PEPTIDE REFERENCE GUIDE

New Heights Chiropractic & Wellness

A completeguidetoourpeptidetherapies–forstaffandpatients

11 Peptides Covered

NEW HEIGHTS CHIROPRACTIC & WELLNESS

LET'S TAKE YOUR HEALTH TO NEW HEIGHTS!

ABOUT THIS GUIDE

How to Use This Reference

This guide provides clear, accessible explanations of the peptide therapies offered at New Heights Chiropractic & Wellness. Each entry covers what the peptide is, how it works in the body, and its primary clinical benefits. It is designed to help our staff answer patient questions confidently and to help patients make informed decisions about their treatment options.

Cards highlighted in purple indicate combination/signature protocols. All information is for educational purposes – individual treatment plans should always be discussed with a qualified provider.

Peptide	Primary Focus
NAD■	Energy
BPC-157	Healing
GLOW Protocol – BPC-157 + TB-500 + GHK-Cu	Combo Protocol
Tesamorelin / Ipamorelin	GH Optimization
Sermorelin	GH Stimulation
Kisspeptin	Hormones
MOTS-c	Mitochondria
Elamipretide	Mitochondria
Epithalon	Telomeres
GHK-Cu	Skin
IGF-1 LR3	Muscle Growth

CELLULAR ENERGY

NAD+ (Nicotinamide Adenine Dinucleotide)

Also known as: NAD+, NMN precursor **$200**

NAD is a coenzyme found in every living cell and is central to energy metabolism. It plays a critical role in converting nutrients into cellular energy (ATP) and acts as a key regulator of proteins involved in longevity, DNA repair, and inflammation control. NAD levels naturally decline with age, contributing to fatigue, cognitive decline, and metabolic dysfunction. Replenishing NAD via IV, injection, or nasal delivery can restore cellular vitality and support healthy aging at a foundational level.

Key Benefits

- Boosts mitochondrial energy production and reduces fatigue
- Activates sirtuins – proteins linked to longevity and DNA repair
- Supports cognitive clarity, focus, and neuroprotection
- Enhances metabolic function and insulin sensitivity
- Aids addiction recovery and mental health support
- Reduces systemic inflammation

Energy | Longevity | Brain Health | Anti-Aging

GUT & TISSUE REPAIR

BPC-157 (Body Protection Compound 157)

Also known as: BPC, Pentadecapeptide **$160**

BPC-157 is a synthetic 15-amino-acid peptide derived from a protein found naturally in human gastric juice. It has powerful regenerative and cytoprotective properties, promoting healing of muscles, tendons, ligaments, nerves, and the gastrointestinal lining. It works partly by upregulating growth hormone receptors and stimulating angiogenesis (new blood vessel formation). BPC-157 has demonstrated remarkable wound-healing results in preclinical studies and is widely used for injury recovery, gut health, and inflammation reduction.

Key Benefits

- Accelerates healing of tendons, ligaments, and muscle injuries
- Repairs and protects the gut lining (IBS, leaky gut, IBD)
- Reduces joint and systemic inflammation
- Supports nerve regeneration and neuroprotection
- Improves blood flow to injured tissues via angiogenesis
- Protects against NSAID-induced gut damage

Healing | Gut Health | Inflammation | Recovery

COMBINATION THERAPY – SIGNATURE PROTOCOL

GLOW Protocol – BPC-157 + TB-500 + GHK-Cu

A synergistic blend for total-body regeneration and radiance **$240**

GLOW is a curated combination of three potent regenerative peptides, each targeting different but complementary pathways. BPC-157 drives rapid tissue healing and gut protection; TB-500 (Thymosin Beta-4) reduces inflammation and promotes cellular migration and repair across the entire body; and GHK-Cu (Copper Peptide) stimulates collagen synthesis, skin renewal, and antioxidant defense. Together they create a comprehensive regenerative effect addressing recovery, aesthetics, and resilience from the inside out.

Key Benefits

- BPC-157: Gut healing, tendon/ligament repair, angiogenesis
- TB-500: Systemic anti-inflammatory, cell migration, muscle repair
- GHK-Cu: Collagen production, skin firmness, wound healing
- Synergistic effect targets recovery, skin, and longevity simultaneously
- Ideal for post-injury, post-surgical, or aesthetic optimization

Combo Protocol | Regeneration | Skin | Recovery

GROWTH HORMONE OPTIMIZATION

Tesamorelin / Ipamorelin

Alsoknownas:GHRH / GHRPCombination **$240**

Tesamorelin is a growth hormone-releasing hormone (GHRH) analogue that stimulates the pituitary to produce and release more growth hormone (GH). Ipamorelin is a selective growth hormone-releasing peptide (GHRP) that mimics ghrelin to trigger GH release with minimal side effects. Used together they work synergistically – tesamorelin provides the sustained hormonal signal while ipamorelin amplifies the pulse, producing a strong, physiologically natural GH release. This stack is popular for body composition, anti-aging, and metabolic health.

Key Benefits

- Increases growth hormone and IGF-1 levels naturally
- Reduces visceral (abdominal) fat, especially in metabolic syndrome
- Improves lean muscle mass and body composition
- Enhances sleep quality and deep sleep (GH is released at night)
- Supports skin elasticity, bone density, and recovery
- FDA-approved (Tesamorelin) for HIV-associated lipodystrophy

GH Optimization | Body Composition | Anti-Aging | Metabolic

GROWTH HORMONE STIMULATION

Sermorelin/ipamorelin

Alsoknownas:GHRH1-29, GRF 1-29 **$200 (semorelin by itself $160)**

Sermorelin is a 29-amino-acid analogue of growth hormone-releasing hormone (GHRH) – the first 29 amino acids of naturally occurring GHRH. It stimulates the anterior pituitary gland to produce and secrete growth hormone in a pulsatile, physiological manner. Because it works through the body's own feedback mechanisms, it carries a lower risk profile compared to exogenous growth hormone. Sermorelin is widely used as a gentler, more sustainable approach to GH restoration as part of anti-aging and wellness protocols.

Key Benefits

- Restores youthful growth hormone levels safely and naturally
- Improves body composition: reduces fat, increases lean mass
- Enhances recovery time from exercise and injury
- Supports deeper, more restorative sleep cycles
- Improves energy levels, mood, and cognitive function
- Lower risk of GH-related side effects vs. exogenous HGH

GH Stimulation | Anti-Aging | Sleep | Recovery

HORMONAL & REPRODUCTIVE HEALTH

Kisspeptin

Alsoknownas:Metastin, KiSS-1 peptide **$160**

Kisspeptin is a naturally occurring neuropeptide that plays a master regulatory role in the hypothalamic-pituitary-gonadal (HPG) axis. It triggers the release of GnRH (gonadotropin-releasing hormone), which in turn stimulates LH and FSH – the hormones responsible for testosterone, estrogen, and reproductive function. Kisspeptin therapy is used to address hypogonadism, low libido, hormonal imbalances, and fertility challenges in both men and women. It also has emerging applications in mood regulation and sexual motivation at the neurological level.

Key Benefits

- Stimulates natural testosterone and estrogen production
- Supports fertility and ovarian/testicular function
- Addresses hypogonadism and hormonal imbalances
- Improves libido and sexual motivation
- May support mood and emotional processing
- Works upstream of the hormonal cascade for physiological balance

Hormones | Fertility | Libido | Testosterone

MITOCHONDRIAL HEALTH

MOTS-c (Mitochondrial Open Reading Frame of the 12S rRNA-c)

Also known as: Mitochondrial peptide, exercise-mimetic **$160-260**

MOTS-c is a peptide encoded within the mitochondrial genome – a remarkable discovery that revolutionized our understanding of mitochondrial biology. It acts as a signaling molecule regulating metabolism, stress responses, and homeostasis throughout the body. MOTS-c has been called an 'exercise-mimetic' because it activates many of the same metabolic pathways triggered by physical exercise, including AMPK activation and glucose uptake. Levels decline with age, and supplementation shows promise for longevity, metabolic disease, and physical performance.

Key Benefits

- Activates AMPK: improves insulin sensitivity and metabolic flexibility
- Mimics benefits of exercise at the cellular level
- Reduces age-related metabolic decline
- Enhances physical endurance and exercise performance
- Promotes longevity pathways and stress resilience
- May support weight management and glucose regulation

Mitochondria | Metabolism | Longevity | Performance

MITOCHONDRIAL PROTECTION

Elamipretide (SS-31)

Alsoknownas:Bendavia,MTP-131,Szeto-Schiller peptide **$200**

Elamipretide is a first-in-class mitochondria-targeting peptide that concentrates selectively in the inner mitochondrial membrane. It stabilizes cardiolipin – a critical phospholipid essential for the electron transport chain and ATP production. By protecting mitochondrial structure and function, elamipretide reduces oxidative stress, prevents cell death, and restores energy production in damaged tissues. It is under clinical investigation for heart failure, mitochondrial disease, and age-related decline, and represents one of the most targeted mitochondrial therapies available.

Key Benefits

- Stabilizes cardiolipin to protect mitochondrial membrane integrity
- Reduces reactive oxygen species (ROS) and oxidative damage
- Restores ATP production in energy-depleted cells
- Cardioprotective: supports heart function and reduces ischemic injury
- Neuroprotective: shields neurons from mitochondrial dysfunction
- Promising for age-related fatigue, heart failure, and mitochondrial disease

Mitochondria | Cardioprotection | Antioxidant | Longevity

EPIGENETIC LONGEVITY

Epithalon (Epitalon)

Also known as: Epithalamin tetrapeptide, Ala-Glu-Asp-Gly **$160-260**

Epithalon is a synthetic tetrapeptide (4 amino acids) developed by the St. Petersburg Institute of Bioregulation and Gerontology, based on the natural peptide epithalamin found in the pineal gland. Its primary mechanism involves activating telomerase – the enzyme that maintains and lengthens telomeres, the protective caps on chromosomes that shorten with aging. It is one of the most studied longevity peptides in biomedical research, with evidence spanning cellular, animal, and human studies spanning decades.

Key Benefits

- Activates telomerase to lengthen and protect telomeres
- Shown to extend lifespan in multiple animal models
- Regulates melatonin production for improved sleep and circadian rhythm
- Antioxidant and anti-tumor properties
- Supports immune function and hormonal balance
- May reduce biological age markers in human studies

Telomeres | Longevity | Anti-Aging | Sleep

SKIN & TISSUE REGENERATION

GHK-Cu (Copper Peptide)

Also known as: Glycyl-L-histidyl-L-lysine copper complex **$160**

GHK-Cu is a naturally occurring copper-binding tripeptide found in human plasma, saliva, and urine that declines significantly with age. It acts as a potent activator of wound healing, collagen and elastin synthesis, and tissue remodeling. GHK-Cu modulates over 4,000 genes, many involved in anti-inflammatory, antioxidant, and regenerative pathways. It is used both systemically and topically for skin rejuvenation, hair restoration, wound healing, and anti-aging applications, making it one of the most versatile regenerative peptides available.

Key Benefits

- Stimulates collagen and elastin production for skin firmness
- Accelerates wound healing and skin repair
- Promotes hair follicle growth and reduces hair loss
- Potent anti-inflammatory and antioxidant effects
- Regulates metalloproteinases for healthy tissue remodeling
- Improves skin density, hydration, and fine line reduction

Skin | Collagen | Hair | Wound Healing

MUSCLE & GROWTH SIGNALING

IGF-1 LR3 (Insulin-Like Growth Factor-1 Long R3)

Also known as: Long-R3-IGF-1 **$290**

IGF-1 LR3 is a recombinant, modified form of insulin-like growth factor-1 (IGF-1) with an extended half-life due to reduced binding to IGF-binding proteins. IGF-1 is the primary downstream mediator of growth hormone's anabolic effects, driving cell growth, protein synthesis, and muscle hypertrophy. The LR3 modification significantly increases its potency and duration compared to native IGF-1. It promotes satellite cell activation in muscle, supports fat metabolism, and has neuroprotective properties, making it valuable for muscle building, injury recovery, and metabolic optimization.

Key Benefits

- Potent anabolic effect: increases muscle protein synthesis and hypertrophy
- Activates muscle satellite cells for repair and growth
- Promotes fat utilization for energy (lipolysis)
- Longer half-life than native IGF-1 for sustained activity
- Neuroprotective: supports nerve cell survival and repair
- Supports connective tissue and cartilage health

Muscle Growth | Anabolic | Recovery | GH Downstream

IMPORTANT NOTICE

Medical Disclaimer

The information contained in this guide is intended for educational purposes only and is designed to support informed conversations between patients and their healthcare providers. It does not constitute medical advice, diagnosis, or treatment recommendations.

Peptide therapies vary in regulatory status by country and region. Many of the peptides described herein are research compounds or are used off-label. All treatment decisions should be made in consultation with a licensed medical professional who has reviewed your individual health history, goals, and relevant lab work.

Individual results may vary. This guide does not guarantee any specific outcomes.

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