



YOUR PEPTIDE PROTOCOL GUIDE

IGF-1 LR3

The growth and recovery peptide — a modified form of Insulin-like Growth Factor 1 with an extended half-life, designed to promote muscle growth, accelerate recovery, and support cellular regeneration.

DOSE: 100 mcg per injection

01 THE BASICS

What is IGF-1 LR3?

IGF-1 LR3 stands for Insulin-like Growth Factor 1, Long R3 — a modified version of the naturally occurring IGF-1 peptide with a significantly longer half-life.

IGF-1 mediates many of the growth-promoting effects of growth hormone in the body. The LR3 modification extends its active life, allowing it to work longer and more effectively than natural IGF-1. Used in short, targeted cycles, IGF-1 LR3 supports muscle development, recovery, and overall tissue repair at the cellular level.

02 HOW IT WORKS

What IGF-1 LR3 does

Four key mechanisms that make IGF-1 LR3 a powerful peptide for growth

and recovery.

Muscle Growth

- ✓ Promotes muscle cell proliferation
- ✓ Enhances protein synthesis
- ✓ Supports lean tissue development

Recovery

- ✓ Accelerates recovery between training sessions
- ✓ Reduces downtime from intense activity
- ✓ Supports faster return to peak performance

Fat Metabolism

- ✓ Supports fat utilization for energy
- ✓ Promotes favorable body composition
- ✓ Enhances metabolic efficiency

Cell Regeneration

- ✓ Promotes new cell growth
- ✓ Supports tissue repair and regeneration
- ✓ Enhances the body's natural repair processes

03 YOUR PROTOCOL

How to use IGF-1 LR3

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

Injection Frequency

5 days on, 2 days off. Maintain this cycle throughout your protocol for consistent results.

Injection Site

Subcutaneous or intramuscular injection as directed by your provider. Rotate injection sites to prevent irritation.

Duration

7-day cycles — short and targeted. Your provider will determine the appropriate number of cycles based on your response.

Storage

Keep refrigerated at all times. Use within the cycle window. Remove from fridge a few minutes before injection to reach room temperature.

Pro Tip

IGF-1 LR3 works best in short, focused cycles. Stick to the 5-on/2-off schedule and avoid extending cycles beyond what your provider prescribes.

04 TIMELINE

What to expect

IGF-1 LR3 works on a shorter timeline than most peptides. Here's what patients typically experience.

DAY 1-3

Increased pump during training and early recovery benefits. Many patients notice improved workout performance and reduced soreness within the first few days.

DAY 4-7

Noticeable recovery improvement and enhanced performance. Training capacity increases as the peptide reaches full effect during the active cycle.

REPEATED CYCLES

Compounding benefits with each cycle. Consistent use across multiple short cycles delivers progressive gains in muscle growth, recovery, and body composition.

Reported side effects

IGF-1 LR3 affects blood sugar, so a few of these matter more than the usual injection-site reactions.

- ✓ Low blood sugar symptoms: shakiness, sweating, lightheadedness, or sudden hunger
- ✓ Redness, swelling, or itching at the injection site
- ✓ Water retention or mild puffiness
- ✓ Joint aches, or tingling and numbness in the hands
- ✓ Fatigue in the hours after a dose

Eat a meal within 20 to 30 minutes of every dose. Call us if you get low blood sugar symptoms more than once, or if hand tingling 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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