



YOUR PEPTIDE PROTOCOL GUIDE

SS-31

The mitochondrial peptide — targeted cellular energy support that optimizes your body's power plants from the inside out, restoring efficient energy production at the deepest level.

DOSE: 1-2mg daily

01 THE BASICS

What is SS-31?

SS-31 (also known as Elamipretide) is a mitochondria-targeted peptide. It concentrates in the inner mitochondrial membrane where it stabilizes cardiolipin — a lipid critical for mitochondrial energy production.

Think of it as direct support for your cells' power plants. As we age, mitochondrial function declines. SS-31 helps restore efficient energy production at the cellular level.

02 HOW IT WORKS

What SS-31 does

Four key mechanisms that make SS-31 one of the most targeted mitochondrial

peptides available.

Mitochondrial Support

- ✓ Stabilizes cardiolipin in the inner mitochondrial membrane
- ✓ Optimizes electron transport chain efficiency
- ✓ Supports ATP (energy) production

Cellular Energy

- ✓ Improves cellular energy output
- ✓ Reduces oxidative stress at the source
- ✓ Supports organs with high energy demands (heart, brain, muscles)

Anti-Aging

- ✓ Targets one of the core drivers of aging — mitochondrial dysfunction
- ✓ Supports cellular longevity and resilience
- ✓ May slow age-related energy decline

Recovery

- ✓ Supports exercise recovery and endurance
- ✓ May improve cardiac function
- ✓ Enhances cellular repair capacity

03 YOUR PROTOCOL

How to use SS-31

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

Dose

Start at 1mg daily. Your provider may increase to 2mg based on your response and goals.

Injection Site

Subcutaneous injection in the abdomen. Rotate sites daily to prevent irritation.

Duration

25-50 days depending on dose. At 1mg/day, one 50mg vial lasts 50 days. At 2mg/day, 25 days.

Storage

Keep refrigerated at all times. Reconstitute with 2mL bacteriostatic (BAC) water. Do not freeze.

Pro Tip

Morning dosing is ideal for SS-31 — it aligns with your body's natural energy cycle and supports sustained energy throughout the day.

04 TIMELINE

What to expect

Everyone responds differently, but here's what patients typically experience during an SS-31 protocol.

WEEK 1-2

Improved energy levels and a subtle sense of vitality. Many patients notice they feel more alert and less fatigued during daily activities.

WEEK 3-4

Sustained energy improvements and better exercise tolerance. Recovery from workouts feels faster, and overall stamina increases.

WEEK 5+

Deep cellular optimization. Recovery benefits compound, and patients report a lasting improvement in energy, endurance, and overall well-being.

05 SAFETY

Reported side effects

SS-31 is well tolerated. Most patients report nothing beyond mild injection-

site effects.

- ✓ Redness, itching, or a small bump at the injection site
- ✓ Mild fatigue in the first week as cellular energy shifts
- ✓ Headache
- ✓ Temporary lightheadedness
- ✓ Mild nausea, uncommon

Reach out if fatigue deepens instead of improving after the first couple of weeks.

06 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.

1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660

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Range Medical

1901 Westcliff Dr Suite 9 & 10, Newport Beach, CA 92660

(949) 997-3988 · www.range-medical.com

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