

YOUR PEPTIDE PROTOCOL GUIDE

BDNF

The brain health and cognitive performance peptide — a naturally occurring protein that supports neuron growth, protects brain cells, and enhances mental clarity.

PHASE 1: 200 mcg

PHASE 2: 400 mcg

PHASE 3: 600 mcg

01 THE BASICS

What is BDNF?

BDNF stands for Brain-Derived Neurotrophic Factor. It's a protein naturally produced in the brain that supports the growth, survival, and function of neurons.

Think of BDNF as fertilizer for your brain cells. It helps existing neurons stay healthy, promotes the formation of new neural connections, and plays a critical role in learning, memory, and mood regulation. As we age, natural BDNF levels decline — supplemental BDNF therapy works to restore and optimize these levels, supporting cognitive performance from the inside out.

02 HOW IT WORKS

What BDNF does

Four key mechanisms that make BDNF one of the most important proteins for brain

health and cognitive optimization.

Cognitive Function

- ✓ Supports memory formation and recall
- ✓ Enhances focus and mental clarity
- ✓ Improves processing speed and learning

Neuroprotection

- ✓ Protects existing neurons from damage
- ✓ Supports cell survival under stress
- ✓ May slow age-related cognitive decline

Neuroplasticity

- ✓ Promotes new neural connections
- ✓ Enhances brain adaptability and resilience
- ✓ Supports recovery from neurological stress

Mood Support

- ✓ Supports healthy serotonin signaling
- ✓ Promotes balanced dopamine function
- ✓ May improve emotional resilience

03 YOUR PROTOCOL

How to use BDNF

Your provider has prescribed a phased protocol tailored to your goals. Here are the key details to keep in mind.

Injection Frequency

5 days on, 2 days off. Consistency matters — pick the same 5 days each week and stick with them.

Injection Site

Subcutaneous injection in the abdomen. Rotate injection sites to prevent irritation or tissue buildup.

Duration

3 phases, 4 weeks each — 12 weeks total. Each phase increases the dose as your body adapts to the peptide.

Storage

Keep refrigerated at all times. Do not freeze. Remove from fridge a few minutes before injection to reach room temperature.

Pro Tip

Many patients inject in the morning to align with the brain's natural activity cycle. Set a daily reminder and pair it with your morning routine for consistency.

04 PHASED DOSING

What to expect

BDNF uses a phased dosing approach — starting low and increasing over 12 weeks to optimize results and minimize side effects.

PHASE 1

200 mcg • 4 weeks

Your body begins adapting to the peptide. Some patients notice subtle improvements in focus and mental clarity within the first few weeks. 20 injections total in this phase.

PHASE 2

400 mcg • 4 weeks

Dose increases as your body has adapted. Most patients report noticeable improvements in memory, focus, and overall cognitive sharpness. 20 injections total in this phase.

PHASE 3

600 mcg • 4 weeks

Full therapeutic dose. Compounding benefits in mental clarity, mood stability, and cognitive performance. Your provider will assess progress and discuss next steps. 20 injections total in this phase.

Reported side effects

BDNF is well tolerated. Most reported effects show up in the first week or right after a dose increase.

- ✓ Headache, most common in the first week
- ✓ Redness or irritation at the injection site
- ✓ Trouble falling asleep if dosed late in the day
- ✓ Temporary irritability or restlessness
- ✓ Mild fatigue as dosing steps up between phases

Dose earlier in the day if sleep is affected. Let your provider know before the next phase increase if anything persists.

Our services

Based on your goals, your provider may recommend one or more of the following.

Hormone Optimization



Medical Weight Loss



IV Therapy



Peptide Therapy



Vitamin Injections



NAD+ Therapy



Hyperbaric Oxygen Therapy



Red Light Therapy



PRP Therapy



6-Week Cellular Reset



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Individual results vary based on health status, dosage, and consistency. Do not adjust your protocol without consulting your provider.

Questions? We're here.

Whether you want to adjust your protocol or explore additional therapies, our team can help.

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