



5-Amino-1MQ: the fat-cell enzyme blocker, so far tested only in mice.

5-Amino-1MQ is a small oral compound, not a peptide, that blocks an enzyme in fat tissue called NNMT. In mice, blocking that enzyme shrank fat cells and cut weight gain without changing how much they ate. That is genuinely exciting and it is the whole reason it is popular. The catch is simple: there are no human studies at all, and nearly half of every dose is iodide, which your thyroid cares about a great deal.

WHERE I BUY IT · 15% OFF WITH MY CODE

Get 5-Amino-1MQ at Limitless Life

Code **PEPTIDESCIENCE** takes 15% off at checkout. Prices show once you create the free account; lot-numbered certificates on every product.

Order 5-Amino-1MQ Capsules with 15% off →

limitlesslifenootropics.com/product/5-amino-1mq-50mg-capsules-60



THINK OF IT LIKE THIS

Fat tissue is not a storage locker; it is a busy factory. One of the machines on the floor, an enzyme called NNMT, runs faster as we age and gain weight, and every turn of that machine burns two things your cells need: the raw material for NAD+, the battery your cells run on, and a molecule your body uses for thousands of repair jobs. 5-Amino-1MQ is a governor bolted onto that machine. It does not add a new signal; it stops a slow leak.

This may be for you if...

- You want a metabolic option with no needles
- You carry stubborn fat, especially around the middle, and your bloodwork is drifting the wrong way
- You are comfortable being an early adopter, with honest tracking and a few blood tests
- You already eat and train well and want to see whether this adds anything

This probably is not for you if...

- You have any thyroid condition, or a family history of one
- You are pregnant, breastfeeding, or trying to conceive
- You compete in tested sport; it is banned under WADA's S0 category
- You want something proven; this has never been studied in a person

EVIDENCE AT A GLANCE



Two independent mouse studies with consistent results. No human study of any kind, not even a small safety trial. In January 2026 the FDA said it cannot lawfully be compounded.

A governor on a fat-cell enzyme, and why the NAD+ story matters.

As we gain weight and age, an enzyme in fat tissue called NNMT gets louder. In people with type 2 diabetes it runs about twice as high as in people without. Its job is housekeeping: it tags nicotinamide, the building block of NAD+, for disposal, and spends a molecule of SAM to do it.

NAD+ is the battery every cell runs on, and it declines with age. An enzyme that quietly throws away NAD+ ingredients, for years, in the exact tissue you would most like to shrink, is an interesting thing to block. 5-Amino-1MQ is designed to do exactly that.

WHAT BLOCKING THE ENZYME IS MEANT TO DO

STEP 1 · BLOCK

Slow the leak

Less nicotinamide is thrown away, so more is available to build NAD+ and more SAM is left for repair work.

STEP 2 · RECHARGE

Better-charged fat cells

Fat cells with more NAD+ burn more of what they store instead of hoarding it. This is the theory, and it holds up in mice.

STEP 3 · SHRINK

Smaller fat cells, same appetite

In mice the fat cells got smaller and weight gain fell while food intake stayed the same. That detail is what made people pay attention.

IT IS NOT A PEPTIDE

Everything else in this series is a chain of amino acids that behaves like a hormone. This is a single small ring, closer to a plant alkaloid than to insulin. That matters practically: it survives your stomach, so it comes as a capsule, and its identity is easy to confirm with a single lab test.

THREE THINGS WORTH KNOWING

- **It is oral.** No needles, no mixing, no weighing. One or two capsules a day.
- **Half of each capsule is not the compound.** It is usually sold as an iodide salt, and iodide is 44 percent of the weight. A 50 mg capsule is about 28 mg of the active molecule and 22 mg of iodide.
- **It is a research benchmark, not a drug candidate.** The company that developed it patented stronger cousins and moved on. That is why anyone can sell it.

HOW IT COMPARES TO THE OTHER FAT-LOSS OPTION IN THIS SERIES

	RETATRUTIDE (DEEP DIVE 04)	5-AMINO-1MQ
How it works	Turns down appetite and changes fuel use, via hormones	Blocks an enzyme inside fat cells
Human evidence	Large trials, thousands of people	None
How it is taken	Weekly injection	One or two capsules a day
Main risk to watch	Nausea, gallbladder, pancreas	Thyroid, from the iodide load

PLAIN-ENGLISH NOTE

The safe upper limit for iodine is about 1.1 mg a day. At two capsules a day you are taking twenty to forty times that. Your thyroid may shrug, or it may not. That is why page 4 asks you to check it.

Real results in mice. Nothing yet in people.

Two laboratory groups have tested 5-Amino-1MQ in obese mice, and a Harvard group tested the idea before that by switching the enzyme off genetically. Here is the whole picture.

47%

less fat when the enzyme was silenced

Harvard, 2014, with a genetic tool rather than this compound. Fat cells shrank 44 percent. Food intake did not change.

0.9 g

gained by treated mice, versus 5.4 g

A 28-day study in 2024. The difference was almost entirely fat; lean mass was unaffected.

30%

drop in cholesterol

In the first compound study, 2018, at a high injected dose given three times a day.

0

human studies

Not a trial, not a case series, not a safety study. Every human number you will read online is a guess.

What we know

- The target is real: NNMT is high in the fat of people with diabetes and tracks with insulin resistance, and both exercise and weight-loss surgery bring it down
- In mice the compound reduced fat gain twice, in two separate labs, without reducing food intake
- It is stable, oral, and its identity is easy to confirm with mass spectrometry
- Blood cholesterol fell in treated mice, which is a marker you can check in yourself

What we are still learning

- Whether it works at all when swallowed: in the developers' own mouse data, an oral dose reached only a fifth of the blood level needed to block the enzyme
- What a human dose is; the mouse dose scaled to a person is far higher than anything sold, and it was injected
- What the iodide load does to a human thyroid over twelve weeks
- Why the high mouse dose halved one type of white blood cell and hit a brain enzyme, MAO-A, it was never meant to touch

THE MOUSE DOSE VERSUS WHAT IS SOLD

	THE MICE	WHAT IS SOLD
Dose	20 mg/kg, three times a day	50 to 150 mg, once a day
Route	Injected into the abdomen	Swallowed
Scaled to a 70 kg adult	Roughly 340 mg a day, injected	A third of that or less, by mouth
Duration	11 to 28 days	12-week cycles, by forum convention

MY HONEST TAKE

I think the mechanism is one of the more elegant ideas in this space, and the mouse data is honest. But the gap between a mouse injected three times a day and a person swallowing a capsule once is enormous, and nobody has crossed it yet. If you try it, you are the study. So run it like one: a modest dose, three blood tests, and a real baseline.

A trial run, a standard cycle, and the blood tests that go with them.

There is no human protocol, so these courses reflect what is commonly used and the animal timeline, with the iodide load kept in mind. Each capsule is 50 mg of the compound as sold, usually the iodide salt, and a bottle holds 60. The three blood tests are not optional; they are how you turn a guess into an experiment.

COURSE	DOSE	WHAT YOU NEED	WHAT TO EXPECT
Trial run 4 weeks	1 capsule a day for a week, then 2 a day	1 bottle (49 of 60 capsules)	Long enough to know whether you tolerate the iodide and whether waist and weight are moving. In mice, fat changes appeared inside three weeks.
Standard 8 weeks	2 capsules a day (100 mg)	2 bottles (112 capsules)	Adds the week-6 thyroid check and enough time for a lipid panel to move. Most people who see a change see it here.
Full cycle 12 weeks	2 capsules a day, then at least 4 weeks off	3 bottles (168 capsules)	The forum-standard cycle. The break is not optional; it is when you repeat the labs and decide whether a second cycle earned its place.

Which one? The Trial run. It costs the least, answers the most important question, and one bottle covers it with a few capsules to spare. If it moves something, the Standard cycle continues without a gap.

 **Order what this course needs at Limitless Life.** Code **PEPTIDESCIENCE** takes 15% off at checkout:
limitlesslifenootropics.com/product/5-amino-1mq-50mg-capsules-60 →

HOW TO TAKE IT, IN FOUR STEPS

- 01 **Read the certificate first.** Two lines matter: identity by mass spectrometry, and which salt. Assume iodide unless it says otherwise.
- 02 **Start with one capsule a day** for the first week. That tells you how you handle the iodide before you double it.
- 03 **Same time daily.** Morning, with water, with or without food; there is no data either way, and consistency matters more.
- 04 **Keep it dry.** Lid on, desiccant in, room temperature, out of the light. Capsules draw moisture.

THE IODIDE ARITHMETIC

CAPSULES	WHAT THAT IS
1 (50 mg)	28 mg + 22 mg iodide
2 (100 mg)	56 mg + 44 mg iodide
3 (150 mg)	84 mg + 66 mg iodide

Assumes the iodide salt, which most of the market is. If your certificate shows a chloride salt, the compound is about 82 percent of the weight and the iodine warnings do not apply.

COMMON QUESTIONS

Which three blood tests?

TSH and free T4 for the thyroid, a full blood count with differential, and a lipid panel with fasting glucose. Before, at week 6, and at the end.

Can I stack it with a GLP-1?

People do. There is no data on the combination, and it makes it impossible to know what did what. Run one thing at a time.

Missed a day?

Skip it. Never double.

Doses reflect common practice and the animal literature; no human dose has been established. This is not a prescription. Talk to your doctor before starting, especially if you take other medicines.

Read this page before you order anything.

Because no human safety study exists, this page is built from the mouse findings, the chemistry of the iodide salt, and common sense. Two systems deserve real respect here: your thyroid, and, if you take antidepressants, your brain chemistry.

Do not use this if...

- You have any thyroid condition: overactive, underactive, nodules, Hashimoto's, or Graves'
- You are pregnant, breastfeeding, or trying to conceive
- You compete in tested sport; it is banned under WADA's S0 category
- You take an MAO-inhibitor antidepressant; the mouse study found this compound blocks the same enzyme
- You are under 18

Be cautious, and talk to your doctor first, if...

- You take an SSRI, SNRI, tramadol, or dextromethorphan; talk to your doctor about the MAO-A finding first
- You have a family history of thyroid disease
- You have a low white blood cell count or a weakened immune system; the high mouse dose halved one type of white cell
- You take heart or blood-pressure medicines; your resting heart rate is your early thyroid warning, so know your baseline
- You already eat a lot of iodine, such as daily seaweed or kelp supplements

Stop and get medical help if...

- Palpitations, tremor, sweating, or feeling hot all the time
- The opposite: unusual tiredness, feeling cold, puffiness, or weight going up rather than down
- Chest tightness or pain
- Agitation, a racing mind, or a sudden mood change, especially alongside an antidepressant
- Fever or repeated infections

Common, and usually mild

- A bitter taste and mild stomach upset in the first days; take it in a capsule or with water
- A metallic taste, which can be the iodide
- A mild headache in the first week
- Nothing at all, which is common, and is why the tracker exists

BEFORE YOU START

- ☐ Book the three blood tests for week 0: TSH and free T4, full blood count, lipids and fasting glucose
- ☐ Count your course: a bottle of 60 is the Trial run with a few spare, or 30 days at two a day
- ☐ Read the certificate for two lines: identity by mass spectrometry, and which salt
- ☐ Do the baseline on page 7: weight, waist, resting heart rate, photos
- ☐ Tell your doctor if you take any antidepressant

These lists are drawn from the animal studies, the chemistry of the salt, and general medical caution, because no human safety data exists. They are not complete, and they are not a substitute for a conversation with your own doctor.

Where I source it, and what to check on the label.

For a small molecule the vendor question is identity and salt, and a mass-spectrometry line on the certificate settles both. Capsules take the weighing problem off the table: 50 mg each, 60 to a bottle, so the only things left to check are the certificate and the bottle count for your course.

DIRECT LINK · 5-AMINO-1MQ CAPSULES

Limitless Life · 5-Amino-1MQ Capsules, 50 mg × 60

limitlesslifenuootropics.com/product/5-amino-1mq-50mg-capsules-60

Use code **PEPTIDESCIENCE** at checkout for 15 percent off. 50 mg capsules, 60 to a bottle.

The catalogue is behind a free account, so the listing appears once you have signed in.

Shipping runs three to five business days.

Open 5-Amino-1MQ Capsules with 15% off →

- 01 Open the link or scan the code, and create the free account.
- 02 Search “5-Amino-1MQ” and choose the capsules. The bottle count for your course is in the table below.
- 03 Enter the code at checkout. On arrival, open the certificate and find two lines: identity by mass spec, and the salt.



limitlesslifenuootropics.com

CODE PEPTIDESCIENCE · 15%
OFF

Scan to open the listing with the
code applied

WHAT TO ORDER FOR EACH COURSE

COURSE	ADD TO CART
Trial run, 4 weeks	1 bottle (60 × 50 mg) · the three blood tests booked for week 0
Standard, 8 weeks	2 bottles · blood tests booked for weeks 0 and 6
Full cycle, 12 weeks	3 bottles · blood tests booked for weeks 0, 6 and 12

ALTERNATIVES WORTH KNOWING ABOUT

Retatrutide · Deep dive 04

If the real goal is fat loss and you are open to a weekly injection, this is the compound in the series with real human trials behind it, and by far the most effective.

EVIDENCE: LARGE HUMAN TRIALS

limitlesslifenuootropics.com/product/retatrutide-ha

MOTS-c · 5 or 10 mg

A peptide made by your own mitochondria, studied for exercise capacity and insulin sensitivity in animals, with one small human trial of a close analogue. Also early, but a different mechanism.

EVIDENCE: ANIMAL · EARLY HUMAN

limitlesslifenuootropics.com/product/mots-c

HOW TO CHECK ANY VENDOR, IN FIVE POINTS

- **A certificate for your exact batch**, with a lot number you can match to the vial in your hand. “We test” is not a certificate.
- **A named, independent lab**. Janoshik and MZ Biolabs are the ones the community trusts. An unnamed in-house lab is a red flag.
- **The right tests**: identity (is it the right molecule), quantity (how much is really in the vial), and endotoxin (is it clean). Purity alone is not enough.
- **Sensible pricing**. Far below market usually means the corner was cut inside the vial.
- **A reputation you checked yourself**, on the big peptide forums and on finnrick.com, an independent site that publishes test results and sells nothing.

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06 5-AMINO-1MQ · 12-WEEK TRACKER

If you are the experiment, run it like one.

Weigh on the same morning each week, after the bathroom and before food. Waist at the navel, tape snug. Resting heart rate before standing: a rising trend is the earliest free thyroid signal you will get. **Thyroid signs:** palpitations, tremor, sweating, feeling hot or cold, unusual tiredness. **Any Y two weeks running means blood tests now, not at week 6.** Print this, or screenshot it and mark it up on your phone.

Salt: _____

From the certificate. Iodide means each 50 mg capsule is about 28 mg of compound; chloride means about 41 mg.

Week 3

First honest checkpoint. Compare the averages. The mice moved inside three weeks; if nothing has, more capsules are not the answer.

Week 6

TSH and free T4 again. At two a day a bottle lasts 30 days, so reorder before the first one runs out.

Week 12

Full blood tests, then four weeks off. The lipid panel is the one number the animal data says should have moved.

WK	DATE	CAPSULES/DAY	WEIGHT	WAIST	REST HR	THYROID SIGNS Y/N	ENERGY 1-5	NOTES
0								Blood tests: TSH, free T4, blood count, lipids, glucose. Photos.
1								
2								
3								Checkpoint: compare three-week averages.
4								Trial run ends. ♡ First bottle nearly empty: order the next now if continuing.
5								
6								Thyroid tests: TSH and free T4.
7								
8								Standard cycle ends. ♡ Reorder for the Full cycle.
9								
10								
11								
12								Full blood tests. Then at least four weeks off.

NOTES: SLEEP, APPETITE, ENERGY, ANYTHING ODD



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CODE PEPTIDESCIENCE · 15% OFF
Reorder before the bottle runs out

The capsules column is blank on purpose: write what you actually took each day, because the number you meant to take and the number you took drift apart faster than you would think. If you stop early, write why; that sentence is worth more than the rest of the sheet.