

Van Family Medical- Peptide Wellness Sheet

(Recommended starting doses may be changed during consultation to meet individual needs and goals.)

Peptide	Benefit Highlight	Supply	Recommended Dosage	Cost
<u>BPC-157</u>	Supports Healing & Recovery	40 days	5 units (250mcg) once daily.	\$180
<u>BPC-157/TB500</u>	Recovery & Mobility Support	40 days	5 units (250mcg/250mcg) once daily.	\$200
<u>KPV</u>	Gut & Inflammation Support	4 weeks	10 units (500mcg) once daily 5 days on, 2 days off.	\$180
<u>GHK-Cu</u>	Skin & Hair Wellness	40 days	5 units (1.25mg) once daily.	\$190
<u>BPC-157/TB500/GHK-Cu</u>	Advanced Recovery & Repair	40 days	5 units once daily.	\$225
<u>BPC-157/TB500/GHK-Cu/KPV</u>	Total Wellness Support	4 weeks	10 units daily, 5 days on, 2 days off.	\$235
<u>BPC-157/TB500/KPV</u>	Recovery & Gut Support	4 weeks	10 units daily, 5 days on, 2 days off.	\$225
<u>CJC-1295 / Ipamorelin</u>	Growth Hormone Support	4 weeks	10 units before bed 5 days on, 2 days off.	\$210
<u>Sermorelin</u>	Healthy Aging Support	50 days	4 units before bed fasted for 1-2hrs.	\$185
<u>Epithalon</u>	Longevity & Cellular Wellness	20 days	10 units (2.5mg) nightly for 20 days.	\$215
<u>NAD+</u>	Energy & Mental Clarity	7.5 weeks / 5wks	12 units 2x weekly for 2 wks. 25 units 2x weekly for 2 wks, 50 units 2x weekly.	\$195
<u>Tesamorelin</u>	Metabolism & Fat Loss Support	20 days	90 mins after the last meal (night-time) 10 units nightly.	\$195
<u>MOTS-c</u>	Metabolic Wellness Support	8 weeks	Fast in the AM, 5 units 5 days on 2 days off.	\$210
<u>IGF-1 LR3</u>	Muscle & Performance Support	4-6 wks	5 units daily in the AM.	\$255
<u>Selank</u>	Calm & Cognitive Support	30 days	5 units in AM, reassess after 30 days.	\$210
<u>Semax</u>	Focus & Brain Wellness	50 days	4 units 3x weekly in AM.	\$210