

VIKTORIA
DÉANN

The Peptide

Cheat Sheet

MEDICAL PEPTIDE CHEAT SHEET



Peptide	Purpose	Research Dosage	Timing	Frequency	Action
BPC - 157	Healing	250mcg	AM/PM	Every day	Blood Flow VEGF
TB - 500	Healing	2mg	AM	Every other day	Cell Migration
Ipamorelin	Fat Loss	300mcg	AM/PM	5 d on,2 d off	Growth Hormone
Tesamorelin	Fat Loss	1mg	AM/PM	5 d on,2 d off	Growth Hormone
AOD - 9604	Fat Loss	300mcg	AM	5 d on,2 d off	Lipolysis GH fragment
Semaglutide	Fat Loss	250mcg	AM	1/week	GLP-1
Tirzepatide	Fat Loss	2.5mg	AM	1/week	GLP-1 / GIP
MOTS - C	Fat Loss	2mg	AM	Every 3rd day	CK2 lipid metabolism
Ipamorelin /CJC - 1295	Fat Loss	300mcg	AM/PM	5 d on,2 d off	Growth Hormone
CJC - 1295	Longevity	200mcg	PM	5 d on,2 d off	Growth Hormone
(Sermorelin)	Longevity	10mg	AM	3 days/week	Telomere Elongation
Epitalon	Longevity	5mg	AM	20 days straight	Immunomodulators
Thymalin	Cognitive Enhancement	250mcg	AM	2 days/week	Melanocortin Receptors
Melanotan 1	Cognitive Enhancement	10-30mg	AM	Every day	Neuroprotective
Noopept	Anxiety	200mchg	AM/PM	Every day	Neuromodulator
Semax	Sexual Function	.025mg	AM/PM	1/week	Melanocortin Receptors
Melanotan 2	Immunity	1.5mg	AM	2 days/week	Immunomodulators
Thymosin -Alpha 1	Immunity	125mcg	AM	Every day	Anti Microbial Peptide

Information intended for research purposes only. The statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Consult a physician for any medical advise or treatment.

COSMECEUTICAL PEPTIDE CHEAT SHEET



Peptide	Purpose	Target	Type	Induction Time
Pro Lift Peptide	Lift / Skin Tension	Cadherin Cellular Junctions	Signal	1d-7d
Heptapeptide-8	Lift / Skin Tension	Laminin Cell Adhesion Desmosome	Signal	1d-7d
Hexapeptide-10	Lift / Skin Firming	Hemidesmosome Cell Density	Signal	1d-7d
Pro Tone Peptide	Tone Dynamic Wrinkles	SNARE Complex	Neuromod	1d-2wk
Palmitoyl Hexapeptide-52	Tone Dynamic Wrinkles	SNAP-25	Neuromod	1d-2wk
Acetyl Octapeptide-3	Tone Dynamic Wrinkles	SNARE Complex	Neuromod	1d-2wk
Palmitoyl Heptapeptide-18	Tone Dynamic Wrinkles	Calcium Channel	Neuromod	1d-2wk
Pro Eye Peptide	Periorbital Dark Circles	Dark Circles, Fibroblast	Signal	1d-7d
Dipeptide-2	Periorbital Edema	Circulation, Puffiness (Edema)	Signal	1d-7d
Acetyl Tetrapeptide-5	Periorbital Edema	Vascular Permeability	Signal	1d-7d
Pro Rejuvenator Peptide	Cell Turnover	Cell Turnover Mitochondria ATP	Signal	1d-7d
Tripeptide-3	Rejuvenation	Mitochondria	Signal	1d-7d
Pro Hyaluronic Peptide	Cell Turnover Rejuvenation	Hyaluronan Synthase	Signal	14d-30d
Prolyl Hydroxyproline	Hyaluronic Support	Hyaluronan Synthase	Signal	14d-30d
Palmitoyl sh-Hexapeptide-13 Serine	Hyaluronic Support	FGF Receptor Fibroblasts	Signal	14d-30d
Sodium Polyglutamate	Hyaluronic Support	Hyaluronidase	Signal	14d-30d
Pro Repair Peptide	Hyaluronic Protection	Fibroblasts	Signal	14d-30d
Oligopeptide-5	Repair Cytokine	Fibroblasts	Signal	14d-30d
Acetyl Hexapeptide-51 Amide	Fibroblast	Fibroblasts	Signal	14d-30d
Pro Col Peptide	Fibroblast	Fibroblasts Collagen I	Signal	14d-30d
sh-polypeptide-121	Collagen Support	Collagen Peptide Fragment	Signal	14d-30d
Palmitoyl Tripeptide-5	Collagen Biomimetic	Fibroblasts Collagen III	Signal	14d-30d
Palmitoyl Dipeptide-5 Diaminobutyryl Hydroxythreonine	Collagen Support	Collagen (IV, VII, XVI)	Signal	14d-30d
Tetradecyl Aminobutyrylvalylaminobutyric Urea Trifluoroacetate	Collagen Support	Collagen Fibrillogenesis (I,II)	Signal	14d-30d

COSMECEUTICAL PEPTIDE CHEAT SHEET



Peptide	Purpose	Target	Type	Induction Time
Pro Elastin Peptide	Elastin Support	Fibroblasts Tropoelastin	Signal	14d-30d
Acetyl Pentapeptide-1	Elastin Support	Fibroblasts	Signal	14d-30d
sh-Polypeptide-50	Elastin Biomimetic	Elastin Peptide Fragment	Signal	14d-30d
Acetyl Tetrapeptide-2	Immune Support	Thymopoietin Thymosin Beta	Signal	14d-30d
Pro Clear Peptide	Anti Microbial Peptide	Defensin Analog	AMP	7d-30d
Acetyl Dipeptide-3	Anti Microbial Peptide	Defensins	AMP	7d-30d
Bacillus Ferment	Anti Microbial Peptide	Natural Anti Microbial	AMP	7d-30d
Pro Pad Peptide	Adipose Support	Adipogenesis	Signal	14d-30d
Acetyl Hexapeptide-38	Adipose Support	Adipogenesis	Signal	14d-30d
Pro Correct Hp Peptide	Pigmentation	MSH Receptor	Enzyme Mod	30d-60d
Kojyl Carboxy Dipeptide-23	Pigmentation	Melanocyte Targeting	Enzyme Mod	30d-60d
Palmitoyl Dipeptide-61 D-Leucine Dipeptide-62 D-Alanine Dipeptide-63 Amide	Pigmentation	Tyrosinase	Enzyme Mod	30d-60d
Palmitoyl Tripeptide-95 Norleucyl Dipeptide-72 D-Phenylalanine sh-Hexapeptide-15 SP Amide	Pigmentation	MSH Receptor	Enzyme Mod	30d-60d
Pro lash XL Peptide	Lash Support	Dermal Papilla Cells	Signal	20d-60d
Biotinoyl Tripeptide-1	Lash Support	Dermal Papilla Cells	Signal	20d-60d
Myristoyl Pentapeptide-17	Lash Support	Keratin Support	Signal	20d-60d
Myristoyl Hexapeptide-16	Lash Support	Keratin Support	Signal	20d-60d

Information intended for research purposes only. The statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Consult a physician for any medical advise or treatment.