

# Vasoactive Intestinal Peptide or VIP (5mg) INJECTABLE PEPTIDE

Vasoactive Intestinal Peptide (VIP) is a naturally occurring neuropeptide composed of 28 amino acids. It is widely recognized for its potent regulatory effects on the immune system, respiratory health, and various other biological systems. VIP has significant therapeutic potential in treating conditions such as asthma, COPD, and Chronic Inflammatory Response Syndrome (CIRS). It works by promoting vasodilation, reducing inflammation, and improving blood flow to critical tissues. VIP also plays an essential role in regulating circadian rhythms and supporting gastrointestinal health. As the body's production of VIP may decline under stress or chronic illness, VIP supplementation through nasal spray helps restore these vital functions, making it a valuable therapy for individuals seeking improved respiratory, immune, and overall systemic health.

## HOW IT WORKS / MECHANISM OF ACTION

VIP acts by binding to receptors on the surface of cells, triggering several biological pathways that promote the relaxation of smooth muscles, vasodilation, and increased blood flow. This peptide is essential for balancing immune responses by modulating Th1 and Th2 pathways, which helps reduce excessive inflammation while boosting immune defenses where needed. Additionally, VIP stimulates the production of Vascular Endothelial Growth Factor (VEGF), which improves oxygen delivery to tissues, particularly in the lungs and heart.

In the respiratory system, VIP reduces inflammation in the lungs and helps improve breathing by relaxing the airways and increasing circulation. In the gastrointestinal tract, it regulates blood flow, smooth muscle activity, and secretion, benefiting individuals with conditions like irritable bowel syndrome (IBS). VIP also plays a key role in synchronizing the body's circadian rhythms by acting on the suprachiasmatic nucleus (SCN), the body's internal clock. Studies have demonstrated VIP's ability to protect against oxidative stress and promote tissue repair, making it a powerful tool in managing chronic inflammation, autoimmune diseases, and joint health.

## BENEFITS

- **Immune Modulation:** VIP helps balance immune responses, making it useful for autoimmune conditions, chronic inflammation, and immune deficiencies.
- **Respiratory Health:** VIP can significantly improve lung function and reduce inflammation, which benefits those with asthma or mold-related illnesses.
- **Brain Function and Cognition:** By promoting healthy blood flow and reducing neuroinflammation, VIP supports cognitive function and may help with brain fog and fatigue.
- **Gut Health:** VIP helps regulate gut motility and reduce intestinal inflammation, improving conditions like irritable bowel syndrome (IBS).
- **Cardiovascular Support:** It improves circulation by dilating blood vessels and lowering pulmonary artery pressure, supporting cardiovascular health.
- **Osteoarthritis:** VIP helps protect cartilage and prevent joint damage, slowing the progression of osteoarthritis.
- **Circadian Rhythms:** VIP plays a crucial role in maintaining circadian rhythms, helping synchronize the body's internal clock with light cues.

## CONTRAINDICATIONS

- **Active Cancer:** Individuals with active cancer should discuss with a healthcare provider before using VIP Spray.
- **Pregnant or Breastfeeding Women:** The safety of VIP Spray during pregnancy or breastfeeding has not been established, and thus they should not be used by these populations.

## HELPS WITH

- |                         |                      |                               |
|-------------------------|----------------------|-------------------------------|
| • Chronic inflammation  | • Joint pain relief  | • Viral infections            |
| • Mold toxicity         | • Osteoarthritis     | • Cardiovascular health       |
| • Respiratory disorders | • Sleep disruptions  | • Digestive discomfort        |
| • Asthma relief         | • Oxidative stress   | • Neuroinflammation           |
| • COPD                  | • Tissue repair      | • Circadian rhythm regulation |
| • Cognitive fatigue     | • Brain fog          | • Autoimmune diseases         |
| • IBS symptoms          | • Seasonal allergies | • Hormonal imbalances         |
| • IBD management        | • Chronic fatigue    | • Free radical damage         |
| • Bloating relief       |                      | • Immune deficiencies         |
| • Long COVID            |                      |                               |

## EXPECTED EFFECTS AND TIMELINE OF BENEFITS

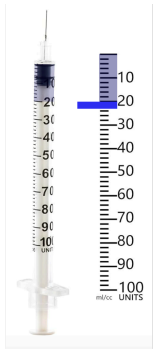
- **1-2 Weeks:** Users typically notice improved breathing and reduced brain fog, particularly those with conditions like asthma or chronic inflammation. VIP relaxes airways and reduces inflammation, leading to early improvements in lung function and cognitive clarity.
- **4-6 Weeks:** Users experience better immune regulation and gut health. Symptoms like bloating and irregular bowel movements may lessen, while respiratory health continues to improve with fewer airway restrictions.
- **8-12 Weeks:** Significant improvements in respiratory health, with fewer episodes of breathlessness and discomfort. VIP's joint-protective properties begin to show, as it reduces cartilage damage and supports joint integrity. Improvements in cognitive clarity, energy levels, and circadian rhythm regulation are commonly observed. At this stage, digestive health is generally well-regulated, and the body's inflammatory responses are more balanced.

By 12 weeks, many individuals experience significant symptom relief and improved quality of life, especially in terms of reduced inflammation, better breathing, and enhanced energy level.

STANDARD DOSING INSTRUCTIONS

DOSING:

0.2mg = 20 units per injection.



INJECTIONS PER WEEK:

5 injections weekly.

VIAL DETAILS:

5mg VIP / 5mL bacteriostatic water.

Concentration: 1 mg/mL

Duration: ~5 weeks (25 doses)

RECOMMENDED CYCLES:

3 months 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:

VIP can be injected any time of day. It is typically administered in the morning or early afternoon to align with its natural role in regulating circadian rhythms, energy levels, and cellular function.

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

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

3 months on (+), 1 month off (-).  
3 cycles per year.

Common Side Effects

- Injection Site Reactions:** Mild redness, swelling, or discomfort at the injection site is common and generally short-lived.
- Headaches:** Some users may experience mild to moderate headaches, particularly when starting treatment.
- Nausea:** Temporary nausea or an unsettled stomach can occur, especially if the dosage is increased too quickly.
- Flushing:** A warm sensation or flushing of the face and neck is possible after injection.
- Dizziness or Lightheadedness:** Occasionally, users may feel dizzy or lightheaded shortly after administration.
- Fatigue:** A mild feeling of tiredness or lethargy may occur as the body adjusts to the peptide.
- Increased Urination:** VIP may cause a slight diuretic effect, leading to more frequent urination.

Tips to Reduce Side Effects of VIP Injectable

- Start with a Low Dose:** Begin with the lowest recommended dose and gradually increase it to allow your body to adjust.
- Rotate Injection Sites:** Use different areas for each injection to minimize localized irritation and prevent tissue damage.
- Hydrate:** Drink plenty of water throughout the day to combat flushing and dizziness, as well as to counter any mild diuretic effects.
- Take with Food:** If nausea occurs, try administering the injection after eating a light meal or snack.
- Inject Slowly:** Administer the injection slowly to minimize discomfort at the site and reduce flushing.
- Avoid Rapid Position Changes:** If you experience dizziness or lightheadedness, avoid standing up too quickly after the injection.
- Monitor Timing:** Administer VIP earlier in the day to prevent interference with sleep patterns.
- Consult Your Healthcare Provider:** If side effects persist or worsen, contact your provider for guidance. They may adjust your dose or provide additional recommendations.
- Use Proper Injection Technique:** Follow all injection guidelines to ensure safe administration and minimize complications.