

YOUR PEPTIDE PROTOCOL GUIDE

3X Blend

Everything you need to know about your peptide therapy — how it works, how to inject, and what to expect.

01 THE BASICS

What are peptides?

Peptides are short chains of amino acids — the building blocks of proteins. They act as natural signals in your body, telling your cells what to do and when to do it.

Unlike many medicines that force change, peptides support your body's own processes. Think of them as a boost to what your body already knows how to do.

02 YOUR BLEND

3X Blend

Three peptides that work together to help your body release more growth hormone naturally.

Tesamorelin

The Main Signal

Tesamorelin tells your brain to release more growth hormone. It's the primary driver in this blend.

- ✓ Helps reduce belly fat
- ✓ Supports better body composition
- ✓ Studied by the FDA for safety

Ipamorelin

The Clean Boost

Ipamorelin triggers growth hormone release in a gentle, clean way. It doesn't cause the side effects that other options do.

- ✓ Clean growth hormone pulse
- ✓ No cortisol or hunger spikes
- ✓ Well-tolerated by most people

MGF

The Repair Helper

MGF (Mechano Growth Factor) helps your muscles recover faster. It works right where your body needs it most.

- ✓ Speeds up muscle repair
- ✓ Supports tissue healing
- ✓ Works locally at injury sites

Each peptide does something different. Tesamorelin sends the signal. Ipamorelin amplifies it. MGF helps your body use the extra growth hormone for repair. Together, they work better than any one alone.

03 WHY IT MATTERS

What does growth hormone do?

Growth hormone (GH) is something your body makes naturally. It helps you stay lean, recover fast, and feel energized. But as you get older, your body makes less of it.

The 3X Blend helps your body release more of its own growth hormone. Here's what that can mean for you:

- ✓ Less belly fat, more lean muscle
- ✓ Faster recovery after workouts
- ✓ Better sleep quality
- ✓ More energy during the day
- ✓ Healthier-looking skin
- ✓ Support for joints and tissues

How to use your injections

We did your first injection together at the clinic. Here's how to stay on track at home.

1

PREP

Wash your hands. Clean the injection site with an alcohol pad. Take the syringe out of the fridge a few minutes early to let it reach room temperature.

2

INJECT

Inject just under the skin (subcutaneous) into a fatty area — lower abdomen, upper thigh, or back of the arm. Pinch the skin, insert at a 45° angle, inject slowly.

3

ROTATE SITES

Don't inject in the same spot every day. Rotate between your abdomen, thighs, and arms to prevent irritation and ensure consistent absorption.

4

DISPOSE SAFELY

Each syringe is single-use — do not reuse or recap. Dispose in a sharps container or bring used syringes back to the clinic.

Pro Tips

Inject on an empty stomach — no food 45 minutes before or after. Use it 5 days on, 2 days off. Keep syringes refrigerated. Set a daily phone reminder to stay consistent — same time every day keeps peptide levels stable and maximizes results.

Everyone's different, but here's what patients typically experience.

WEEKS 1–2

WEEKS 3–4

MONTHS 2–3

Important safety information

DO NOT USE IF YOU ARE:

- ✗ Pregnant or breastfeeding
- ✗ Living with active cancer

- ✕ Managing serious liver, kidney, or heart conditions
- ✕ Dealing with uncontrolled medical conditions
- ✕ Allergic to any ingredient

POSSIBLE SIDE EFFECTS:

- Mild redness, swelling, or itching at injection site
- Slight headache or fatigue
- Tingling in hands or feet (usually temporary)
- Occasional water retention

Usually mild and short-lived. If symptoms are moderate or severe, stop use and contact us.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Handle and store as instructed. Individual results vary based on health status, dosage, and consistency.

07

Whether you want to extend your protocol or add other therapies, our team can help.

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