

Peptide Stack Protocols

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Five peptide stacks organized by goal. GLP-1 medications come from Striker Pharmacy; all other peptides come from Alpha Bio Meds, with all supplies included. Prices are for the lowest recommended starting dose, and any change to the GLP-1 dose changes the price. Results build over 3-6 months, since peptides work through the body's own processes.

A. Inflammation + Gut + Metabolic Synergy

GLP-1 + BPC-157 + KPV

Timing	Item	Dose
Morning	BPC-157	500 mcg
Morning	KPV	250-500 mcg
Morning	Hydration + electrolytes	See Recommendations
Morning	Light protein breakfast	—
Weekly	Semaglutide, Tirzepatide, or Retatrutide	1 mg / 5 mg / 2-4 mg

Cycle: 12 weeks, then continue KPV as maintenance and stop BPC-157. GLP-1 continues throughout.

Expected outcomes: ↓ inflammation · ↓ bloating · ↓ joint pain · ↑ insulin sensitivity · ↑ gut integrity

GLP-1 option	First 3 months	Maintenance (per 3 months)
Semaglutide 1 mg	\$1,000	\$775
Tirzepatide 5 mg	\$1,000	\$730
Retatrutide 2 mg	\$1,250	\$975
Retatrutide 4 mg	\$1,350	\$1,125

B. Longevity / Mitochondrial Regeneration

GLP-1 + MOTS-C + NAD+ Precursor

Timing	Item	Dose
Weekly	Tirzepatide or Retatrutide	5 mg / 2-4 mg
Twice weekly	MOTS-C	5 mg
Daily (required)	Nicotinamide Riboside with Resveratrol, for sirtuin synergy	—
Daily	Electrolytes, for optimal cellular absorption	—

Cycle: MOTS-C 4 weeks on / 4 weeks off. GLP-1, nicotinamide riboside, and electrolytes continuous.

Expected outcomes: ↑ energy · ↑ mitochondrial efficiency · ↓ fasting glucose · ↓ visceral fat · ↑ longevity pathways (AMPK, SIRT1)

Option (billed every 3 months)	Full year	Monthly
Tirzepatide 5 mg + MOTS-C	\$3,860	\$321
Retatrutide 2 mg + MOTS-C	\$4,600	\$383
Retatrutide 4 mg + MOTS-C	\$4,980	\$415

Supplements add \$87.20/month, paid directly to the supplement company when ordering. Nicotinamide riboside and your choice of electrolyte pack are 15% off through our link.

C. Anti-Aging + Skin + Collagen

GLP-1 + GHK-Cu + CJC-1295/Ipamorelin

Timing	Item	Dose
Nightly	CJC-1295/Ipamorelin (no food 2 hours before)	200 mcg
Daily	GHK-Cu injection	100 mcg

Timing	Item	Dose
Weekly	Semaglutide (low longevity dose), Tirzepatide, or Retatrutide	0.25–0.5 mg / 2.5 mg / 2 mg

Cycle: CJC-1295/Ipamorelin 12 weeks on / 4 weeks off. GHK-Cu 4 weeks on / 2 weeks off. GLP-1 continuous weekly.

Expected outcomes: ↑ collagen · ↑ elasticity · ↓ wrinkles · ↓ glycation · ↑ skin healing · gentle fat loss

Option (billed every 3 months)	Full year	Monthly
Semaglutide 0.25–0.5 mg	\$2,850	\$237
Tirzepatide 2.5 mg	\$3,160	\$263
Tirzepatide 5 mg	\$3,300	\$275
Retatrutide 2 mg	\$4,100	\$342

D. Brain Health + Cognitive Longevity

GLP-1 + Selank + Semax

Timing	Item	Dose
Morning	Semax (intranasal)	300–600 mcg
Mid-day	Selank	300–600 mcg
Weekly	Retatrutide or Semaglutide	2 mg / 0.5 mg

Cycle: Semax and Selank 10 days on / 10–20 days off. GLP-1 continuous.

Expected outcomes: ↓ brain inflammation · ↑ BDNF · ↑ focus · ↑ resilience to stress · ↓ anxiety

Option	Per 3 months	Full year, paid in full
Semaglutide 0.5 mg	\$960	\$3,500

Option	Per 3 months	Full year, paid in full
Retatrutide 2 mg	\$1,080	\$3,880

E. Weight Loss + Muscle Preservation

GLP-1 + CJC-1295/Ipamorelin + AOD-9604

Timing	Item	Dose
Morning	AOD-9604 (priced at starting dose)	200–500 mcg
Night	CJC-1295/Ipamorelin	200–300 mcg
Weekly	Tirzepatide, Semaglutide, or Retatrutide	5 mg / 0.5–1 mg / 2–4 mg

Cycle: CJC-1295/Ipamorelin continuous. GLP-1 continuous. AOD-9604 3 weeks on / 1 week off.

Option	Full year	Monthly
Tirzepatide 5 mg	\$3,825	\$319
Retatrutide 2 mg	\$4,630	\$385
Retatrutide 4 mg	\$5,015	\$417

Safety and Contraindications

Avoid GLP-1 medications with:

- Active pancreatitis
- Severe gastroparesis
- Personal or family history of medullary thyroid cancer
- MEN2 syndrome

Use caution with growth hormone secretagogues (such as CJC-1295/Ipamorelin) in:

- Uncontrolled diabetes
- Active cancer

- High baseline IGF-1
- History of rapid cyst growth

Avoid high-dose NAD+, NMN, or any NAD+ precursor in:

- Active cancer
- Uncontrolled autoimmune conditions

Recommended monitoring every 3–6 months when running multiple peptides:

- Fasting glucose
- Liver enzymes
- A1C
- IGF-1 (if on CJC-1295/Ipamorelin)
- Inflammatory markers (every 6 months)

Lifestyle Foundations

These habits maximize peptide results:

- Low-glycemic, anti-inflammatory diet
- 12–14 hours of overnight fasting
- Strength training 3× weekly
- Daily light exposure and grounding
- Sauna or heat exposure
- Cold showers or cold plunges
- Sleep optimization (growth hormone pulses depend on it)

Recommendations

- **Blood sugar monitoring:** Lingo continuous glucose monitor. Cost-effective, no prescription required.
- **At-home labs:** Ask about the best option for your needs. Lab panels can be ordered to fit your goals.
- **Electrolytes:** 15% off with our recommended link.