT WORKS This small molecule inhibits NNMT, an enzyme involved in nicotinamide metabolism and methyl-group use. Researchers investigate whether changing that pathway alters fat-cell metabolism and metabolic health. The intended purpose is to reduce fat accumulation or improve how energy is handled, rather than suppress appetite through GLP-1. The connection to nicotinamide metabolism is why it is often discussed near NAD-related products, although the interventions are different.

GYM & PEPTIDE TALK / CLAIMS Fans frame it as a metabolic cutting aid for stubborn fat, sometimes with claims of a smaller waist while keeping strength. Others expect extra energy without less appetite. Mouse findings and before-and-after stories do not establish that it reliably produces those effects in people.

Reading links [27]

COMPOUND PROFILE

GTT600

Glutathione

WHAT IT IS A naturally occurring three-amino-acid antioxidant that helps maintain cellular redox balance.

PURPOSE & HOW IT WORKS Glutathione helps cells manage oxidative stress by participating in redox reactions. It also supports normal detoxification chemistry, which means processing certain reactive compounds, not indiscriminately flushing toxins from the body. Skin-related interest comes partly from effects associated with pigmentation pathways. The intended wellness goals are antioxidant support and recovery, while cosmetic goals concern skin tone and brightness; these are different outcomes with different formulation questions.

GYM & PEPTIDE TALK / CLAIMS The familiar pitch is antioxidant recovery, a brighter complexion and liver or detox support. Some enthusiasts describe feeling less run-down. Those phrases can sound more specific than they are: a brighter-looking face or a subjective energy change does not prove systemic detoxification.

Reading links [28]



Brain, sleep & longevity

Neuropeptide hypotheses and experimental cellular-aging targets

COMPOUND PROFILE

XA

Semax

WHAT IT IS A synthetic ACTH-fragment analogue modified with a short peptide tail.

PURPOSE & HOW IT WORKS Semax is an ACTH-fragment-related peptide investigated for effects on nervous-system responses, including neurotrophic and stress-related pathways. The intended cognitive purpose is to support attention, learning or recovery after neurological injury. Discussion often mentions BDNF, a protein involved in neuronal survival and plasticity. A proposed effect on BDNF-related signaling is not equivalent to a guaranteed improvement in memory or a treatment for attention disorders.

GYM & PEPTIDE TALK / CLAIMS Nootropic fans describe sharper focus, clearer thinking, motivation and feeling mentally switched on without a typical stimulant. Reports also include little effect, feeling overstimulated or short-lived changes. Those experiences do not establish a predictable cognitive upgrade.

Reading links [29] [C6]

COMPOUND PROFILE

SK

Selank

WHAT IT IS A synthetic peptide related to tuftsin, investigated for effects on anxiety-related signaling.

PURPOSE & HOW IT WORKS Selank is related to the immune peptide tuftsin but is mainly discussed for anxiety-related nervous-system effects. The intended purpose is to reduce stress reactivity while preserving alertness, making it different from a product whose main effect is sedation. Proposed mechanisms involve several signaling systems rather than one simple on/off switch. The practical goal is feeling calmer and more able to concentrate when anxiety is interfering.

GYM & PEPTIDE TALK / CLAIMS Fans describe taking the edge off, less social anxiety, less mental looping and calm focus. Semax is often described as the sharper or more activating option and Selank as the calmer one. These are informal comparisons, not reliable predictions of an individual response.

Reading links [30]



Brain, sleep & longevity

Neuropeptide hypotheses and experimental cellular-aging targets

COMPOUND PROFILE

ADA

Adamax

WHAT IT IS A supplier-marketed name commonly described as a modified Semax-like research compound.

PURPOSE & HOW IT WORKS Adamax is marketed as a modified Semax-like compound intended to last longer or affect cognitive signaling differently. Its stated purpose is enhanced focus, motivation and neuroprotection. The supplier sheet gives a name and vial amount but no chemical sequence or identifying details, so the proposed mechanism cannot be confidently tied to this exact product. A modification can change a molecule's behavior rather than simply making the parent stronger.

GYM & PEPTIDE TALK / CLAIMS The market pitch is upgraded Semax: longer-lasting mental clarity, stronger drive and less need for repeated use. Adequate primary information for this named product was not verified. The guide cannot turn that sales description into a known effect or a consensus from users.

Reading links [Supplier list](#); product identity is not established.

COMPOUND PROFILE

DS

DSIP

WHAT IT IS Delta sleep-inducing peptide, also called emideltide, is a synthetic version of a sleep-research peptide.

PURPOSE & HOW IT WORKS Delta sleep-inducing peptide was investigated in relation to sleep regulation. Its intended purpose is to influence sleep quality or structure, especially the restorative deep-sleep component, rather than simply cause immediate sedation. The name comes from its research history and does not mean it reliably forces a person into delta-wave sleep. Better sleep onset, fewer awakenings and feeling rested are separate outcomes that should not be treated as interchangeable.

GYM & PEPTIDE TALK / CLAIMS Fans discuss deeper sleep, vivid dreams, better recovery scores and waking up more refreshed. Some describe major changes; others report no benefit or worse sleep. Wearable estimates of deep sleep are also not the same as a sleep-laboratory measurement.

Reading links [\[31\]](#) [\[C7\]](#)



Brain, sleep & longevity

Neuropeptide hypotheses and experimental cellular-aging targets

COMPOUND PROFILE

MT10

Melatonin

WHAT IT IS An indoleamine hormone involved in circadian timing and the sleep-wake cycle.

PURPOSE & HOW IT WORKS Melatonin is a timing signal that helps coordinate the body's day-night rhythm. Its main purpose is to tell the biological clock that it is nighttime, which can help in certain circadian or travel-related situations. It is not simply a stronger-is-better sedative, and changing sleep timing is different from increasing restorative sleep. The supplier vial format should not inherit all claims made about ordinary oral melatonin products.

GYM & PEPTIDE TALK / CLAIMS Gym users mostly associate it with getting to sleep on schedule and recovering better through more consistent sleep. Some report vivid dreams or next-day grogginess. It has no direct muscle-building role, and it is completely different from the tanning peptides called melanotan.

Reading links [32]

COMPOUND PROFILE

ET

Epithalon / Epitalon

WHAT IT IS A synthetic tetrapeptide associated with pineal-peptide and telomere research.

PURPOSE & HOW IT WORKS Epitalon is associated with pineal-peptide research and the study of telomerase, an enzyme that helps maintain chromosome-end structures called telomeres. Its proposed longevity purpose is to influence cellular aging processes; its sleep-related positioning comes from pineal and circadian themes. A change in telomerase or telomeres in cultured cells does not tell us that a person will age more slowly, remain healthier or live longer.

GYM & PEPTIDE TALK / CLAIMS Longevity fans describe telomere support, better sleep rhythm and a biological-age reset. The idea is maintenance over the long term rather than a noticeable gym pump. Claims of reversing age or extending lifespan in people remain speculative, not a benefit that can be promised.

Reading links [33]



Brain, sleep & longevity

Neuropeptide hypotheses and experimental cellular-aging targets

COMPOUND PROFILE

F410

FOXO4

WHAT IT IS FOXO4 is a transcription factor. Commercial peptide discussions often mean FOXO4-DRI, a distinct experimental construct.

PURPOSE & HOW IT WORKS If the supplier means FOXO4-DRI, the proposed purpose is senolysis: removing certain senescent cells that have stopped dividing but remain metabolically active. The experimental construct interferes with an interaction between FOXO4 and p53 that helps those cells survive. This differs from epitalon's telomere-related story. The list's plain FOXO4 name is incomplete, so it cannot be assumed to identify that particular research construct.

GYM & PEPTIDE TALK / CLAIMS Longevity discussions use phrases such as clearing zombie cells, rejuvenation and restoring youthful tissue function. Those labels refer to a preclinical idea, not a demonstrated human age-reversal treatment. Cell removal is a powerful intervention, and human safety is not established.

Reading links [34]

A mechanism explains the intended target.

A community story describes an experience.

Neither guarantees your result.



Reproductive & pigment signals

Fertility hormones, sexual-desire pathways and melanocortins

COMPOUND PROFILE

GND2

Gonadorelin acetate

WHAT IT IS A synthetic form of gonadotropin-releasing hormone, or GnRH.

PURPOSE & HOW IT WORKS Gonadorelin imitates GnRH, the brain signal that prompts the pituitary to release LH and FSH. Those hormones then act on the testes or ovaries. The intended purpose is stimulation of the reproductive hormone axis, but the pattern of stimulation is crucial: normal signaling is pulsatile, and prolonged continuous stimulation can behave differently. It works upstream of the gonads, unlike hCG, which directly stimulates the LH receptor.

GYM & PEPTIDE TALK / CLAIMS TRT and peptide discussions pitch it for keeping the hormone axis active, maintaining fertility or restarting natural testosterone. Those claims depend on the underlying condition and exposure pattern. It is not an automatic substitute for hCG or a guaranteed fertility-preservation strategy.

Reading links [35] [C13]

COMPOUND PROFILE

G5K / G10K

hCG

WHAT IT IS Human chorionic gonadotropin, a glycoprotein hormone that acts at the LH receptor.

PURPOSE & HOW IT WORKS hCG acts at the LH receptor. In testes, that can stimulate Leydig cells to produce testosterone and support the intratesticular hormone environment involved in sperm production. In fertility care, it also has specific ovarian uses. The intended role is reproductive hormone stimulation, not directly building muscle. Raising serum testosterone and restoring sperm production are related but distinct outcomes; one does not guarantee the other.

GYM & PEPTIDE TALK / CLAIMS Gym and TRT circles discuss maintaining testicular size, addressing shrinkage, supporting fertility and improving libido. Some talk about feeling more normal while on testosterone. These outcomes vary, and stimulating testicular testosterone can also change estrogen-related effects.

Reading links [36]



Reproductive & pigment signals

Fertility hormones, sexual-desire pathways and melanocortins

COMPOUND PROFILE

G75

hMG / menotropins

WHAT IT IS Human menopausal gonadotropins provide FSH and LH biological activity.

PURPOSE & HOW IT WORKS hMG provides FSH and LH biological activity. In ovarian fertility treatment, it helps stimulate follicle development. In specialist male reproductive care, FSH activity can be relevant to sperm production alongside an appropriate hormonal environment. This explains why hMG is not merely another version of hCG: hCG mainly acts through the LH receptor, whereas menotropin preparations include the FSH component central to follicular and spermatogenic support.

GYM & PEPTIDE TALK / CLAIMS Bodybuilding and fertility conversations focus on recovering or supporting sperm production after hormonal suppression rather than improving a workout. Fans sometimes call it the fertility-focused partner to hCG. That shorthand does not make a self-directed combination a reliable path to conception.

Reading links [35] [37]

COMPOUND PROFILE

KS

Kisspeptin-10

WHAT IT IS A short form of kisspeptin that activates signaling upstream of GnRH.

PURPOSE & HOW IT WORKS Kisspeptin acts upstream of GnRH neurons, helping regulate the reproductive hormone system. Kisspeptin-10 is a short active form studied for stimulating LH and related endocrine responses. Its proposed purpose is to influence the body's own reproductive signaling, with interest in fertility and sexual behavior. An acute LH response is not the same as a durable testosterone increase, restored fertility or a predictable change in sexual desire.

GYM & PEPTIDE TALK / CLAIMS Fans talk about waking up the natural testosterone pathway, fertility support and libido. Some contrast it with testosterone replacement because it acts upstream. That description can obscure how much the result depends on endocrine status and whether downstream tissues respond normally.

Reading links [38]



Reproductive & pigment signals

Fertility hormones, sexual-desire pathways and melanocortins

COMPOUND PROFILE

OT

Oxytocin acetate

WHAT IT IS A peptide hormone involved in uterine contractions, milk let-down and social signaling.

PURPOSE & HOW IT WORKS Oxytocin has direct physiological roles in uterine contraction and milk let-down, as well as complex involvement in social behavior. Its established medical purpose is mainly obstetric, while behavioral research explores social cues, attachment and stress responses. Calling it the bonding hormone is shorthand: it does not simply create trust or affection on demand, and behavioral effects depend strongly on the person and context.

GYM & PEPTIDE TALK / CLAIMS Peptide enthusiasts discuss closeness, intimacy, reduced social tension and a more connected sexual experience. These are variable behavioral claims, not a reliable effect. Its powerful uterine and fluid-balance actions make casual love-hormone branding misleading.

Reading links [39]

COMPOUND PROFILE

P41

PT-141 / bremelanotide

WHAT IT IS A melanocortin receptor agonist that influences sexual-desire pathways in the nervous system.

PURPOSE & HOW IT WORKS PT-141 works through melanocortin signaling in the nervous system, especially pathways relevant to sexual desire and arousal. Its purpose differs from drugs that mainly improve blood flow to produce an erection: desire and genital response are separate parts of sexual function. The approved Vyleesi use is narrowly defined for eligible premenopausal women with acquired, generalized low sexual desire causing distress; a research vial does not share that approval.

GYM & PEPTIDE TALK / CLAIMS Fans discuss stronger desire, spontaneous arousal, more intense interest in sex and sometimes improved erections. Others describe nausea without the desired effect. Calling it a universal libido switch ignores both the variation in response and its blood-pressure effects.

Reading links [40] [C8]



Reproductive & pigment signals

Fertility hormones, sexual-desire pathways and melanocortins

COMPOUND PROFILE

MT1

Melanotan 1 / afamelanotide

WHAT IT IS A melanocortin analogue associated with increased eumelanin production.

PURPOSE & HOW IT WORKS This melanocortin analogue is associated with stimulation of eumelanin, the darker pigment in skin. Its proposed cosmetic purpose is increased pigmentation; the approved afamelanotide implant has a different, specific medical role in a rare photosensitivity disorder. Pigmentation, reduced light-related pain in that condition and protection from ordinary UV damage are different outcomes. A darker appearance should not be equated with safe sun exposure.

GYM & PEPTIDE TALK / CLAIMS The tanning-community pitch is a deeper or more even tan, sometimes presented as a more pigmentation-focused alternative to melanotan 2. Those descriptions do not establish safety of research vials. The approved implant is not an endorsement of cosmetic tanning use.

Reading links [41]

COMPOUND PROFILE

ML10

Melanotan 2

WHAT IT IS A synthetic cyclic melanocortin agonist with broader effects than pigmentation alone.

PURPOSE & HOW IT WORKS Melanotan 2 activates several melanocortin receptor pathways. Increased pigmentation is the central cosmetic goal, but broader receptor activity explains why sexual responses, nausea and appetite changes also appear in discussions. It is not simply a skin-color product with no systemic effects. The proposed tanning outcome also does not establish prevention of UV damage or make deliberate tanning medically protective.

GYM & PEPTIDE TALK / CLAIMS Fans talk about tanning more easily, darker skin and sometimes a libido boost or spontaneous erections. Gym-related discussion often centers on a darker physique appearance. Mole changes and prolonged erections are concerns; a darker tan does not replace sun protection.

Reading links [1]



Immune signaling & other items

Immune modulators, vasoactive peptides and a laboratory reagent

COMPOUND PROFILE

TY10

Thymalin

WHAT IT IS A thymus-derived polypeptide preparation, rather than one universally defined synthetic peptide.

PURPOSE & HOW IT WORKS Thymalin is traditionally a thymus-derived polypeptide preparation associated with immune-cell regulation. Its intended purpose is to influence immune function, especially in settings described as impaired immunity. Longevity discussions connect this with the thymus, an organ involved in T-cell development that changes with age. An extract mixture and a single synthetic peptide are not automatically equivalent, so identity and composition are particularly important for this listing.

GYM & PEPTIDE TALK / CLAIMS Fans describe immune resilience, fewer periods of feeling run-down and resetting an aging immune system. Some group it with epitalon as a longevity pairing. Thymus rejuvenation or reversal of immune aging should be treated as a speculative claim, not an expected result.

Reading links [42] [C9]

COMPOUND PROFILE

TA

Thymosin alpha-1

WHAT IT IS A 28-amino-acid immunomodulatory peptide, also known as thymalfasin.

PURPOSE & HOW IT WORKS Thymosin alpha-1 is studied for modulation of immune responses, including T-cell-related functions and interactions between innate and adaptive immunity. Its proposed purpose is to help coordinate an appropriate response in certain disease settings. Immune modulation is different from indiscriminately boosting immunity: a stronger response is not always beneficial, particularly when inflammation itself contributes to illness.

GYM & PEPTIDE TALK / CLAIMS The community pitch is better immune resilience, support during recurrent illness and less downtime. Some describe balancing rather than boosting immunity. Those phrases do not establish prevention of infections or identify which patients, if any, will benefit.

Reading links [43]



Immune signaling & other items

Immune modulators, vasoactive peptides and a laboratory reagent

COMPOUND PROFILE

375

LL-37

WHAT IT IS A human cathelicidin antimicrobial peptide involved in innate defense and inflammatory signaling.

PURPOSE & HOW IT WORKS LL-37 is part of the body's innate-defense system. Laboratory research examines how it interacts with microbial membranes and influences immune signaling and wound repair. Its proposed purpose in peptide discussions is antimicrobial defense and support for difficult healing. Activity against an organism in a laboratory does not establish that a supplied vial will reach the right tissue, eradicate an infection or be safe at a useful exposure.

GYM & PEPTIDE TALK / CLAIMS Enthusiast and wellness discussions frame it as an antimicrobial or biofilm-related tool and sometimes connect it with persistent-infection complaints. Those claims should not be turned into a recommendation to replace antibiotics or antifungals. It can affect inflammatory signaling as well as microbes.

Reading links [44] [C14]

COMPOUND PROFILE

VP10

VIP / aviptadil

WHAT IT IS Vasoactive intestinal peptide is a signaling peptide with effects on blood vessels, secretion and immune regulation.

PURPOSE & HOW IT WORKS VIP is a signaling peptide involved in blood-vessel relaxation, secretion and regulation of inflammatory responses. Research interest includes lung function and the way tissues respond to inflammation. Its intended role in wellness discussion is improved physiological regulation rather than direct muscle growth. Because it acts on circulation and other systems, claims about breathing, brain fog or recovery do not all follow automatically from the same mechanism.

GYM & PEPTIDE TALK / CLAIMS Some peptide communities discuss easier breathing, less brain fog and recovery from chronic inflammatory or mold-attributed symptoms. These are community narratives, not established uses for a supplier vial. Blood-pressure effects and diarrhea are relevant, and symptom improvement does not establish the underlying cause.

Reading links [45] [C14]



Immune signaling & other items

Immune modulators, vasoactive peptides and a laboratory reagent

COMPOUND PROFILE

AA3 / AA10

Acetic acid 0.6%

WHAT IT IS A dilute acid solution. It is neither a peptide nor a therapeutic peptide blend.

PURPOSE & HOW IT WORKS This is a dilute laboratory acid, not a performance compound. Its possible purpose is to create an acidic environment in analytical or experimental work when a particular material requires it. Compatibility depends on the exact substance and experiment. The supplier sheet does not establish sterility, endotoxin testing or suitability for human administration, and a laboratory solvent is not interchangeable with sterile or bacteriostatic water.

GYM & PEPTIDE TALK / CLAIMS There is no meaningful gym-benefit claim here. It appears in peptide-supply discussions because people confuse solvents, diluents and active ingredients. It does not build muscle, burn fat, improve recovery or make an unverified vial safe to inject.

Reading links Supplier list; product identity is not established.

A mechanism explains the intended target.

A community story describes an experience.

Neither guarantees your result.



Names worth getting right

Small naming differences can describe very different substances.

"GLP-3" means a three-target nickname.

For reta, those targets are GLP-1, GIP and glucagon. Tirzepatide is not GLP-2; GLP-2 is a different real hormone. The numeric nicknames should not replace the actual receptor names.

TB-500 needs an exact identity.

The supplier calls it thymosin beta-4 acetate; FDA uses TB-500 for a specific beta-4 fragment. Full-length and fragment research cannot simply be swapped.

FOXO4 and Adamax need clarification.

FOXO4 alone does not specify FOXO4-DRI. Adamax lacks a defined sequence in this list. Request molecular identity before attaching a mechanism to either vial.

No-DAC and DAC CJC are different.

No-DAC is commonly a market name for modified GRF(1-29). The DAC form has a modification designed for prolonged albumin-associated exposure.

Blend labels describe this list only.

GLOW: TB 10 + BPC 10 + GHK-Cu 50 mg. KLOW adds KPV 10 mg. BPC + TB has no ingredient split listed. These are composition notes, not dosing instructions.

Do not confuse neighboring names.

Melatonin is not melanotan. Thymalin, thymosin alpha-1 and thymosin beta-4 differ. Epitalon is not epithalamin. IU measures biological activity; mg measures mass.

Supplier list and background sources [1, 4, 15, 34]. Research-use labeling does not verify identity, purity, potency, sterility or suitability for human use.



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Reviewed 24 October 2026. These links support the background explanations; they do not validate supplier products or every community claim. Product labels and regulatory status can change.



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Background reading

Mechanism references, drug labels and research-program descriptions.

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Reviewed 24 October 2026. These links support the background explanations; they do not validate supplier products or every community claim. Product labels and regulatory status can change.



Where the conversation comes from

Illustrative discussions, not verified outcomes or medical instructions.

[C1] Reta and food noise: contrasting user accounts

[Reddit](#) / [Open discussion](#)

[C2] GLOW and KLOW: ingredient and recovery discussion

[Reddit](#) / [Open discussion](#)

[C3] CJC/ipamorelin: mixed sleep experiences

[Reddit](#) / [Open discussion](#)

[C4] SS-31, MOTS-c and NAD+: energy and endurance discussion

[Reddit](#) / [Open discussion](#)

[C5] Skin appearance: GHK-Cu, SNAP-8 and KLOW discussion

[Reddit](#) / [Open discussion](#)

[C6] Semax: a user describes short-lived and mixed effects

[Reddit](#) / [Open discussion](#)

[C7] DSIP: user questions and sleep accounts

[Reddit](#) / [Open discussion](#)

[C8] PT-141: discussion of libido experiences

[Reddit](#) / [Open discussion](#)

Community sections paraphrase themes rather than quote individuals. Selected threads may contain ads, errors, unsupported claims or self-use instructions; those instructions are not reproduced here. Sources are examples, not a representative sample or a ranking of products.



Where the conversation comes from

Illustrative discussions, not verified outcomes or medical instructions.

[C9] Thymalin: immune and longevity discussion

[Reddit](#) / [Open discussion](#)

[C10] Cagrilintide: appetite and plateau claims

[Reddit](#) / [Open discussion](#)

[C11] IGF-1 LR3 and PEG-MGF: disputed local-growth claims

[Reddit](#) / [Open discussion](#)

[C12] GHRPs: community comparisons

[Reddit](#) / [Open discussion](#)

[C13] Gonadorelin: examples of TRT/fertility marketing claims

[Reddit](#) / [Open discussion](#)

[C14] Mold-attributed symptoms: an individual peptide narrative

[Reddit](#) / [Open discussion](#)

[C15] PEG-MGF: examples of repair and satellite-cell claims

[Reddit](#) / [Open discussion](#)

[C16] CJC/ipamorelin: a discussion centered on cutting goals

[Reddit](#) / [Open discussion](#)

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