



Pinealon: a three-piece peptide for neurons under stress.

Pinealon is one of the smallest peptides sold anywhere: three amino acids. It has a genuinely interesting story about protecting brain cells when their oxygen supply stutters, a very thin file of evidence in people, and a name that has misled almost everyone who writes about it. The vendor I use does not stock it. This guide explains what it is, what it is not, and the surprisingly common problem to rule out before you spend money on any brain peptide.

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THINK OF IT LIKE THIS

Neurons are restaurants that can never close and cannot keep a pantry. They need oxygen and fuel delivered every minute. The surprising part is that the damage from a supply hiccup mostly happens on the restart: when the power comes back, the kitchen misfires and sparks fly, in the form of free radicals. Pinealon has been studied for buying those cells a little time during the restart.

This may be for you if...

- You have the slow kind of brain fog: sleeping the hours, drinking the coffee, still buffering until mid-morning
- You are curious about the bioregulator peptides and want the honest version
- You are willing to rule out the boring cause first; page 5 has a 90-second screen
- You want something taken by mouth at a low dose, with a baseline to judge it by

This probably is not for you if...

- You want it for melatonin, circadian rhythm or sleep; despite the name, there is no evidence for that
- You plan to inject it; there is no human record of that route at all
- You have not had your sleep, thyroid and iron checked; those explain most fog
- You want human evidence; page 6 has options that have it

EVIDENCE AT A GLANCE

LAB DISH

ANIMALS

SMALL HUMAN STUDIES

LARGE HUMAN TRIALS

APPROVED

Cell and animal studies, mostly from the originating group. No human trial. One small human safety study of a combination, and its signal was not reassuring.

INSIDE · WHAT IT IS P.2 · WHAT THE STUDIES SHOW P.3 · TYPICAL CYCLES AND DOSING P.4 · WARNINGS P.5 · SOURCES AND ALTERNATIVES P.6 · PRINTABLE TRACKER P.7

Three amino acids, a misleading name, and a genuinely interesting mechanism.

Pinealon is the sequence glutamate-aspartate-arginine, EDR for short. It weighs 418 daltons, small enough to slip through most of the body's gates on size alone. It was designed in St Petersburg after analysing which short sequences turn up most often in a brain-cortex extract called Cortexin.

That last sentence matters. Despite the name, Pinealon has nothing to do with the pineal gland: it was built from cortex patterns, and in the one experiment that put it on actual pineal tissue, it did nothing. The claims about melatonin and circadian rhythm come from the name, not from data.

WHAT THE RESEARCH SUGGESTS IT DOES

STEP 1 · ENTER

Slips into the cell

Small enough to pass into a cell and, an independent physics group found, to sit in the groove of the DNA helix.

STEP 2 · BUFFER

Delays the distress signal

In neurons under chemical stress, a distress signal that normally fires in two and a half minutes took twenty. The cell was not rescued; it was given time.

STEP 3 · SURVIVE

More cells make it through

In a lab-dish model of oxygen loss, 2.6 times as many neurons survived. The mechanism works downstream of the damage, not at its source.

THE FOG IS REAL; THE CAUSE IS USUALLY BORING

The oxygen story in this guide is not only about peptides. The commonest reason an adult brain is short of oxygen at night is sleep apnoea: a throat that narrows a few dozen times an hour, and a morning that feels like buffering. Most people who have it have never been told. Page 5 has the screen a sleep clinic would run.

THREE THINGS WORTH KNOWING

- **The only human dose with any record is 200 micrograms a day, by mouth.** Vendors sell everything from 100 microgram capsules to 40 mg vials, a 200-fold range.
- **No human trial exists.** The "72 brain injury patients" quoted online traces to a review article, and the originating group's own sixteen-page review of its trials never mentions Pinealon.
- **It is trivially easy to fake.** A three-amino-acid chain costs almost nothing to make and almost nothing to mislabel. Identity testing is everything.

WHAT THE NAME SUGGESTS VERSUS WHAT THE DATA SHOWS

	WHAT THE NAME SUGGESTS	WHAT THE RESEARCH SHOWS
Where it comes from	The pineal gland	Patterns in a brain-cortex extract
What it does	Boosts melatonin, fixes sleep	Helps stressed neurons survive, in a dish
Effect on pineal tissue	Stimulates it	None, in the one experiment that looked

PLAIN-ENGLISH NOTE

Buying a stressed neuron twenty minutes instead of two is a real result. But it is a result in a dish, and the gap between that and a capsule fixing your mornings is the whole distance this guide describes.

One good cell result, a thin animal file, and no human trial.

Almost everything published on Pinealon comes from the group that designed it. Here is what the data actually shows, including the one human safety study that exists.

2.6x

neuron survival under oxygen loss

In a lab-dish model, the only compound in its paper to reach statistical significance. The same paper contradicts its own table twice.

20 min

to fire a distress signal, instead of 2.5

In neurons under chemical stress. The most interesting result, and the least quoted.

0

human trials

Not one. The most-cited human claim traces to a Russian review article, not a study.

32

people in the only human safety study

A combination with another peptide. It reported pro-oxidant activity and a fall in blood stem-cell markers.

What we know

- In cell models of oxygen loss and oxidative stress, more neurons survive with Pinealon present
- An independent physics group confirmed the peptide can physically sit in the major groove of DNA
- In pregnant rats exposed to a brain toxin, the pups' neurons coped better with an oxidative challenge, although the toxin itself was not reduced
- It is well tolerated in the small amount of animal work that reports on it

What we are still learning

- Whether it reaches the human brain at all; that claim rests on its size, not on anyone having measured it
- Whether it changes any gene, as claimed; the predicted target changes between the group's own papers
- What the pro-oxidant and blood stem-cell findings in the one human study mean
- Anything about injecting it; there is no human record of that route

WHAT IS CLAIMED VERSUS WHAT WAS FOUND

THE CLAIM	WHERE IT COMES FROM	WHAT THE DATA SHOWS
"Boosts melatonin, fixes your rhythm"	The name	No study; on pineal tissue it did nothing
"Helped 72 brain-injury patients"	A Russian review article	Not a trial; the group's own trial review omits it
"Protects neurons"	Lab-dish and rat studies	Real, in a dish; nothing in a person
"Safe"	The absence of studies	The one human safety study found signals in the wrong direction

MY HONEST TAKE

If you asked me over coffee, I would say: the fog you are describing is real, and Pinealon is probably not the answer to it. Rule out sleep apnoea, thyroid, iron and B12 first, because those are common, cheap to check, and actually fixable. If you still want to try Pinealon after that, page 4 shows the one dose with any human record, and page 6 shows two options with real trials behind them.

The dose with human data, and what vendors suggest instead.

There is one human dose on record: 200 micrograms a day by mouth, as part of a standard bioregulator course. Everything else sold is extrapolation. Both are shown; the injectable version is shown only so you can recognise it, because there is no human data for that route at any dose.

COURSE	DOSE	WHAT YOU NEED	WHAT TO EXPECT
Studied 10 days	200 micrograms by mouth, once daily	20 × 100 mcg capsules (one pack)	The only regimen with a human record, and the one I would choose if I were trying it. Expect nothing dramatic; judge it with the sheet on page 7.
Studied, longer 20 days	200 micrograms by mouth, once daily	40 × 100 mcg capsules (two packs)	The standard bioregulator course length. There is no data on whether longer is better; it simply matches convention.
Injected 10–20 days	5 to 10 mg under the skin, once daily	Not recommended	What some vendors suggest. Up to 50 times the oral dose, by a route no human study has used, with the only safety signal pointing the wrong way. Shown so you can recognise it.

Which one? The Studied course, by mouth, and only after the screen on page 5. If ten days and a fortnight off show nothing on the baseline sheet, more days will not.

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HOW TO TAKE IT, IN FOUR STEPS

- 01 Check the certificate first.** Identity by mass spectrometry. A three-amino-acid chain is the easiest thing in this market to mislabel.
- 02 By mouth, in the morning,** with water. Same time daily.
- 03 Take it alone.** Not stacked with Epitalon or Thymalin, so anything you notice can be attributed to it.
- 04 Store capsules sealed,** dry and dark. If you were sold a vial, mix 1 mL of bacteriostatic water per 10 mg and keep it in the fridge; take it by mouth, do not inject it.

COURSE MATHS

COURSE	CAPSULES
10 days at 200 mcg	20 × 100 mcg
20 days at 200 mcg	40 × 100 mcg
30 days at 200 mcg	60 × 100 mcg

Some vendors sell 200 mcg capsules; halve the counts. If sold as a vial, 200 mcg is 2 units at 10 mg per mL, taken by mouth.

COMMON QUESTIONS

Will it help me sleep?

There is no evidence it touches melatonin or sleep. The name is branding.

Can I inject it?

No human study has. The only human safety data, from an oral combination, was not reassuring. I would not.

What should I check first?

Sleep apnoea (page 5), thyroid, iron and B12. They explain most fog, and they are fixable.

Regimens reflect the single human dose on record and common bioregulator practice. They are not a prescription. Talk to your doctor before starting, especially if you take other medicines.

Read this page first, and take the 90-second screen.

Pinealon's own safety file is nearly empty, so the lists below are built from its chemistry, the one human study, and common sense. The box at the bottom of this page is different: it is the screen a sleep clinic would run for the most common cause of the fog people buy this for.

Do not use this if...

- You plan to inject it; there is no human record of that route
- You are pregnant, breastfeeding, or trying to conceive
- You have a blood disorder or a low blood count; the one human study saw a fall in blood stem-cell markers
- You cannot get a certificate with an identity line for your batch

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

- You take blood thinners or have a bleeding tendency
- You have an autoimmune condition or take immunosuppressants
- You are already taking other bioregulators; run one at a time
- You have not had a basic blood panel in the last year: thyroid, iron, B12, glucose

Stop and get medical help if...

- Unusual bruising or bleeding
- Fever, or repeated infections
- Hives, swelling, or trouble breathing
- Anything new and unexplained; with a file this thin, do not push through

Common, and usually mild

- Nothing noticeable, which is the most common report
- Mild headache or drowsiness in the first days
- A bitter aftertaste from the capsules

BEFORE ANY BRAIN PEPTIDE: THE EIGHT QUESTIONS

STOP-Bang is the validated screen clinics use for obstructive sleep apnoea. Most people who have it have never been told. One point for every yes.

- | | |
|--|---|
| ☐ Snoring loud enough to be heard through a door, or to wake a partner? | ☐ BMI over 35? |
| ☐ Tired, sleepy or fatigued in the daytime, even after a full night? | ☐ Age over 50? |
| ☐ Observed: has anyone seen you stop breathing or choke in your sleep? | ☐ Neck more than 40 cm, about 16 inches, around? |
| ☐ Pressure: high blood pressure, treated or not? | ☐ Gender male? |

0 to 2: low risk. 3 to 4: intermediate. 5 to 8: high. Three or more, and the right next step is not a peptide: it is a sleep study, which a doctor can order and which now often happens at home with a fingertip sensor. Treating apnoea is the one thing in this guide with lifespan data behind it, and the screen cost you ninety seconds.

These lists are drawn from the one human study, the chemistry, 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.

Sources and alternatives.

My vendor does not carry Pinealon, and I would not send you elsewhere for a compound with no human trial. What I can do is show you how to check any vendor that sells it, and point you to two options for the ageing brain that have real trials behind them, both in my vendor's catalogue.

DIRECT LINK · THE CATALOGUE

Limitless Life · the catalogue

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Use code **PEPTIDESCIENCE** at checkout for 15 percent off anything in it. The catalogue is behind a free account, so the listings appear once you have signed in. CerebroNeurogen and N-Acetyl Semax, below, are both there.

Open the catalogue with 15% off →

- 01 Open the link or scan the code, and create the free account.
- 02 If you buy Pinealon elsewhere, run the five-point check below on that vendor first, and insist on the identity line.
- 03 Whatever you choose, match the lot number to the certificate before you use it.



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CODE PEPTIDESCIENCE · 15%
OFF

Scan for the catalogue with the code
applied

TWO OPTIONS WITH HUMAN TRIALS, AND ONE THAT IS NOT FOR SALE

CerebroNeurogen · Deep dive 01

The only compound in this series with large human trials: dozens of randomised studies and two Cochrane reviews. Mixed results, but real data on real people.

EVIDENCE: LARGE HUMAN TRIALS,
MIXED

limitlesslifenuootropics.com/product/cerebroneurogen

N-Acetyl Semax · 20 mg

A seven-amino-acid peptide approved in Russia for stroke and cognitive impairment, given as nasal drops. Small human trials, no Western approval, no needles.

EVIDENCE: SMALL HUMAN TRIALS ·
FOREIGN APPROVAL

limitlesslifenuootropics.com/product/n-acetyl-semax

A sleep study

If the screen on page 5 scored three or more, this is the purchase. A doctor can order it, it often happens at home, and it is the only thing on this page with lifespan data.

EVIDENCE: THE STRONGEST HERE

Ask your doctor for it by name.

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 finnricks.com, an independent site that publishes test results and sells nothing.

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06 PINEALON · THE BRAIN-FOG BASELINE

Fog is the most suggestible symptom there is. Measure it.

Four tests, five minutes, same hour every time and before caffeine. Run them three mornings before you start anything, then on the days marked. This sheet works for Pinealon, for whatever you choose on page 6, and for the month after a sleep study changes something. **The bar is not “I felt sharper.”** The bar is a change larger than the spread between your three baseline mornings.

Recall

Ten unrelated words from a random book page. Read once, write down all you can after five minutes. Score out of 10. New list every time.

Animals

Name as many animals as you can in 60 seconds. A real clinical test of verbal fluency. Count them.

Reaction

Any free online reaction-time test. Average of five attempts, in milliseconds. Same device every time.

Fog

At 11 am, one number: 1 clear, 3 buffering, 5 useless. Plus last night's sleep in hours.

DAY	DATE	DOSE	RECALL /10	ANIMALS /60S	REACTION MS	FOG 1-5	SLEEP H	NOTES
Base 1								
Base 2								
Base 3								Average the three baselines. That number is your bar.
Day 1								
Day 3								
Day 5								
Day 8								Scored 3 or more on the eight questions and not booked the sleep study yet? Do that before day 9.
Day 10								Studied course ends here.
After +7								
After +14								A real effect should still be visible here. If it left with the last capsule, it was not repair.
After +30								

NOTES: SLEEP QUALITY, CAFFEINE, ANYTHING DIFFERENT



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The catalogue I use. Page 6 has what I would buy for this goal.

Sleep hours sit next to fog because they explain most of the day-to-day noise in the other columns, and because a fog score that tracks sleep is not a peptide problem. If you fixed your sleep and everything moved, you have your answer, and it cost nothing.