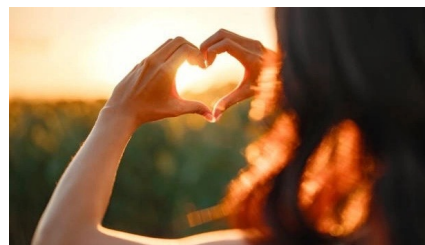


Core Peptides We Use - Quick Glance

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: 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: buyingpeptides.com (this page always contains our most up to date info)

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

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

Integrative Peptides - code: **Save10**

- ☐ **KPV** (antimicrobial, antiinflammatory, antifungal, mast cell calming) diaryofrecovery.com/kpv
- ☐ **TB4 Frag** (tissue healing from injuries, toxin damage & more) diaryofrecovery.com/tb4info
- ☐ **CogniPep or CerebroPep** (cognition, brain repair) diaryofrecovery.com/brain • CogniPep for kids: recoveringkids.com/cognipep
- ☐ **ThyroPep** (thyroid, energy, body temp regulation, sleep)
- ☐ **Thymogen Alpha 1** (immune boosting, flare prevention) diaryofrecovery.com/review/#thymogen
- ☐ **Epitalon-Pinealon Spray or PinealPep** (anti-aging, cognition, telomere lengthening, circadian rhythm / sleep) diaryofrecovery.com/brain

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

(If out of stock refer to buyingpeptides.com for other options)

Capsules:

□ **Larazotide Acetate** (close tight junctions in the gut – food intolerances, prevent die off from escaping) diaryofrecovery.com/larazotide-acetate-info/

□ **Epitalon** (synthetic version of PinealPep, does not contain vessel or thymus) diaryofrecovery.com/tinypeps/#pineal

□ **5 Amino 1 MQ** (fat cell metabolism, weight management, energy boost) diaryofrecovery.com/review/#5amino

Sprays: (can use sublingual for equal results)

□ **Selank** (anxiety, worry, restless mind, pain, some antiviral properties) diaryofrecovery.com/selank

□ **DSIP** (deeper delta sleep, feel more recharged) diaryofrecovery.com/dsip

□ **Oxytocin** (social anxiety) diaryofrecovery.com/review/#oxytocin

• **Reconstituting Spray Instructions:** diaryofrecovery.com/mix

VitaStream - code: **BIOREG10**

For all 26 Bioregulator (organ / gland specific) Peptides: 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

□ **Plavelle** (whole-body bioregulator): mild antimicrobial, gentle immune modulation, can be an easier start than KPV when die off is a concern. diaryofrecovery.com/plavelle

Ageless RX - code: **VITAL15**

- **NAD+** (mitochondria support for – brain fog, energy, less hanger, better sleep, mast cell calming) diaryofrecovery.com/mito • Use with TMG to support methylation
- **B12 injections** (anemia, nerve support, regeneration) 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) 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** — 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](#)

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!