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: https://diaryofrecovery.com/buy (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** (inflammation reduction and tissue healing) 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) https://diaryofrecovery.com/review/#thyropep

□ **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

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: (use sublingual with equal results)

□ **TB 500 aka TB4 Frag 17-23** (deep repair, blood vessel growth, hbot like benefits) https://diaryofrecovery.com/TB500

□ **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

□ **ARA 290** (nerve repair) https://diaryofrecovery.com/ara

• **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!