

Selank (10mg) INJECTABLE PEPTIDE

Selank is a nootropic peptide that helps improve your brain function, reduce feelings of stress and anxiety, and support your overall emotional well-being. It works by balancing chemicals in the brain to help you feel calmer, more focused, and more mentally clear. Unlike other treatments for stress or anxiety, Selank doesn't cause drowsiness or cloud your thinking, making it ideal for daily use to support a busy lifestyle, improve productivity, and maintain emotional stability.

HOW IT WORKS / MECHANISM OF ACTION

Selank works by modulating key neurotransmitters in the brain to support both emotional balance and cognitive performance. Specifically, it influences serotonin levels, a neurotransmitter that regulates mood, anxiety, and stress responses. By stabilizing serotonin, Selank provides a calming effect and reduces symptoms of anxiety without sedation. In addition to its impact on serotonin, Selank enhances the activity of dopamine and norepinephrine—two neurotransmitters critical for focus, motivation, and energy. By optimizing these chemicals, Selank improves mental clarity, focus, and emotional resilience.

Selank also supports the immune system by modulating inflammatory responses and reducing oxidative stress, which can damage brain cells. Its neuroprotective effects shield the brain from inflammation and free radical damage, supporting long-term brain health and slowing age-related cognitive decline. Together, these mechanisms help users experience reduced stress, greater focus, and sustained mental energy while promoting emotional stability and long-term cognitive wellness.

BENEFITS

- **Improves Focus and Mental Clarity:** Selank enhances cognitive processing, making it easier to concentrate on tasks, solve problems, and stay mentally sharp throughout the day.
- **Reduces Stress and Anxiety:** By balancing serotonin levels, Selank alleviates symptoms of anxiety, nervousness, and stress, promoting a greater sense of calm and control.
- **Stabilizes Mood:** Selank supports emotional balance, helping to reduce irritability, mood swings, and feelings of depression. This makes it especially helpful for individuals struggling with stress-related mood issues.
- **Enhances Memory and Learning:** Selank improves short-term memory retention and enhances learning capacity, making it easier to retain and recall information.
- **Boosts Motivation and Energy:** By enhancing dopamine and norepinephrine activity, Selank increases mental and physical energy, helping you stay motivated and productive without jitteriness or fatigue.
- **Protects Brain Health:** Selank's neuroprotective effects help protect brain cells from oxidative damage, inflammation, and age-related decline, ensuring long-term brain health and cognitive resilience.
- **Supports Immune Function:** Selank reduces inflammation and modulates immune responses, making it beneficial for overall health and stress adaptation.
- **Enhances Productivity:** By reducing mental fatigue and promoting emotional resilience, Selank helps users perform more effectively under pressure and accomplish daily goals with greater ease.

CONTRAINDICATIONS

- **Active Cancer:** Individuals with active cancer should consult a healthcare provider before use.
- **Pregnant or Breastfeeding Women:** The safety of these peptides during pregnancy or breastfeeding has not been established.

HELPS WITH

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|-------------------------|----------------------------------|---------------------|
| • Cognitive enhancement | • Emotional instability | • Cognitive decline |
| • Focus & concentration | • Attention disorders | • Memory loss |
| • Memory improvement | • Learning difficulties | • Brain fog |
| • Mental clarity | • Sleep disturbances | • Stress |
| • Anxiety relief | • Low energy | • Anxiety |
| • Mood stabilization | • Aging-related cognitive issues | • Depression |
| • Stress reduction | • Reduced mental clarity | • ADHD |
| • Calmness | • Chronic stress | • Mood disorders |
| • Nootropic support | • Low motivation | • Fatigue |
| • Neuroprotection | • Emotional dysregulation | • Burnout |
| • Depression relief | • Mild cognitive impairment | • Lack of focus |
| • Motivation boost | • Cognitive fatigue | • Mental exhaustion |
| • Emotional balance | • Difficulty concentrating | • Impulsivity |
| • Learning enhancement | • Chronic fatigue syndrome | • Alzheimer's |
| • Anti-fatigue | • Dopamine regulation | • Parkinson's |
| • Synaptic plasticity | • Neurodegenerative diseases | • Serotonin balance |
| • BDNF increase | | |

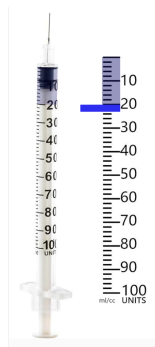
EXPECTED EFFECTS AND TIMELINE OF BENEFITS

- **1-2 Weeks:** Users may notice initial improvements in mental clarity, reduced anxiety, and increased energy. Early effects include better focus, heightened mood, and a sense of calmness.
- **4-6 Weeks:** Cognitive enhancements, such as improved memory retention and learning capabilities, become more pronounced. Users often report better mental stamina, faster information recall, and increased motivation.
- **8-12 Weeks:** Full benefits include significant mood stabilization, improved stress resilience, and enhanced long-term memory. Neuroprotective effects, such as reduced inflammation and oxidative stress in the brain, begin to manifest, contributing to better overall brain health and longevity.
- **Long-Term:** Continuous use of Selank and Semax supports sustained cognitive performance, improved mood regulation, and reduced risk of age-related cognitive decline. Users often report lasting improvements in mental sharpness, emotional stability, and overall well-being.

DOSING INSTRUCTIONS

DOSING:

0.5 mg = 20 units per injection.



INJECTIONS PER WEEK:

5 injections weekly.

VIAL DETAILS:

\$300

10mg / 5mL

Lasts 5 weeks.

RECOMMENDED CYCLES:

1 month on (+), 1 month off (-).

3 cycles per year.

INJECTION SITE:

Administer injections into subcutaneous fat (such as the stomach, thigh, or arm).

TIME OF DAY:

Selank can be injected any time of day. Many users prefer dosing in the morning for cognitive support throughout the day or in the evening for calming effects, depending on their routine.

WEEKLY PROTOCOL

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	<input type="checkbox"/> 20 units	

5 injections weekly.

MONTHLY PROTOCOL

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Selank	+	-	+	-	+	-	+	-	+	-	+	-
	CYCLE 1				CYCLE 2				CYCLE 3			

1 month on (+), 1 month off (-).

3 cycles per year.

POTENTIAL SIDE EFFECTS

- **Injection Site Reactions:** Common side effects include redness, swelling, or pain at the injection site, which are generally mild and resolve on their own.
- **Gastrointestinal Symptoms:** Some users may experience mild stomach discomfort or nausea, particularly when first starting.
- **Headaches and Dizziness:** These side effects may occur, particularly when first starting the therapy.

Please contact us if you experience any of the following:

- Fever of 100.4°F (38°C) or higher
- Blistering at the injection site
- Muscle aches, nausea, dizziness, or headache
- Skin rash, severe itching, vomiting, or hives

If you have any questions, please message your healthcare provider through the patient portal or contact us at **646-596-7386**.

TIPS TO REDUCE SIDE EFFECTS

1. **Start with a Lower Dose:** Initiate therapy with a lower dose to assess your body's tolerance, gradually increasing it to the desired level to minimize side effects such as headaches or gastrointestinal discomfort.
2. **Rotate Injection Sites:** Rotate between different injection sites to reduce irritation and prevent localized pain or swelling.
3. **Take with Food:** If gastrointestinal symptoms occur, taking the peptides with food may help alleviate these effects.
4. **Hydrate Well:** Proper hydration is crucial to reduce symptoms like headaches and support overall metabolic function during the therapy.
5. **Consult a Healthcare Provider Regularly:** Regular check-ups can help adjust the dosage, monitor side effects, and ensure the treatment is safe and effective.