



GLOW - HEAL - LEAN - RECOVER - FOCUS

The Luxe Girls Guide to Peptides, Research Compounds, InjectioBasics, Glow Stacks & Recovery Protocol Culture

A feminine, easy-reference handbook for women who want to understand popular peptide categories, injection basics, research-only compounds, and the stacks being talked about in biohacking communities - without turning it into a chaotic forum rabbit hole.

Important: This is educational, not medical advice. Many compounds discussed are research-only or prescription-only. Do not inject anything unless it was prescribed or provided by a licensed medical professional.

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Inside This Luxe Guide

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- Peptide categories at a glance
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- Luxe stack library: Glow, Wolverine, Brain Babe, Skinny, Calm, Longevity and more
- Quick-reference pairing chart
- Side-effect watch list
- Printable trackers
- References

FOUNDATION

Read this before the pretty peptide pages.

Safety First: Peptide Babe Rules

- Prescription peptides and FDA-approved medications should come from licensed pharmacies or clinicians. Research-only products are not the same as approved medications.
- Never reuse needles or syringes. A new sterile needle and syringe are used for every injection and every vial entry.
- Do not mix random peptides in the same syringe unless a licensed clinician specifically says the exact combination is compatible.
- Do not shake delicate peptide vials. If reconstituting a prescribed lyophilized peptide, gently roll or swirl after adding diluent as directed by the pharmacy.
- If a vial looks cloudy, discolored, contaminated, cracked, unlabeled, or past beyond-use date, do not use it.
- Red flags after an injection include spreading redness, heat, fever, hives, trouble breathing, severe swelling, severe vomiting, chest pain, or neurological symptoms. Seek medical care.

This guide intentionally does not give individualized dosing. Dose depends on the exact compound, vial strength, concentration after reconstitution, medical history, other medications, and prescription instructions.

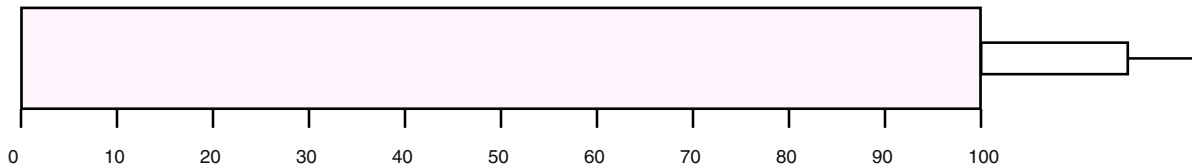
Peptide Categories at a Glance

Calm / nervoussystem	Selank, DSIP, oxytocin discussions Stress, irritability, sleep, connection
Brain / focus	Semax, NA-Semax, Pinealon, P21 Focus, clarity, motivation
Recovery / repair	BPC-157, TB-500, KPV Tendons, joints, gut, workout recovery
Beauty / skin / hair	GHK-Cu, glutathione, bioregulators Glow, collagen signaling, hair appearance
Metabolic / fat loss	Semaglutide, tirzepatide, retatrutide, AOD-9604, MOTS-c Appetite, body composition, energy
Longevity / mitochondria	Epitalon, MOTS-c, SS-31, Humanin Cellular energy, healthy aging culture
Hormone / desire	PT-141, kisspeptin, gonadorelin, HCG Libido, fertility/endocrine contexts

Injection Supplies Checklist

- [Alcohol prep pads](#)
- [New sterile insulin syringes or the syringe/needle your pharmacy prescribed](#)
- Sharps container- You can use an empty water bottle that the top can be resealed.
- Clean surface and good lighting
- Prescription vial or properly labeled medication
- Clean hands or gloves
- Injection-site tracker
- Bandage or gauze
- Travel cooler if medication requires refrigeration
- [Mini skincare/peptide fridge for temperature-sensitive compounds](#)

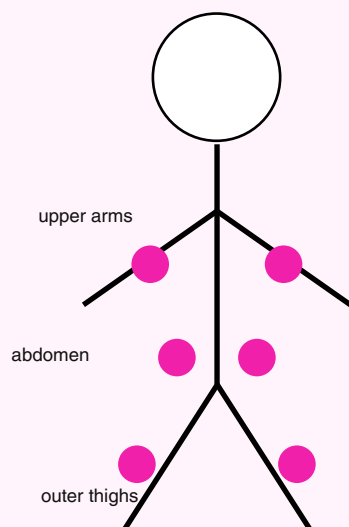
Insulin Syringe Visual: Units vs mL



100 units = 1 mL on a standard U-100 insulin syringe. Units are volume marks, not milligrams.

Dose in mg depends on concentration after reconstitution. Use your prescription label/provider math.

SubQ Injection Site Map



Common SubQ Zones

- Abdomen: stay away from navel and irritated skin.
- Outer thigh: easy self-injection area.
- Back/outer upper arm: usually easier with help.
- Rotate sites. Do not inject into redness, bruising, scars, or lumps.
- Keep at least 1 inch from the previous spot.

Rotation basics: rotate between left abdomen, right abdomen, left thigh, right thigh, and upper-arm areas when appropriate. Avoid the same exact spot repeatedly. Keep skin healthy and avoid bruised, scarred, hard, swollen, or irritated areas.

Reconstitution + Gentle Mixing Safety Basics

Use the right diluent	Only use the diluent specified by the pharmacy, prescriber, or product instructions. Many peptide protocols discuss bacteriostatic water, but your source instructions matter.
Add slowly	Aim the diluent down the side of the vial instead of blasting the powder directly.
Do not shake	Gently roll or swirl. Shaking can damage delicate compounds and create foam.
Let it settle	Allow bubbles or foam to clear before drawing up medication.
Label everything	Write reconstitution date, beyond-use date, and concentration if provided by the pharmacy.
Discard safely	If sterility is questionable, throw it out. Peptides are not worth infection risk.
Dose math warning	Units on a syringe are volume marks. They are not the same as milligrams. Dose depends on concentration.

Storage + Travel Guide

Refrigeration	Many reconstituted peptides are stored refrigerated, but follow the pharmacy/product label.
Light protection	Some compounds are light-sensitive. Keep in original box or a protective pouch if directed.
Heat exposure	Do not leave vials in a car, hot bathroom, purse in the sun, or near a window.
Travel	Use a medication cooler if required. Keep prescriptions and labels with you.
Needles	Pack sharps safely and follow local disposal rules.
When in doubt	Ask the pharmacy: "How long is this good after mixing, and exactly how should I store it?"

PEPPER PRINCESS LIBRARY

1. GLP-RT - The Triple Agonist Research Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

2. GHK-Cu - The Glow + Collagen Support Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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3. Tesamorelin - The Visceral Fat Research Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

4. Wolverine Blend (BPC-157 + TB-500) - The Recovery Stack

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1-3x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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5. MT-2 - The Tanning Research Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Short Cycles
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

6. GLP-TRZ - The Metabolic Support Blend

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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7. MOTS-c - The Mitochondrial Energy Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 2–3x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

8. Glow - The Skin Glow Stack

WhatIt Does	Research peptide discussed in wellnessand peptide communities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1–3x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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9. MT-1 - The Melanocortin Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Short Cycles
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

10. Semax - The Focus + Clarity Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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11. Ipamorelin - The GH Recovery Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

12. GLP-SEM - The Appetite Support Blend

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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13. BPC-157 - The Soft Tissue Repair Favorite

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily or Split AM/PM
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

14. CJC-1295 with DAC - The Long-Acting GH Secretagogue

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1-2x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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15. KLOW - The Longevity Stack

WhatIt Does	Research peptide discussed in wellnessandpeptide communities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1–3x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

16. DSIP - The Deep Sleep Support Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Nightly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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17. CJC-1295 no DAC - The GH Pulse Support

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

18. NAD+ - The Cellular Energy Coenzyme

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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19. Selank - The Calm Support Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily or 1–2x Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

20. HCG - The Hormone Support Compound

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Provider Directed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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21. PT-141 - The Desire Support Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: As Needed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

22. Glutathione - The Antioxidant Glow Support

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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23. AOD-9604 - The Fat Metabolism Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

24. Epithalon - The Longevity Research Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Short Cycles
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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25. KPV - The Gut + Inflammation Support Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

26. IGF-1 LR3 - The Growth Factor Research Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Research Directed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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27. 5-Amino-1MQ - The Metabolic Research Compound

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

28. GHRP-6 - The Appetite + GH Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Daily
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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29. Cerebrolysin - The Nootropic Research Compound

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Research Directed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

30. Kisspeptin - The Hormone Signaling Peptide

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Provider Directed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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31. L-Carnitine - The Metabolic Energy Support

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: 1–3x Weekly
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actuallyhelping.

32. Lemon Bottle - The Body Contouring Compound

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: Protocol Dependent
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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33. Bacteriostatic Water - Sterile Mixing Solution

WhatIt Does	Research peptide discussed in wellnessandpeptidecommunities.
Optimal Daily Timing	Morning, evening, or protocol dependent.
Administration	Commonly Used: As Needed
Syringe / Administration Note	Sterile technique and site rotation matter.
Schedule & Cycle Length	Varies depending on goals and protocols.
Pause & Restart	Cycles and breaks vary depending on peptide type.
Common Pairings / Stack Notes	Glow, recovery, metabolic, calm, or longevity stacks.
Peptide Babe Tip	Track mood, sleep, appetite, cravings, energy, soreness, digestion, and injection-site response so you can tell what is actually helping.

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LUXE STACK LIBRARY

Popular stack concepts, organized without pretending they are prescriptions.

Note: This is not medical advice. For educational and research purposes only.

Glow Stack

Core Concept	GHK-Cu + glutathione support + collagen-rich nutrition + red light + SPF
Goal	Skin texture, collagen support, oxidative stress support, hair/skin glow.
Best For	Best for beauty-focused users who want skin-quality support without jumping into heavy performance compounds.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Wolverine Stack

Core Concept	BPC-157 + TB-500 + protein + sleep + PT/rehab plan
Goal	Soft tissue recovery, joint/tendon support, mobility, post-workout recovery.
Best For	Best for injury-recovery curiosity; injuries still need diagnosis and rehab.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Brain Babe Stack

Core Concept	Semax or N-Acetyl Semax + Selank or N-Acetyl Selank + sleep hygiene
Goal	Focus, calm productivity, emotional regulation, fewer wired-and-tired days.
Best For	Best for women who want mental clarity without feeling overstimulated.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Calm Babe Stack

Core Concept	Selank+magnesium glycinate + breathwork + evening light reduction
Goal	Hypervigilance, irritability, stress spikes, nervous system regulation.
Best For	Best for trauma-informed routines and perimenopause irritability support.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Skinny Stack

Core Concept	Prescribed GLP-1/GIP therapy or AOD-9604 discussions + protein + electrolytes + walking
Goal	Appetite support, metabolic rhythm, body composition habits.
Best For	Never combine metabolic injectables casually; nausea/dehydration/constipation risks matter.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Longevity Stack

Core Concept	Epitalon+MOTS-c + SS-31 discussions + strength training + sleep
Goal	Mitochondrial support, recovery, circadian rhythm, healthy aging culture.
Best For	Best for advanced users who track sleep, labs, and response.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Perimenopause Support Stack

Core Concept	Sleepsupportpeptidediscussions + strengthtraining + protein + stress regulation
Goal	Recovery, mood, muscle retention, sleep, body-composition resilience.
Best For	Not a hormone replacement plan; pair with a menopause-literate clinician.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Gut Glow Stack

Core Concept	KPV+BPC-157 discussions + fiber + gentle nutrition + trigger tracking
Goal	Gut-barrier support, inflammation signaling, skin/gut connection.
Best For	Best for users tracking reactions and avoiding random compound overload.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Hot Girl Recovery Stack

Core Concept	Ipamorelin/CJCdiscussions+mobility + electrolytes + high-protein meals
Goal	Workout recovery, sleep, muscle tone, soreness support.
Best For	Best for Pilates/strength-training routines when recovery lags.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Desire Stack

Core Concept	Prescription PT-141/bremelanotide + oxytocin conversations + relationship safety
Goal	Sexual desire, connection, and intimacy support.
Best For	Use only with medical guidance, especially with blood pressure concerns or mood sensitivity.
Peptide Babe Warning	Stacks multiply variables. Add one new thing at a time and track your response. Do not combine prescription or research compounds casually.

Quick Pairing Chart

Goal	Commonly Discussed Compounds	Lifestyle Base
Glow/Skin	GHK-Cu, glutathione, collagen support	SPF, protein, red light, sleep
Injury Recovery	BPC-157, TB-500, KPV	PT/rehab, protein, mobility
Fat Loss	Semaglutide, tirzepatide, AOD-9604, MOTS-c	Protein, electrolytes, walking, strength
Focus	Semax, Selank, Pinealon	Sleep, morning light, caffeine limits
Sleep	DSIP, ipamorelin/CJC discussions	Dark room, routine, no late stimulants
Longevity	Epitalon, MOTS-c, SS-31, Humanin	Strength, VO2, sleep, labs

Side-Effect Watch List

Injection-site	Redness,itching,bruising,lumps, warmth, swelling, pain.
GLP-1/GIP medications	Nausea, vomiting, constipation, reflux, dehydration, appetite changes, gallbladder/pancreas red flags.
Nootropic peptides	Overstimulation, headache, irritability, sleep disruption, anxiety changes.
Immune peptides	Flu-like feelings, immune flare concerns, autoimmune caution.
Beauty peptides	Skin irritation, copper sensitivity, discoloration concerns, mole/skin monitoring with melanocortins.
Emergency signs	Trouble breathing, facial/throat swelling, chest pain, fainting, severe abdominal pain, fever with spreading redness.

Printable Trackers

Injection Rotation Log

Date	Compound	Site	Amount per label	Reaction	Notes

Cycle Tracker

Compound	Start	Stop	Goal	Results	Break Length

Symptom + Glow Tracker

Date	Sleep	Mood	Energy	Appetite	Skin/Hair	Digestion	Notes

References + Safety Sources

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- CDC. Preventing Unsafe Injection Practices. Injection Safety. Updated Mar. 26, 2024.
- MedlinePlus. Subcutaneous (SQ) injections. Updated Oct. 19, 2025.
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- FDA. FDA proposes to exclude semaglutide, tirzepatide, and liraglutide from the 503B bulks list. Apr. 30, 2026.

This PDF is a brandable educational reference, not a medical protocol, prescription, diagnosis, or individualized dosing plan.