



Peptide & GLP-1 Guide

RENU LONGEVITY

RENEW • REVIVE • THRIVE

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What's Inside

Every page works on its own as a sell sheet

WEIGHT MANAGEMENT

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Not sure where to start? Your **RenU coach** will match a peptide or stack to your #1 goal before your provider visit.

Peptides 101

The cellular switches that help your body restore function

What are peptides? Short chains of amino acids that act like text messages to your cells, telling them to repair, rebuild, defend or run more efficiently. Many copy signals your body already makes but produces less of with age, stress or illness.

WHAT THEY CAN SUPPORT

Restore Cellular energy and immune coordination	Repair Muscle, joints, gut and skin
Focus & Mood Clarity, calm and stress resilience	Immune Balance Calmer inflammation, stronger defense
Metabolism Appetite, insulin and fat-burning	Longevity Sleep, recovery and healthy aging

Are they safe? When prescribed and monitored by a licensed provider, most peptides are well tolerated. They are short-acting, dosed precisely, and side effects are usually mild. They aren't right for everyone, so every page in this guide lists who should **not** use each one.

GETTING STARTED THE SMART WAY

- 1 Pick one main goal**
Energy, sleep, recovery, fat loss or healthy aging. Your goal decides the peptide or stack.
- 2 Follow a provider-guided plan**
Your provider chooses the product and dose. Your RenU coach keeps you on track.
- 3 Cycle smart**
Most peptides run in 6–12 week cycles, then rest, reassess and retarget.
- 4 Support the system**
Peptides are the spark, not the fuel tank. Sleep, protein, movement and strength training multiply your results.

Your RenU Journey

Coaching, check-ins and your protocol, all in one program

- 1 Create your profile**
Complete your secure client profile and medical intake online.
- 2 Coaching consult**
Talk through your goals, schedule, nutrition and training with your RenU coach.
- 3 Telehealth provider visit**
A licensed provider reviews your health history and decides if a protocol is right for you. If approved, they prescribe your dose.
- 4 Delivered to you**
Your pharmacy ships directly to your home, or pick up at the gym.
- 5 Ongoing RenU coaching**
Regular check-ins, Evolt 360 body scans, and nutrition and training adjustments so your results keep building.

RenU Longevity Programs bundle your coaching, check-ins and protocol into one simple monthly program, available in 2- and 3-month blocks. Gym members and non-members welcome.

Ready to start? →

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Popular Goal Stacks

Examples your coach may discuss with your provider

FAT LOSS

Semaglutide or Tirzepatide + Lipo-B + MOTS-c

Appetite control, fat metabolism and muscle-sparing energy.

INJURY & RECOVERY

BPC-157 / TB-500 (Wolverine) + Cartalax

Soft-tissue, joint and connective tissue repair.

SKIN & GLOW

Glow stack + GHK-Cu cream

Collagen, skin tone and hair from the inside and out.

SLEEP & REBUILD

CJC-1295 / Ipamorelin + DSIP

Deeper sleep and overnight growth-hormone recovery.

ENERGY & LONGEVITY

NAD+ + SS-31 + Epitalon

Cellular energy, mitochondria and healthy aging.

FOCUS & CALM

Semax + Selank

Sharp focus without the jitters.

Stacks are built around **one main goal**. Your provider decides what's safe for you, and your plan may include only one product.

Semaglutide

The Satiety Signal

A GLP-1 medication that tells your brain you're full and helps your body use blood sugar more efficiently. Doses are increased slowly by your provider.

AVAILABLE AS

- Injection (with B6/B12): 1 mg, 2 mg, 4 mg, 6 mg, 6.8 mg, 10 mg vials
- 3-month starter and step-up bundles
- Oral tablets (with B6): 2, 4, 6, 12, 24 mg

MAY HELP WITH

- ✓ Appetite control and weight loss
- ✓ Fewer cravings and less "food noise"
- ✓ Steadier blood sugar and insulin response
- ✓ Healthier triglycerides and inflammation markers

POSSIBLE SIDE EFFECTS

- Nausea, especially early on
- Bloating, constipation or diarrhea
- Fatigue or headache (usually short-term)
- Rare: gallbladder issues or pancreatitis

NOT FOR YOU IF

- Personal or family history of medullary thyroid cancer or MEN2
- Current or past pancreatitis
- Pregnant, breastfeeding or planning pregnancy

Coach tip: Pair with protein and strength training to protect lean muscle.

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Tirzepatide

The Dual-Action Powerhouse

Works on two gut hormones (GLP-1 and GIP) at once to help you feel full sooner, quiet cravings and shift your body toward burning stored fat.

AVAILABLE AS

- Injection (with B6/B12): 2.5, 5, 7.5, 10, 12.5, 15 mg weekly-dose vials
- 3-month bundles: months 1–3 and months 4–6
- Oral tablets: 4, 6, 10, 20 mg

MAY HELP WITH

- ✓ Significant weight and body-fat loss
- ✓ Improved insulin and blood sugar balance
- ✓ Reduced cravings and portion sizes
- ✓ Better triglycerides and cardiometabolic markers

POSSIBLE SIDE EFFECTS

- Nausea (most common)
- Bloating, gas or constipation
- Fatigue or headache (usually short-term)
- Eating too little if appetite drops sharply

NOT FOR YOU IF

- Personal or family history of medullary thyroid cancer or MEN2
- Current or past pancreatitis
- Pregnant, breastfeeding or planning pregnancy

Coach tip: Pair with protein and strength training to protect lean muscle.

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BPC-157

The Cellular Medic

A peptide based on a protective protein found in your stomach. Often called the "Swiss Army knife" of recovery peptides because it supports repair in many tissues.

AVAILABLE AS

- Injection: 3 mg/mL, 5 mL vial (15 mg)
- Oral capsules: 500 mcg (30 caps)

MAY HELP WITH

- ✓ Gut lining comfort and repair
- ✓ Joint comfort
- ✓ Muscle, tendon and ligament recovery
- ✓ Faster bounce-back after surgery or injury

POSSIBLE SIDE EFFECTS

- Mild redness or soreness at injection site
- Occasional headache
- Mild dizziness or nausea (rare)

NOT FOR YOU IF

- Active cancer
- Severe cardiovascular disease
- Children or adolescents
- Pregnant or breastfeeding

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Recovery & Glow Stacks

Blends that work together

TB-500 helps cells move to where repair is needed, KPV calms inflammation, and GHK-Cu supports collagen and skin. Blending them with BPC-157 covers more of the healing process in one injection.

AVAILABLE AS

- BPC-157 / TB-500 — 3 mg/3 mg per mL (5 mL)
- Wolverine: BPC-157 / TB-500 — 1.66/3.33 mg per mL (3 mL)
- BPC-157 / KPV / TB-500 — 3/3/3 mg per mL (5 mL)
- BPC-157 / GHK-Cu / KPV / TB-500 — 3/10/3/3 mg per mL (5 mL)
- Glow: GHK-Cu / BPC-157 / TB-500 — 9/1.66/3.33 mg per mL (3 mL)

MAY HELP WITH

- ✓ Soft-tissue and injury recovery (BPC/TB, Wolverine)
- ✓ Skin, collagen and hair support (Glow, + GHK-Cu)
- ✓ Gut and inflammation support (+ KPV)
- ✓ Post-surgery healing and less scarring

POSSIBLE SIDE EFFECTS

- Injection site redness or irritation
- Mild fatigue or increased hunger early on
- Drowsiness or calm feeling (KPV)
- Occasional headache

NOT FOR YOU IF

- Active or suspected cancer
- Recent blood clots or clotting disorder
- Active autoimmune flare
- Copper-metabolism disorder (GHK-Cu blends)

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Cartalax

The Joint & Cartilage Bioregulator

A short "bioregulator" peptide (AED) that supports the cells that keep cartilage and connective tissue healthy. Research is still early.

AVAILABLE AS

- Injection: 4 mg/mL, 5 mL vial (20 mg)

MAY HELP WITH

- ✓ Joint and cartilage support
- ✓ Healthy aging of joints
- ✓ Connective tissue health
- ✓ Support alongside recovery peptides

POSSIBLE SIDE EFFECTS

- Injection site irritation
- Mild headache
- Limited human research

NOT FOR YOU IF

- Active cancer
- Pregnant or breastfeeding
- Children or adolescents

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GHK-Cu

The Youth Code Messenger

A copper peptide your body already makes, but levels drop with age. Replenishing it reminds tissues how to regenerate and rebuild collagen.

AVAILABLE AS

- Injection: 10 mg/mL, 5 mL vial (50 mg)
- Oral tablets: 15 mg (30 tabs)
- Topical cream: 3% GHK-Cu + 4% niacinamide (30 g)

MAY HELP WITH

- ✓ Skin firmness, smoothness and tone
- ✓ Wound and scar healing
- ✓ Thicker hair and less shedding
- ✓ Calming inflammation

POSSIBLE SIDE EFFECTS

- Injection site redness
- Mild "rebuilding" fatigue
- May lower zinc — a zinc supplement is often added

NOT FOR YOU IF

- Copper-metabolism disorder (such as Wilson's disease)
- Severe metal allergies
- Under age 16
- Pregnant or breastfeeding

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AOD-9604

The Targeted Fat Mobilizer

A small fragment of growth hormone that keeps its fat-burning signal without the growth effects or blood-sugar changes.

AVAILABLE AS

- Injection: 1.2 mg/mL, 5 mL vial (6 mg)
- Troche (dissolves in mouth): 300 mcg (30 troches)

MAY HELP WITH

- ✓ Breakdown of stubborn belly fat
- ✓ Joint and cartilage support
- ✓ Less new fat storage
- ✓ Body recomposition with training

POSSIBLE SIDE EFFECTS

- Mild headache
- Nausea
- Injection site irritation

NOT FOR YOU IF

- Past or active hormone-related cancer
- Liver or bone disease
- Children or adolescents
- Pregnant or breastfeeding

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MOTS-c

The Metabolic Master Switch

A peptide made by your mitochondria (your cells' engines). It helps your body use fuel more efficiently, especially in muscle.

AVAILABLE AS

- Injection: 2 mg/mL, 5 mL vial (10 mg)
- MOTS-c / Tesamorelin blend: 2/3 mg per mL (5 mL)

MAY HELP WITH

- ✓ Fat burning while preserving lean muscle
- ✓ Exercise endurance and recovery
- ✓ Better insulin sensitivity
- ✓ Resilience after burnout or illness

POSSIBLE SIDE EFFECTS

- Mild fatigue or soreness
- Temporary appetite suppression

NOT FOR YOU IF

- Active cancer
- Prone to low blood sugar
- Unmanaged thyroid or adrenal problems
- Children, adolescents, pregnant or breastfeeding

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SLU-PP-332

The Exercise Mimetic

An oral compound that switches on the same energy pathways (ERR receptors) that exercise does. Research is early and mostly in animals.

AVAILABLE AS

- Oral capsules: 25 mcg (30 caps)

MAY HELP WITH

- ✓ Fat burning and energy use
- ✓ Mitochondrial function
- ✓ Endurance and stamina
- ✓ Support alongside a training program

POSSIBLE SIDE EFFECTS

- Human data is limited — side effects are not well established
- Report any racing heart, sleep changes or GI upset

NOT FOR YOU IF

- Pregnant or breastfeeding
- Heart-rhythm conditions or uncontrolled blood pressure (provider review required)
- Children or adolescents

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Lipo-B (MIC + B12)

The Energy & Fat-Metabolism Boost

A blend of nutrients your liver uses to process fat, plus vitamin B12 for energy. A popular add-on to any weight-loss program.

AVAILABLE AS

- Injection: methionine / inositol / choline / B12 – 25/50/50/1 mg per mL (10 mL)

MAY HELP WITH

- ✓ Fat metabolism and liver support
- ✓ Energy and mood (B12)
- ✓ Support during calorie reduction

POSSIBLE SIDE EFFECTS

- Soreness at injection site
- Mild nausea
- Rare allergic reaction

NOT FOR YOU IF

- Allergy to vitamin B12 or cobalt
- Leber's disease (optic nerve condition)
- Pregnant or breastfeeding without provider approval

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CJC-1295 / Ipamorelin

The Recovery Conductor

Two peptides that gently signal your pituitary to release more of your own growth hormone, in its natural nighttime rhythm. It is not growth hormone itself.

AVAILABLE AS

- Injection: 1.2/2 mg per 5 mL vial
- Injection: 1.5/2.5 mg per 6 mL vial

MAY HELP WITH

- ✓ Deeper sleep and better recovery
- ✓ Skin, hair and joint support
- ✓ Fat loss while keeping muscle
- ✓ Energy and healthy aging

POSSIBLE SIDE EFFECTS

- Mild water retention or bloating
- Flushing or headache after injection
- Vivid dreams
- Injection site irritation

NOT FOR YOU IF

- Active cancer or tumor history
- Uncontrolled diabetes
- Heart or kidney disease
- Children or adolescents

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Sermorelin

The Gentle GH Starter

A copy of the natural signal (GHRH) your brain uses to release growth hormone. A gentle starting point for age-related GH decline.

AVAILABLE AS

- Injection: 2 mg/mL, 5 mL vial (10 mg)
- Oral tablets: 2 mg or 5 mg (30 tabs)

MAY HELP WITH

- ✓ Sleep quality
- ✓ Body composition
- ✓ Recovery and lean muscle
- ✓ Energy and skin

POSSIBLE SIDE EFFECTS

- Injection site redness or swelling
- Flushing or headache
- Dizziness (uncommon)

NOT FOR YOU IF

- Active cancer
- Untreated thyroid disease
- Pregnant or breastfeeding
- Children

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DSIP

The Deep Rest Rebuilder

Delta Sleep-Inducing Peptide helps your body slide into deep, restorative sleep. It doesn't knock you out; it supports your natural rhythm.

AVAILABLE AS

- Injection: 1 mg/mL, 5 mL vial (5 mg)
- DSIP / BPC-157 / CJC-1295 sleep & repair blend: 1/2/2 mg (5 mL)

MAY HELP WITH

- ✓ Deeper, more restful sleep
- ✓ Overnight recovery
- ✓ Calmer stress and cortisol rhythm
- ✓ Resetting sleep after travel or shift work

POSSIBLE SIDE EFFECTS

- Grogginess if taken too late
- Vivid dreams
- Mild dizziness or sedation

NOT FOR YOU IF

- Severe depression
- Taking sedatives or benzodiazepines
- Seizure disorder
- Children or adolescents

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Epitalon

The Telomere Tuner

A peptide that supports your pineal gland and telomeres (the protective caps on your DNA), which shorten as we age.

AVAILABLE AS

- Injection: 2 mg/mL, 5 mL vial (10 mg)
- GHK-Cu / Epitalon: 10/2 mg per mL (5 mL)

MAY HELP WITH

- ✓ Healthy aging at the cellular level
- ✓ Natural sleep cycles and melatonin
- ✓ Immune support as we age
- ✓ Daily rhythm and hormone balance

POSSIBLE SIDE EFFECTS

- Mild fatigue
- Sleep changes early on
- Injection site redness

NOT FOR YOU IF

- Active cancer
- Untreated autoimmune disorder
- Pineal gland disorder
- Children, adolescents, pregnant or breastfeeding

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NAD+

The Cellular Spark

A coenzyme found in every cell. It turns food into energy and powers DNA repair. Levels fall with age, stress and illness.

AVAILABLE AS

- Injection: 100 mg/mL, 10 mL vial (1,000 mg)
- Oral tablets: 200 mg (30 tabs)
- Nasal spray: 300 mg/mL (10 mL)

MAY HELP WITH

- ✓ Energy and less fatigue
- ✓ Healthy aging and cellular repair
- ✓ Mental clarity and focus
- ✓ Athletic recovery

POSSIBLE SIDE EFFECTS

- Headache
- Fatigue or lightheadedness
- Flushing or chest tightness if injected too fast

NOT FOR YOU IF

- Active cancer
- Uncontrolled anxiety or panic disorder
- Taking immunosuppressants
- Pregnant or breastfeeding

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SS-31

The Mitochondrial Medic

A peptide that goes straight to the inner wall of your mitochondria to protect it and help your cells' "batteries" recharge.

AVAILABLE AS

- Injection: 2 mg/mL, 5 mL vial (10 mg)

MAY HELP WITH

- ✓ Energy and stamina
- ✓ Protection from oxidative stress
- ✓ Muscle strength with age
- ✓ Recovery from burnout

POSSIBLE SIDE EFFECTS

- Mild injection site irritation
- Brief nausea or flushing
- Sleep changes if taken late

NOT FOR YOU IF

- On active chemotherapy
- Mitochondrial DNA disorder
- Pregnant or breastfeeding
- Children or adolescents

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Glutathione

The Master Antioxidant

Your body's main antioxidant, made of three amino acids. It protects cells from damage and supports your liver's natural detox. Levels drop with age.

AVAILABLE AS

- Injection: 200 mg/mL, 10 mL vial (2,000 mg)
- Oral tablets: 250 mg (30 tabs)
- Nasal spray: 200 mg/mL (10 mL)

MAY HELP WITH

- ✓ Detox and liver support
- ✓ Immune support
- ✓ Brighter, clearer skin
- ✓ Recovery from stress and exercise

POSSIBLE SIDE EFFECTS

- Injection site irritation
- Mild stomach upset (tablets)
- Nasal irritation (spray)
- Rare allergic reaction

NOT FOR YOU IF

- Sulfur or sulfite sensitivity
- Asthma (nasal spray)
- Pregnant or breastfeeding (limited data)

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Semax

The Brain Builder

A nasal peptide that raises BDNF, a key brain growth factor, to support focus, learning and mental energy. It focuses you without a jittery "hype."

AVAILABLE AS

- Nasal spray: 2.5 mg/mL (20 mL)
- Semax / Selank injection: 1/1 mg (5 mL)

MAY HELP WITH

- ✓ Clearing brain fog
- ✓ Focus and motivation
- ✓ Memory and learning
- ✓ Mental stamina under stress

POSSIBLE SIDE EFFECTS

- Mild overstimulation
- Head pressure or nasal irritation
- Trouble sleeping if taken late

NOT FOR YOU IF

- Uncontrolled bipolar disorder or mania
- Poorly controlled seizures
- Pregnant or breastfeeding
- Children

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Selank

The Neuro-Calm Peptide

A calming peptide that eases anxiety without sedation or brain fog.
You stay relaxed and sharp.

AVAILABLE AS

- Nasal spray: 2.5 mg/mL (20 mL)
- Semax / Selank injection: 1/1 mg (5 mL)

MAY HELP WITH

- ✓ Calm without drowsiness
- ✓ Balanced mood
- ✓ Focus under pressure
- ✓ Settling nighttime stress

POSSIBLE SIDE EFFECTS

- Dry nasal passages
- Mild mood lift
- Fatigue or slight dizziness

NOT FOR YOU IF

- Severe psychiatric instability
- Damaged or irritated nasal lining (spray)
- Pregnant or breastfeeding
- Children

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Pinealon / PE-22-28 / Selank

The Brain & Mood Blend

Three peptides in one: Pinealon supports brain cells and sleep rhythm, PE-22-28 supports mood and resilience, and Selank adds calm focus.

AVAILABLE AS

- Injection: 2/2/2 mg per mL, 5 mL vial

MAY HELP WITH

- ✓ Memory and focus
- ✓ Mood and stress resilience
- ✓ Sleep rhythm
- ✓ Brain health with age

POSSIBLE SIDE EFFECTS

- Injection site irritation
- Mild headache
- Drowsiness or restlessness

NOT FOR YOU IF

- Uncontrolled bipolar or psychiatric conditions
- Seizure disorder
- Pregnant or breastfeeding
- Children

INCLUDED IN EVERY RENU LONGEVITY PROGRAM

Provider
telehealth review

Coaching
regular check-ins

Evolt 360
body scans

Nutrition
& training plan

Ask your RenU coach →

info@renuhampshire.com • renuhampshire.com

Educational only, not medical advice. Every prescription product requires an evaluation and prescription from a licensed healthcare provider, who decides if it is right for you and sets your dose. Compounded medications are prepared by licensed pharmacies and are not FDA-approved. Individual results vary.

Thymosin Alpha-1

The Immune Intel Officer

A natural peptide from the thymus gland that coaches your immune system to respond smarter, not harder.

AVAILABLE AS

- Injection: 5 mg (5 mL vial, 25 mg)

MAY HELP WITH

- ✓ Immune resilience
- ✓ Balanced immune response
- ✓ Recovery after viral illness
- ✓ Immune support with age

POSSIBLE SIDE EFFECTS

- Mild injection site redness
- Fatigue or flu-like feeling
- Vivid dreams

NOT FOR YOU IF

- Organ transplant recipient
- Active hyperthyroidism or Graves' disease
- On immune checkpoint inhibitors
- Pregnant or breastfeeding

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LL-37

The First Responder

Part of your body's front-line defense. It helps fight microbes, break down biofilm and start the healing process.

AVAILABLE AS

- Injection: 2 mg (5 mL vial, 10 mg)

MAY HELP WITH

- ✓ Immune defense
- ✓ Skin and wound healing
- ✓ Gut and microbial balance
- ✓ Immune reset after illness

POSSIBLE SIDE EFFECTS

- Flu-like "die-off" feeling
- Temporary gut cramping
- Sleep disruption

NOT FOR YOU IF

- Active autoimmune flare
- Severe mast-cell instability
- Organ transplant recipient
- Pregnant or breastfeeding

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Kisspeptin

The Hormone Igniter

A natural brain peptide that restarts your body's own hormone rhythm (LH and FSH) instead of replacing hormones from outside.

AVAILABLE AS

- Injection: 1 mg/mL, 5 mL vial (5 mg)

MAY HELP WITH

- ✓ Natural testosterone or estrogen production
- ✓ Fertility support
- ✓ Hormone reset after birth control or TRT
- ✓ Libido

POSSIBLE SIDE EFFECTS

- Mild cramping or cycle changes
- Mood swings
- Increased libido

NOT FOR YOU IF

- Active reproductive cancer
- Pituitary damage
- Uncontrolled mood disorder
- Children, adolescents or pregnant

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PT-141

The Libido Reset

Works in the brain, not the blood vessels, to switch desire back on. For both men and women.

AVAILABLE AS

- Injection: 2 mg/mL (10 mg) or 10 mg/mL (50 mg), 5 mL vials
- Nasal spray: 100 mg/mL

MAY HELP WITH

- ✓ Desire and arousal (men and women)
- ✓ Libido after stress, illness or hormone changes
- ✓ Help when ED pills haven't worked
- ✓ Intimacy and connection

POSSIBLE SIDE EFFECTS

- Nausea
- Flushing or warmth
- Fatigue or slight dizziness
- Temporary rise in blood pressure

NOT FOR YOU IF

- Uncontrolled high blood pressure
- History of heart attack or stroke
- Chronic nausea or GI issues
- Pregnant

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Melanotan II

The Tan & Libido Amplifier

Mimics the hormone that controls skin pigment. It deepens your natural tan and can also boost libido and curb appetite.

AVAILABLE AS

- Injection: 1 mg/mL, 5 mL vial (5 mg)

MAY HELP WITH

- ✓ Natural-looking tan with less sun
- ✓ Libido and arousal
- ✓ Appetite control
- ✓ Energy

POSSIBLE SIDE EFFECTS

- Nausea
- Flushing, yawning or feeling "wired"
- Darkening of moles and freckles
- Spontaneous erections (men)

NOT FOR YOU IF

- History of melanoma or unusual moles
- Severe autoimmune disease or flare
- Uncontrolled heart disease
- Pregnant or breastfeeding

Coach tip: Get regular skin checks while using.

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Common Questions

Straight answers before you start

How soon will I notice results?

Many people notice sleep, energy or appetite changes in 1–3 weeks. Body composition and recovery changes build over 6–12 weeks.

How do I take it?

Most injectables use a tiny insulin-style needle under the skin. Your provider and pharmacy include instructions, and your coach will walk you through it.

How do I store it?

Keep vials refrigerated unless your pharmacy says otherwise. Keep tablets and sprays at room temperature, away from heat.

Can I use more than one?

Often, yes. Stacks are common, but your provider decides what's safe to combine.

What if I have side effects?

Most are mild and short-lived. Tell your coach right away. Call 911 for chest pain, trouble breathing or a severe allergic reaction.

Do I need to be a gym member?

No. RenU Longevity programs are open to everyone. Members get added perks.

My RenU Plan

Fill in with your coach

MY #1 GOAL

MY PROTOCOL

START DATE & CYCLE LENGTH

NUTRITION FOCUS

TRAINING PLAN

CHECK-INS & EVOLT 360 SCANS

Week 0		
Week 4		
Week 8		
Week 12		

Notes