



YOUR PEPTIDE PROTOCOL GUIDE

MOTS-C

The mitochondrial metabolic peptide — a naturally encoded signaling molecule that regulates metabolism, glucose handling, and fat burning at the deepest level of your cellular biology.

CATEGORY: Longevity

DELIVERY: In-clinic or take-home

01 THE BASICS

What is MOTS-C?

MOTS-C stands for Mitochondrial Open Reading Frame of the 12S rRNA Type-c. It's a 16-amino-acid peptide encoded in your mitochondrial DNA — not your nuclear DNA like most proteins.

MOTS-C is a natural signaling molecule produced by your mitochondria to regulate metabolism, glucose handling, and fat burning throughout your body. Think of it as a message your mitochondria send to keep your metabolism running efficiently. As you age, your natural MOTS-C levels decline — which is a key reason metabolic function slows down over time. Supplementing MOTS-C helps restore that signal to more youthful levels.

02 HOW IT WORKS

What MOTS-C does

Four key mechanisms that make MOTS-C one of the most powerful longevity

peptides available.

Metabolic Activation

- ✓ Activates the AMPK pathway (metabolic master switch)
- ✓ Improves glucose uptake and insulin sensitivity
- ✓ Shifts cells toward energy production over storage

Fat Metabolism

- ✓ Promotes fat burning and improves body composition
- ✓ Supports exercise-mimetic effects at the cellular level
- ✓ Enhances how cells use fatty acids for fuel

Exercise Performance

- ✓ Enhances endurance and exercise capacity
- ✓ Improves how cells use energy during activity
- ✓ Supports faster recovery between sessions

Longevity

- ✓ Supports healthy aging at the mitochondrial level
- ✓ Protects against age-related metabolic decline
- ✓ Promotes mitochondrial biogenesis (new mitochondria)

03 YOUR PROTOCOL

How to use MOTS-C

MOTS-C offers two protocol options. Your provider will recommend the best fit based on your goals and lifestyle.

OPTION A

20-Day Protocol

5mg injection every 5 days (4 injections per phase). Best for patients who prefer fewer, higher-dose injections with more time between each one.

OPTION B

30-Day Protocol

1mg daily, 5 days on / 2 days off (20 injections per phase). Best for patients who prefer consistent daily dosing with lower individual doses.

Injection Site

Subcutaneous injection in the abdomen. Rotate sites to prevent irritation. Morning injection is recommended.

Storage

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

Pro Tip

For the 30-day protocol, set a daily phone reminder. For the 20-day protocol, mark your injection days on a calendar. Consistency is key to maximizing results.

04 PHASED DOSING

Phase 1 & Phase 2

MOTS-C uses a phased approach — starting at a baseline dose, then increasing for deeper metabolic optimization.

Phase 1 — Baseline

20mg total peptide

20-Day Protocol: 5mg every 5 days (4 injections)

30-Day Protocol: 1mg daily, 5 on / 2 off (20 injections)

Phase 2 — Escalation

40mg total peptide

20-Day Protocol: 10mg every 5 days (4 injections)

30-Day Protocol: 2mg daily, 5 on / 2 off (20 injections)

05 TIMELINE

What to expect

Everyone responds differently, but here's what patients typically experience during a MOTS-C protocol.

WEEK 1-2

Improved energy levels and better exercise tolerance. Some patients notice they feel more alert and their workouts feel more productive. Early metabolic signaling begins.

WEEK 3-4

Body composition changes become noticeable. Sustained metabolic improvement, better endurance, and improved recovery between training sessions.

WEEK 5+

Deep metabolic optimization. Compounding benefits in energy production, fat utilization, and cellular efficiency. Many patients report their best results in this phase.

06 SAFETY

Reported side effects

MOTS-C works on cellular metabolism, so early effects are usually energy related

rather than injection related.

- ✓ Redness or irritation at the injection site
- ✓ Mild fatigue or a heavy feeling for a few hours after dosing
- ✓ Temporary appetite changes
- ✓ Mild headache
- ✓ Occasional flushing

Early fatigue typically settles within the first week or two. Let your provider know if it does not.

07 WHAT WE OFFER

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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