

Your Peptide Optimization Program guide

What you get, how to start, and what to expect. Simple and clear.

\$399 a month, month to month. **Answer your weekly check-in text. That is how your provider knows the protocol is working.**

01 WHAT YOU GET FOR \$399 A MONTH

One price. Your peptide, your provider visits, your check-ins, and your follow-up blood work are all in it. Nothing extra to pay.

WHAT YOU GET	WHAT IT MEANS	VALUE
Your peptide protocol	One active peptide protocol, picked by your provider to match your goal: recovery, healing, sleep, body composition, or skin. The medication is in the price.	Included
Provider visits and protocol changes	Your provider sets the dose and the schedule, then adjusts as you go. No visit fee, ever.	Included
Follow-up blood work	Every three months while you are on the program we check your blood. It tells us the protocol is working and safe.	Included
Weekly check-in texts	Once a week we text you. You tell us how you feel and how the protocol is going. It takes about 30 seconds.	Included
Text or call us any time	Have a question between visits? Text or call. We answer fast.	Included
Supplies	Needles, alcohol wipes, and a sharps box for take-home injections. Nothing to buy.	Included

02 HOW TO START

It starts with blood work. That is how your provider picks the right peptide for you.

STEP	WHAT HAPPENS
01 Blood work first	Pick the Essential Panel (\$399) or the Elite Panel (\$799). Already have recent blood work? Send it to us. If your provider says it is enough, you skip this step and pay nothing for labs.
02 Your provider looks it over	Your provider reads your labs, your history, and your goal. Then they pick your peptide, your dose, and your schedule.
03 Your first month	Month one is charged the day you start. You get your peptide and we show you how to take it.
04 Follow the schedule	Some peptides are daily. Some run five days on, two off. Answer your weekly check-in text. Your provider adjusts as you go.
05 Blood work every 3 months	We check your blood again every three months. It is included.

03 HOW YOU PAY

\$399 a month. You are charged on the same day each month as the day you started.

No minimum. You are month to month from the start.

Your first blood work is paid once, on its own. Every follow-up blood test after that is included.

Three days before every charge we text and email you the date, the amount, and what it covers.

Each peptide protocol is its own program. Add a second peptide, or hormones or weight loss, and your plan moves to a combined membership on your next bill date. Your provider gives you the number first. Nothing changes the day it is added.

Want to stop? Tell your provider first. Most protocols run in cycles with a planned break, so we will tell you the best time.

Most multi-system optimization plans (2 to 3 areas at once) range from \$749 to \$999 a month. Your provider will recommend the right combination based on labs.



04 THREE THINGS THAT MAKE IT WORK

The peptide does its job when you give it the right conditions. These three things make the difference.

HABIT	WHY
Follow the schedule exactly	Daily means daily. Five on, two off means five on, two off. Peptides work by being there at the right time.
Sleep and protein	Seven hours of sleep and protein at every meal. Recovery and body composition peptides build on what you give them.
Answer your check-in	Your weekly text is how your provider sees it working, or not. Thirty seconds a week keeps the protocol honest.

05 SIDE EFFECTS

Most side effects are mild and show up where you inject or in the first week of a new protocol. They fade. Your provider watches your labs for the rest.

COMMON AND USUALLY MILD

Redness, a small bump, or an itch where you injected

Holding a little water; mild puffiness

Headache the first few days

Tingling in your hands

Feeling tired, or very sleepy after a dose

Feeling hungrier (growth hormone peptides)

Mild nausea or a funny taste

Vivid dreams

Flushing or a warm face for a few minutes after a dose

CALL OR TEXT US IF

Swelling, warmth, or pain at the injection site that gets worse over 2 days

Numbness or tingling that does not go away

Joint pain that is new or getting worse

Headaches that keep coming back

Any side effect that lasts more than 2 weeks

You take diabetes or blood pressure medicine

CALL 911 FOR

Hives, a swollen lip or throat, or trouble breathing

Chest pain or a racing heart that will not settle

Fainting

A sudden, very bad headache unlike any before

NOT FOR YOU IF

You are pregnant, trying to get pregnant, or breastfeeding

You have an active cancer, or are being treated for one

You have a serious kidney or liver disease

You are allergic to any ingredient

06 GOOD TO KNOW

Keep your vial in the fridge. Once mixed, most peptides last about 4 weeks. The label says how long.

Let it sit out 10 to 15 minutes before your injection so it stings less.

Change where you inject each time: belly, thigh, or back of the arm.

Missed a dose? Take your next one on schedule. Do not double up.

Most protocols run in cycles, often up to 90 days, then a break. Your provider sets it.

Having surgery or anything with anesthesia? Tell the doctor you are on a peptide.

Ready to start, or have a question? Text or call (949) 997-3988. 1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660.