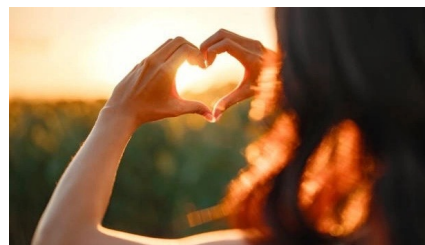


Core Peptides We Use - Quick Glance

This page is a short guide mentioning each peptide. For ALL peptide content, see: peptidediary.com.

The place to go for more information about each is also linked. You can search our [Facebook group](#) too, using #peptidename.



Also, the **Digital Mind** is ready to help you 24/7: <https://diaryofrecovery.com/dm>

Nervous system regulation and other helpful info can be found below, after the list of peptides / supplements.

Pages to visit:

1. Purchasing: <https://diaryofrecovery.com/buy> (this page always contains most up to date info)

2. Dosing: <https://diaryofrecovery.com/dosing> (all peptides on one page)

3. To learn more about each: See below pages (which also contain purchase & dosing info)

Integrative Peptides - code: **Save10**

□ **KPV** (antimicrobial, antiinflammatory, antifungal, mast cell calming) <https://diaryofrecovery.com/kpv>

□ **TB4 Frag** (tissue healing from injuries, toxin damage & more) <https://diaryofrecovery.com/tb4info>

□ **CogniPep** (cognition, brain repair) <https://diaryofrecovery.com/review/#cognipep> • CogniPep for kids: <https://recoveringkids.com/cognipep>

□ **ThyroPep** (thyroid, energy, body temp regulation, sleep) <https://diaryofrecovery.com/review/#thyropep>

□ **Thymogen Alpha 1** (immune boosting, flare prevention) <https://diaryofrecovery.com/review/#thymogen>

□ **PinealPep** (anti-aging, telomere lengthening, circadian rhythm / sleep) <https://diaryofrecovery.com/review/#pinealpep>

Limitless Biotech - code: **QUALITY 20% off**

(or Biolab if outside USA)

- ❑ **Larazotide Acetate** (close tight junctions in the gut – food intolerances, prevent die off from escaping) <https://diaryofrecovery.com/larazotide-acetate-info/>
- ❑ **Epitalon** (synthetic version of PinealPep, does not contain vessel or thymus) <https://diaryofrecovery.com/tinypeps/#pineal>
- ❑ **5 Amino 1 MQ** (fat cell metabolism, weight management, energy boost) <https://diaryofrecovery.com/review/#5amino>

Limitless Sprays: (can use sublingual for equal results)

- ❑ **Selank** (anxiety, worry, restless mind, pain, some antiviral properties) <https://diaryofrecovery.com/selank>
- ❑ **DSIP** (deeper delta sleep, feel more recharged) <https://diaryofrecovery.com/dsip>
- ❑ **Oxytocin** (social anxiety) <https://diaryofrecovery.com/review/#oxytocin>
- **Reconstituting Spray Instructions:** <https://diaryofrecovery.com/mix>

VitaStream - code: **BIOREG10**

For all 26 Bioregulator (organ / gland specific) Peptides: <https://diaryofrecovery.com/tinypeps>

At that review / guide page you will find:

- ❑ Adrenals • Bile • Bladder • Blood Vessels • Bone Marrow • Brain / CNS • Cartilage • Collagen • Gastric Mucin • Heart • Hypothalamus • Kidneys • Liver • Lungs • Muscles • Ovaries • Pancreas • Parathyroid • Pineal (Endocrine) • Pituitary • Prostate • Retina / vision • Stomach • Testes • Thymus • Thyroid
- ❑ **Plavalle** (whole-body bioregulator): mild antimicrobial, gentle immune modulation, can be an easier start than KPV when die off is a concern. <https://diaryofrecovery.com/plavalle>

Ageless RX - code: **VITAL15**

- **NAD+** (mitochondria support for – brain fog, energy, less hanger, better sleep, mast cell calming) <https://diaryofrecovery.com/mito> • Use with TMG to support methylation
- **B12 injections** (anemia, nerve support, regeneration) <https://diaryofrecovery.com/b12> - they also sell glutathione & much more • [See our webpages for important ordering tips for Ageless](#)

Other:

- **Saw palmetto** (mood, aggression, impaired detox of androgens) <https://diaryofrecovery.com/sawpalmetto>

4. Detox Support

- Can be important when using KPV. See: **Detox the Die Off**

5. Peptides ranked for safety

- **Short Chain vs. Longer Chain** — <https://diaryofrecovery.com/safety>

6. Nervous System Calming - Help your peptides / supplements land even better

- **Our video & post** — [7 easy hacks that cancel worry & calm nerves – we'll teach you!](#)
- **Primal Trust** — [Free ebook](#) / [YouTube Channel](#)

7. Our Top Resources for Busy Families or Individuals

- **Nest biomed** — [Simplified Content](#) - includes blogs specific to a younger set too
- **Digital Mind** — Our [personalized coaching tool](#), you're going to love! 🧑

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Thank you for being here ❤️ I'm cheering for you and excited for your next steps!