

## “CTFO Spray” Selank + PE22-28 (10mg/10mg/15mL) NASAL SPRAY

The CTFO Spray is an advanced nasal spray designed to provide rapid relief from stress, enhance emotional balance, and improve mental clarity. Featuring a potent combination of **Selank** and **PE22-28**, this dual-peptide formula targets stress, fatigue, and cognitive challenges to help users feel calm, focused, and in control. Its convenient nasal delivery system ensures fast absorption, making it an ideal solution for busy individuals needing immediate stress relief and mental support. Whether dealing with burnout, brain fog, or mood swings, CTFO Spray offers a comprehensive approach to achieving emotional stability and optimal mental performance.

### HOW IT WORKS / MECHANISM OF ACTION

**Selank:** Known as the “anti-anxiety peptide,” Selank modulates neurotransmitter levels, particularly serotonin and dopamine. By regulating these chemicals, it reduces anxiety, promotes mental clarity, and stabilizes mood without causing sedation. Studies have shown Selank enhances learning and memory by influencing the brain-derived neurotrophic factor (BDNF), a critical protein for brain plasticity

**PE22-28:** A fragment derived from the activity-dependent neuroprotective protein (ADNP), PE22-28 has neuroprotective properties. It reduces oxidative stress and inflammation in brain tissues, promoting long-term cognitive health. Research indicates PE22-28 enhances synaptic plasticity and resilience under stress conditions, supporting memory and focus.

When combined, Selank and PE22-28 target different aspects of brain function. Selank provides immediate stress relief and mood stabilization, while PE22-28 offers long-term protection against neurodegeneration and cognitive decline. This dual approach ensures both short-term benefits and sustained mental well-being.

### BENEFITS

- **Rapid Stress Relief:** Quickly calms the mind and reduces feelings of anxiety, promoting a state of relaxation within minutes.
- **Improved Mental Clarity:** Enhances focus and cognitive performance, helping productivity during demanding tasks.
- **Mood Stabilization:** Reduces mood swings and fosters emotional resilience, making it easier to handle daily stressors.
- **Neuroprotection:** Guards against oxidative stress and inflammation, supporting long-term brain health.
- **Enhanced Sleep Quality:** Indirectly improves sleep by calming the nervous system and reducing stress-induced insomnia.
- **Energy Boost:** By reducing mental fatigue and burnout, it helps users feel more energized and motivated.

### HELPS WITH:

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|------------------------------|--|
| • Stress & anxiety relief    | • Emotional instability  |
| • Mental fatigue & brain fog | • Mood swings  |
| • Poor focus & memory        | • Cognitive resilience/ neuroprotection                        |
| • Chronic fatigue & burnout  | • Recovery from mental exertion                                |
| • Insomnia caused by stress  | • Supporting emotional balance during high-pressure situations |
| • General mental well-being  |  |

### WHO CAN BENEFIT FROM THIS SPRAY?

- **High-Stress Professionals:** Those needing quick stress relief and mental focus in demanding work environments.
- **Students and Academics:** Individuals seeking enhanced concentration and memory for learning and exams.
- **People with Anxiety Disorders:** Those requiring a non-sedative option for managing anxiety.
- **Burnout Recovery:** Individuals experiencing mental exhaustion and needing an energy and mood boost.
- **Aging Adults:** People interested in protecting long-term brain health and cognitive function.

### EXPECTED RESULTS & TIMELINE

- **Immediate:** Intranasal administration allows Selank + PE22-28 to cross the blood-brain barrier quickly, leading to observable effects within **15–30 minutes**. Right after use, users may feel a sense of calm and reduced anxiety, improved focus and mental clarity, and a mild boost in energy or motivation.
- **First 2 Weeks:** Within 1 to 3 days of initiating Selank treatment, approximately 40% of patients report a significant reduction in anxiety symptoms.<sup>3</sup> PE-22-28 also demonstrated antidepressant-like effects within four days, with both peptides showing significantly faster onset compared to traditional antidepressants.<sup>2</sup> Clinical studies have shown that up to 60% of users experience a reduction in anxiety and stress levels during the first 2 weeks.<sup>1</sup>
- **2-3 Months and Beyond:** Selank and PE22-28 have been well-tolerated with minimal side effects in studies, with continuous use showing sustained anxiety reduction, cognitive function, and overall mental well-being.

*Please note: individual responses can vary, and these statistics are based on available clinical data. Consulting with a healthcare professional is recommended for personalized advice.*

### CONTRAINDICATIONS

- Not recommended for individuals allergic to any of the ingredients.
- The safety of Selank and PE-22-28 during pregnancy or breastfeeding has not been established. Usage is not recommended.

## DIRECTIONS FOR USE

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### DOSING:

80 mcg Selank + 80 mcg PE-22-28 per spray.

**Starting Dose:** Begin with 1-2 sprays per nostril daily. This provides a daily dose of 160–320 mcg of each peptide.

*Monitor your response to the initial dosing over several days.*

- If desired effects are not achieved, gradually increase the amount of times you use the nasal spray daily.

### FREQUENCY:

- Once daily for ongoing support, or increase frequency of use throughout the day as needed to reduce stress, enhance mood, or support focus.
- **Maximum Frequency:** Up to 5 times daily, do not exceed 18 sprays per day (1500mcg).

### TIMING:

- **Morning or Daytime Use:** For most individuals, taking Selank and PE-22-28 nasal spray in the morning or early afternoon is recommended to harness its benefits for focus and energy, so the stimulating effects align with your active hours and do not disrupt sleep patterns.
- Some prefer to take it in the evening to help with winding down, while others have difficulty falling asleep after.
- Personal preference is recommended.

### BOTTLE DETAILS:

- 10 mg Selank, 10 mg PE-22-28, 15 mL solution.
- Approximately 125 sprays per bottle.
- Bottle duration depends on personal usage:
  - One bottle lasts about 6 weeks at standard starting dose.
  - Higher use frequency will last closer to 4 weeks.

### STORAGE:

- **Keep Refrigerated:** Ideally at a temperature between 36–46°F.
- Do not freeze.
- Protect from direct sunlight and moisture.

### SHELF LIFE:

- 7+ days unrefrigerated
- 6 months refrigerated

### HOW TO USE

1. Shake the bottle gently before use.
2. Remove cap and hold the bottle upright.
3. Insert the nozzle into one nostril, close the other nostril, and press down on the pump to spray.
4. Administer **1-2 sprays** per nostril.
5. Breathe gently through the nostril after each spray to ensure absorption.
6. Wipe the nozzle after use and replace the cap.
7. Store in the fridge until next use.

### POTENTIAL SIDE EFFECTS

- **Nasal Irritation:** Mild dryness or discomfort in the nasal passages.
- **Headaches:** Occasionally reported during the adjustment phase.
- **Mild Flu-like Symptoms:** Rare and typically short-lived.

### TIPS TO REDUCE SIDE EFFECTS

- Start with a lower dose and increase gradually to assess tolerance.
- Use a saline spray or nasal moisturizer to prevent dryness.
- Pair with relaxation techniques, such as meditation or deep breathing, for enhanced effects.
- Regularly consult with your healthcare provider to monitor progress and adjust dosing as necessary.

### REFERENCES

1. *Clinical trials of the peptide Selank*. Peptides Wiki. (August, 2024). <https://www.peptideswiki.org/pe-22-28/>
2. *PE-22-28*. Peptides Wiki. (June, 2024). <https://www.peptideswiki.org/pe-22-28-anti-cancer-peptide/>
3. *P-1114 - Rapid and slow response during treatment of generalized anxiety disorder with peptide anxiolytic Selank*. Syunyakov, T., Teleshova, E., Neznamov, G., & Bochkarev, V. (2012). *European Psychiatry*, 27. [https://doi.org/10.1016/S0924-9338\(12\)75341-7](https://doi.org/10.1016/S0924-9338(12)75341-7)
4. *Selank administration affects the expression of some genes involved in GABAergic neurotransmission*. Volkova, A., Shadrina, M., Kolomin, T., Andreeva, L., Limborska, S., Myasoedov, N., & Slominsky, P. (2016). *Frontiers in Pharmacology*, 7(31). <https://doi.org/10.3389/fphar.2016.00031>