



The Peptide Starter Guide.

What peptides actually are, what the research does and does not show, how to check a vendor before you spend a dollar, and which of the seven deep dives to read first. Written the way I would explain it to a friend across the kitchen table.

THINK OF IT LIKE THIS

Your body runs on messages. Hormones are the messages, and most of them are peptides: short chains of the same amino acids that make up the protein in your dinner, arranged into a specific sequence. Insulin is a peptide. So is the hormone that tells you that you are full. Research peptides are lab-made copies of those messages, studied for what happens when you send one the ageing body has stopped sending loudly enough: repair this tissue, burn this fuel, calm this inflammation, rebuild this connection. Most of what we call getting old is messages fading.

THE MAP: WHAT IS STUDIED FOR WHAT

GOAL	COMPOUNDS PEOPLE TALK ABOUT	WHAT THE RESEARCH LOOKS AT
Weight and metabolism	Retatrutide, 5-Amino-1MQ, MOTS-c	Appetite and fuel signalling, fat storage versus burning, muscle retention
The ageing brain	Cerebrolysin, Semax, Pinealon	Neuron survival, recovery after stroke or injury, new connections
Cellular ageing	Epitalon, NAD+ precursors	Chromosome caps, cellular clock pathways, long-term population data
Energy and mitochondria	SS-31, MOTS-c	Restoring the cell's power plants, energy output in aged tissue
Repair and recovery	BPC-157, GHK-Cu, TB-500	Tendon and tissue healing, collagen, wound closure; largely animal data
Immune and inflammation	Thymulin, KPV, LL-37	Immune training, switching off chronic inflammation at its source

THE HONEST ASTERISK

Evidence quality varies enormously, from decades of human trials to a single mouse study. Anyone who tells you it is all proven, or all nonsense, is selling something. The skill is knowing which is which, and page 2 puts all seven compounds in this series on one scorecard.

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Every deep dive scores its compound on the same five rungs.

Lab dish, animals, small human studies, large human trials, approved. Here is the whole series on one table, so you can see at a glance where the money is justified and where it is not.

COMPOUND	HIGHEST RUNG REACHED	THE ONE-LINE VERDICT	STOCKED
Retatrutide	Large human trials, 2,300+ people	The largest weight loss ever trialled. Not approved yet. The slow ramp matters more than the dose.	● Yes
Cerebrolysin	Large human trials, mixed	Fifty years of use and dozens of trials. Real, imperfect, and best judged by measuring rather than feeling.	● Yes
5-Amino-1MQ	Animals only	An elegant mechanism and honest mouse data. No human study, and nearly half of every dose is iodide.	● Yes
Epitalon	Small human studies	The reputation belongs to a different substance. Nothing measured in a living body, and the mechanism asks for caution.	○ No
SS-31	Approved, for one ultra-rare disease	The only real medicine here, for a few hundred people. Missed its large trials in fatigue, heart failure and eyes. Not stocked.	○ No
GHK-Cu	Small human trials, topical	Your own repair peptide. Decades of skin data as a cream; nothing in people for the injection.	● Yes
Pinealon	Animals and cells	A good mechanism, a thin file, and a misleading name. The fog it is sold for usually has a more boring cause.	○ No

WHICH DEEP DIVE TO READ FIRST

IF YOUR GOAL IS	START WITH	WHY
Weight, appetite, fatty liver	Deep dive 04 · Retatrutide	The most human evidence in the series, and the trial schedule translated into vials and units.
The ageing brain, memory	Deep dive 01 · Cerebrolysin	The only compound here with dozens of trials, plus a baseline sheet so you can tell whether it did anything.
Fat loss without needles	Deep dive 05 · 5-Amino-1MQ	Oral, but you are the experiment. The guide gives you the dose maths and the three blood tests to run it properly.
Longevity, telomeres	Deep dive 02 · Epitalon	Read it before spending anything. It ends with the eight markers that actually track biological age, most of them free.
Skin, healing, a stubborn tendon	Deep dive 06 · GHK-Cu	Topical first, because that is where the evidence is, with a photo log so you can actually see the result.
Energy, mitochondria	Deep dive 07 · SS-31	The honest story of the mitochondrial peptide that became a drug, and what to do instead for everyday energy.
Brain fog, the mid-morning slump	Deep dive 03 · Pinealon	It contains the 90-second sleep-apnoea screen that is worth more than any vial in the series.

Where I personally source, and the five-point check I run on everyone.

The grey market has excellent labs and absolute garbage sold in identical vials. This is the most valuable page in the guide: the check I would run on any vendor, including the one below, before spending a dollar.

- **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.

DIRECT LINK · THE CATALOGUE

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After running that check myself, this is the vendor I use: third-party tested through MZ Biolabs, Janoshik and Trustpointe Analytical, batch and lot numbers on every product, certificates published on the site, sterility and endotoxin values reported rather than badged. Use code **PEPTIDESCIENCE** for 15 percent off.

Open the catalogue with 15% off →

- 01 Open the link or scan the code, and create the free account; the catalogue shows nothing until you do.
- 02 Find your compound. Each deep dive has the direct link and the cart list for every course length.
- 03 Enter the code at checkout. On arrival, match the lot number on the vial to the certificate before you open anything.



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COMMON QUESTIONS

Why does the site want an account before it shows me anything?

They restrict the catalogue to research buyers, which is how every serious vendor in this market now operates. It is a form, not an interview, and pricing shows once you are in.

Does the discount cost me anything?

No. The code takes 15 percent off for you; the vendor pays me a commission from their side. That is how these guides stay free, including the two that tell you not to buy the compound they are about.

What if they do not stock what I want?

Three of the seven deep dives cover compounds they do not sell. Each of those ends with better-supported options for the same goal, and the check above for anyone who does sell it. I do not link vendors I have not vetted.

Disclosure: affiliate link, at no extra cost to you. Using it keeps these guides free. I only link a vendor I have vetted and use myself. Limitless Life sells at limitlesslifennootropics.com; the site header reads Limitless Biotech, same store.

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