

THE PERIMENOPAUSE PEPTIDE GUIDE

Quick Reference: Symptom to Peptide

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These are the peptides I personally use or rotate through cycles, plus a few I recommend based on research even if I have not tried them myself (noted below). Start with what is bothering you most.

Symptom	Peptides to research	Access
Can't sleep / wake at 3am	CJC/Ipa, Selank, NAD+	Research compound / OTC
Brain fog / word loss / can't focus	Semax, NAD+, Selank	Research compound / OTC
Anxiety / rage / mood swings	Selank, Semax	Research compound
Bone-deep fatigue	NAD+, MOTS-c, CJC/Ipa	OTC / Research compound
Belly fat / metabolism / nothing working	GLP-1 Family, MOTS-c	Prescription / Research compound
Losing muscle / slow recovery	CJC/Ipa, GLO Blend	Research compound
Joint pain / whole-body inflammation	GLO Blend, GLP Family	Research compound / Prescription
Skin / hair / collagen loss	GLO Blend (GHK-Cu), CJC/Ipa	Research compound
Libido / desire*	PT-141*	Prescription / Research compound
Longevity / reverse aging	Epithalon, MOTS-c, NAD+, GHK-Cu	Research compound / OTC

* PT-141 is a well-researched recommendation for this symptom. I have not personally tried it and want to be transparent about that.

Access key:

Research compound

OTC / supplement

Prescription

Research compounds are third-party tested peptides available without a prescription, sold for research purposes only. Always work with a provider when possible.

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Choose Your Own Adventure

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Not everyone starts in the same place. Here is how I think about the three tiers and how to figure out where you fit.

TIER 1	TIER 2	TIER 3
LifeWave Patches	Self-Sourced Peptides	Doctor-Supervised
Non-transdermal phototherapy that stimulates your body's own peptide production. No injections. Nothing enters the body. My origin story.	Lab-verified, pharmaceutical-grade purity, third-party COA tested. Available as research compounds. For the self-directed researcher. More affordable and independent.	Prescription peptides with full medical oversight, labs, personalized protocols, and ongoing support.
No needles Nothing enters your body Star product: X39 (GHK-Cu)	99%+ purity verified Third-party COA per batch No prescription needed	Labs and monitoring Personalized dosing and protocols Ongoing provider support
Shop patches	Shop self-sourced	Get started

Already using LifeWave X39 patches? You are already in Tier 1 and already stimulating your own GHK-Cu production. The peptides in Tiers 2 and 3 work on the same pathways, just from the inside. Not competing approaches. A progression.

Not sure where to start?

Book a free discovery call and we will figure out together which tier makes sense for where you are right now.

[Book your free call](#)

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I am not a medical professional. Nothing in this guide constitutes medical advice, a diagnosis, or a treatment recommendation. Research compounds are sold for research purposes only and are not intended for human consumption. Always consult a qualified healthcare provider before starting any new health protocol.