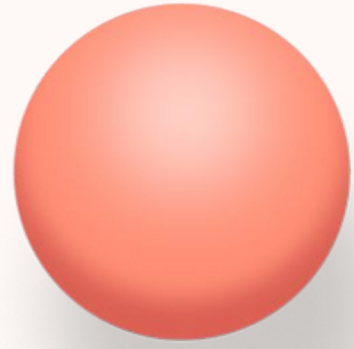




Midlife Peptide Guide

Helping women 35+ drop stubborn weight by
healing gut, cortisol & hormones





What is a Peptide?

Think of peptides as tiny messengers in the body.

They're made up of short chains of amino acids (the building blocks of protein), and their job is to tell your cells what to do – like repair tissue, produce collagen, or calm inflammation.

Your body naturally makes peptides every day, but as we age, production slows down.

That's why supplementing or using therapeutic peptides can be such a powerful tool for healing, recovery, and vitality in midlife.



✨ Types of Peptides

1. Collagen Peptides (Beauty + Structure)

These are broken-down forms of collagen protein. Found in powders you add to coffee or smoothies. Support skin elasticity, hair, nails, and joints. Think of them as “building blocks” for connective tissue.

2. Nutritional Peptides (Food-Derived Signals)

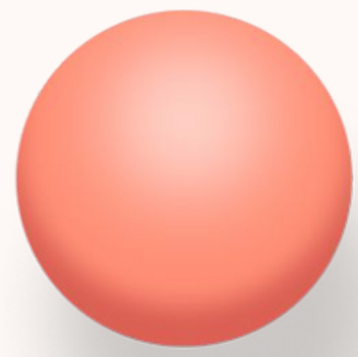
Naturally released during digestion of certain foods (like milk or soy). Influence things like blood pressure, immunity, and metabolism. These are subtle and part of everyday nutrition – they’re not usually prescribed.

3. Therapeutic Peptides (Targeted Healing + Performance)

Specially designed or bioidentical to what the body makes. Delivered by injection, nasal spray, or capsule under medical supervision. Target very specific functions: gut healing (BPC-157), fat loss (Tesamorelin), energy repair (NAD+), sexual wellness (PT-141).

These are where women in midlife can see dramatic shifts in healing, hormone balance, weight management, and vitality.





Why Therapeutic Peptides??



✨ You've seen the difference between collagen, nutritional, and therapeutic peptides. Here's why therapeutic peptides deserve your attention in midlife:

💡 They're targeted. Instead of offering broad support (like collagen or food peptides), therapeutic peptides send specific signals to your body — repair the gut, burn fat, boost energy, or balance hormones.

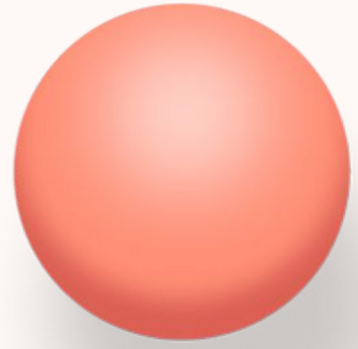
💡 They work with your biology. These peptides are often bioidentical to the ones your body already makes. Think of them as amplifiers that help your system get back on track.

💡 They go deeper. While supplements and powders can help on the surface, therapeutic peptides can address the root issues that midlife women often face — stubborn weight, energy dips, sleep struggles, and hormone shifts.

🧠 What's Coming Next

In the pages ahead, you'll discover:

- The top therapeutic peptides every woman 35+ should know about
- How they support gut health, cortisol balance, hormones, and weight loss
- Simple guidance to help you decide if peptides might be the right fit for your personal plan



LONGEVITY





Sermorelin Injection and Tablets



Enhanced Muscle Growth: By stimulating growth hormone production, Sermorelin supports muscle development, aiding in increased muscle mass and strength.

Improved Fat Metabolism: Sermorelin can help accelerate fat metabolism, making it easier to reduce body fat and achieve a leaner physique.

Increased Energy Levels: Higher levels of growth hormone can lead to improved energy and endurance, enhancing overall physical performance.

Better Sleep Quality: Growth hormone plays a role in sleep regulation. Sermorelin can help improve sleep quality, leading to better rest and recovery.

Anti-Aging Benefits: Enhanced growth hormone levels can support skin health, reduce wrinkles, and promote a youthful appearance.



B12 (Methylcobalamin)



Energy Boost: B12 helps convert food into energy, making it popular among individuals looking to boost their energy levels and reduce fatigue.

Brain Health: Supports cognitive function and may help reduce the risk of neurodegenerative diseases such as dementia and Alzheimer's disease.

Mood Enhancement: B12 is involved in the synthesis of neurotransmitters that regulate mood, and its deficiency has been linked to depression and other mood disorders.

Cardiovascular Health: B12 helps lower homocysteine levels in the blood, a compound associated with an increased risk of heart disease.

Skin, Hair, and Nail Health: Supports the health of skin, hair, and nails by contributing to cell production and regeneration.



NAD+ Injection



Boosted Energy Levels: NAD+ is essential for converting nutrients into cellular energy (ATP), helping to combat fatigue and improve overall vitality.

Enhanced Cellular Repair: NAD+ supports DNA repair and maintenance, promoting cellular health and reducing the effects of aging.

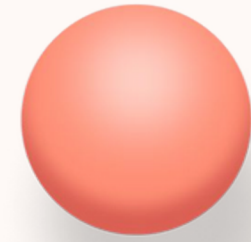
Improved Cognitive Function: Higher NAD+ levels can enhance brain health, improving memory, focus, and cognitive performance.

Metabolic Support: NAD+ plays a key role in regulating metabolism, aiding in weight management and metabolic health.

Anti-Aging Properties: By supporting cellular health and reducing oxidative stress, NAD+ can help slow down the aging process, promoting a youthful appearance and vitality.



NAD+ Nasal Spray



Instant Energy Boost: NAD+ nasal spray helps quickly elevate energy levels by enhancing cellular metabolism, combating fatigue, and promoting overall vitality.

Enhanced Cognitive Function: By increasing NAD+ levels in the brain, this nasal spray supports improved memory, focus, and mental clarity.

Improved Cellular Health: NAD+ supports DNA repair and maintenance, promoting cellular health and reducing the effects of aging.

Efficient Delivery Method: The nasal spray allows for rapid absorption and higher bioavailability, ensuring the NAD+ reaches your system quickly and effectively.

Metabolic Support: NAD+ plays a key role in regulating metabolism, aiding in weight management and overall metabolic health.





Synapsin Nasal Spray



Cognitive Enhancement: Synapsin supports brain health, improving focus, memory, and cognitive clarity.

Energy Boost: NAD+ plays a crucial role in cellular energy production, helping to combat mental fatigue and enhance overall vitality.

Neuroprotection: Methylcobalamin contributes to the maintenance of healthy nerve cells and the regeneration of damaged neurons.

Convenient Administration: The nasal spray delivery method ensures rapid absorption and efficient delivery of active ingredients directly to the brain.



BPC-157/TB500



Accelerated Healing and Recovery: BPC-157 and TB500 are thought to support the body's natural healing processes by promoting the repair of musculoskeletal tissues, such as tendons, ligaments, and the gut lining. This combination may help optimize recovery and enhance resilience to physical stress.

Recovery Support: This peptide duo is often used to support individuals seeking enhanced recovery from physical strain, overuse, or minor injuries. By promoting tissue repair and cellular health, it may help maintain overall mobility and function.

Inflammation Management: BPC-157 and TB500 may help the body manage occasional inflammation, which can contribute to joint and muscle comfort. Their supportive properties make them a potential option for those looking to maintain an active lifestyle.

Gut Health: BPC-157 is believed to promote gut integrity and may support the repair of the gastrointestinal lining. This can assist in maintaining a healthy digestive system and nutrient absorption.

Post-Surgical Recovery: The combination of BPC-157 and TB500 may promote tissue repair and cellular regeneration, potentially supporting the body's recovery process after physical strain or surgery.

Anti-Aging and Longevity: These peptides are thought to play a role in cellular repair and regeneration, which may contribute to healthy aging by supporting tissue health and overall vitality.

Performance Optimization: Athletes and active individuals may use this peptide combination to support recovery between training sessions. By promoting tissue repair and helping the body manage occasional inflammation, it may assist in maintaining consistent performance.



Glutathione Injection



Antioxidant Support: Glutathione, the “master antioxidant,” neutralizes free radicals and reduces oxidative stress, key drivers of aging and age-related diseases. By supporting cellular repair and protecting DNA, proteins, and lipids, it helps slow biological aging and promote overall cellular health.

Detoxification: Glutathione supports liver function by neutralizing toxins and heavy metals, making it essential for optimal detoxification. It also protects against environmental pollutants, helping the body eliminate harmful substances that accelerate aging.

Immune System Optimization: Glutathione strengthens immune function by enhancing white blood cell activity and reducing chronic inflammation, both critical for combating age-related immune decline. Its role in fighting “inflammaging” makes it a popular choice for maintaining robust immunity.

Mitochondrial Health: By protecting mitochondria from oxidative stress, glutathione ensures efficient energy production and reduces age-related fatigue. Individuals seeking to maintain vitality often turn to glutathione for optimal mitochondrial health.

Skin Health and Anti-Aging: Glutathione improves skin clarity and elasticity by reducing hyperpigmentation and inhibiting melanin production. It also preserves collagen and elastin, helping to minimize fine lines and wrinkles for visible anti-aging benefits.

Neurological Health: Glutathione protects brain cells from oxidative damage and inflammation, reducing the risk of neurodegenerative diseases like Alzheimer’s and Parkinson’s. Its neuroprotective properties support cognitive sharpness and long-term brain health.

Cardiovascular Health: By reducing oxidative stress and inflammation, glutathione protects blood vessels, supports heart health, and lowers the risk of age-related cardiovascular disease. It also improves circulation, vital for longevity and overall well-being.

Cancer Prevention: Glutathione helps repair DNA, protect cells from mutations, and eliminate carcinogens, reducing the risk of cancer. It plays a vital role in cellular detoxification, making it a key component of preventative health strategies.

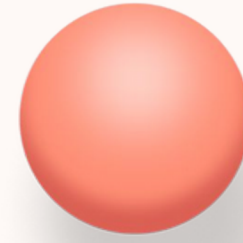
Metabolic Health: Glutathione enhances insulin sensitivity and supports glucose metabolism, helping prevent type 2 diabetes and other metabolic disorders. It also aids in weight management by improving metabolic efficiency and reducing oxidative stress.

Improved Recovery and Physical Performance: Athletes and active individuals use glutathione to reduce exercise-induced oxidative stress and support faster recovery. Its role in muscle repair helps maintain function and performance, especially with aging.

Chronic Disease Prevention: Glutathione helps manage and prevent chronic diseases like diabetes, cardiovascular issues, and neurodegenerative disorders by promoting cellular health. Its systemic anti-aging effects slow age-related dysfunction and enhance healthspan.

Complementing Other Longevity Therapies: Glutathione enhances the effectiveness of other longevity strategies like NAD+ boosters, fasting, and antioxidant supplements by supporting cellular repair and detoxification. It is particularly useful for eliminating toxins released during fasting or caloric restriction.

Tirzepatide + B12 Longevity Microdose



Appetite Regulation and Promote Sustained Weight Loss: Tirzepatide acts on both GIP (glucose-dependent insulinotropic polypeptide) and GLP-1 (glucagon-like peptide-1) receptors, helping to promote satiety, reduce appetite, and regulate blood sugar levels. Even at lower doses, microdosing tirzepatide may help manage weight by curbing hunger, reducing cravings, and encouraging smaller meal sizes. While primarily an off label longevity product, microdosing tirzepatide may assist with gradual, sustained weight loss for those looking to maintain a healthy weight.

Improved Blood Sugar Control: Tirzepatide is designed to regulate blood glucose by stimulating insulin production and lowering glucagon secretion in response to meals. Microdosing may help stabilize blood sugar levels, particularly beneficial for individuals with prediabetes or mild insulin resistance, helping to prevent glucose spikes and crashes.

Reduced Inflammation: As a dual receptor agonist, tirzepatide has shown anti-inflammatory effects, which are important in reducing chronic, low-grade inflammation. This may lower the risk of cardiovascular diseases and metabolic disorders, supporting overall longevity.

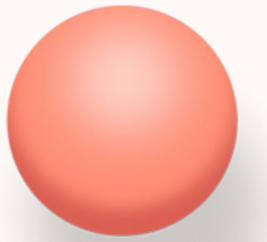
Improved Cardiovascular Health: Tirzepatide may help reduce the risk of cardiovascular events by improving cholesterol levels, lowering blood pressure, and promoting weight loss. Microdosing could provide these cardiovascular benefits without requiring full therapeutic doses.

Enhancement of Metabolic Health: Tirzepatide is known to improve insulin sensitivity, which supports long-term weight maintenance, energy balance, and reduces the risk of metabolic disorders like type 2 diabetes.

Neuroprotective Effects: Early research indicates that tirzepatide, through its effects on GIP and GLP-1 receptors, may offer neuroprotective benefits, potentially lowering the risk of neurodegenerative diseases like Alzheimer's. Microdosing may offer cognitive protection over time.



Semaglutide + B12 Longevity Microdose



Appetite Regulation and Promote Sustained Weight Loss: Semaglutide mimics the hormone GLP-1, which promotes satiety and reduces appetite. Even at low doses, microdosing may help manage weight by curbing hunger, reducing cravings, and encouraging smaller meal sizes. While microdosing semaglutide is primarily a longevity product and not intended as a dedicated weight management solution (for significant weight loss, we recommend our weight management product), it can still aid in gradual, sustained weight loss for those looking to maintain a healthy weight.

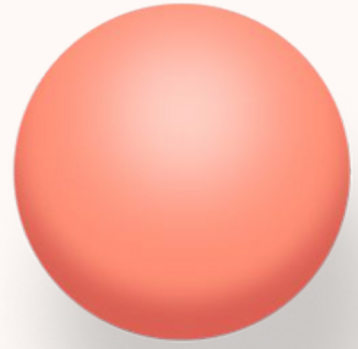
Improved Blood Sugar Control: Semaglutide is designed to regulate blood glucose by stimulating insulin release and lowering glucagon production in response to meals. Microdosing may help stabilize blood sugar levels, preventing significant spikes and crashes, particularly beneficial for those with prediabetes or mild insulin resistance.

Reduced Inflammation: GLP-1 receptor agonists like semaglutide have shown anti-inflammatory effects. Chronic low-grade inflammation is linked to a variety of health issues, including cardiovascular diseases and metabolic disorders, and microdosing could potentially offer some protective benefits.

Improved Cardiovascular Health: Research suggests that semaglutide can help reduce the risk of cardiovascular events by lowering blood pressure, improving cholesterol levels, and aiding in weight management. Microdosing might confer these cardiovascular benefits without needing full therapeutic doses.

Enhancement of Metabolic Health: Semaglutide is known to improve insulin sensitivity and metabolic health, which could support long-term weight maintenance, energy balance, and reduced risks of metabolic disorders like type 2 diabetes.

Neuroprotective Effects: Some studies have suggested that GLP-1 receptor agonists may have neuroprotective benefits, potentially lowering the risk of neurodegenerative diseases like Alzheimer's. Microdosing could offer mild cognitive protection over time.



WEIGHT LOSS



Semaglutide + B12



Prescription appetite suppression: Semaglutide curbs appetite and reduces food cravings, promoting weight loss.

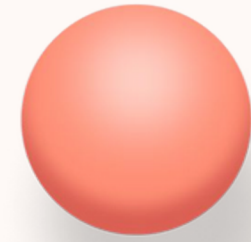
Scientifically backed weight loss aid: Semaglutide is an effective weight loss aid, as demonstrated in clinical trials where some patients shed up to 15% of their body weight over 6-8 weeks.

Metabolic health booster: Semaglutide improves metabolic health by lowering blood sugar levels, improving insulin sensitivity, and decreasing the risk of health problems that often accompany obesity such as type 2 diabetes, high blood pressure, and cardiovascular disease.

Enhanced quality of life: Semaglutide assists in reaching a healthy weight, which can reduce symptoms like fatigue and joint pain linked to excess weight. It also improves mobility and boosts energy levels.



Tirzepatide + B12



Prescription appetite suppression: Tirzepatide curbs appetite and reduces food cravings, promoting weight loss.

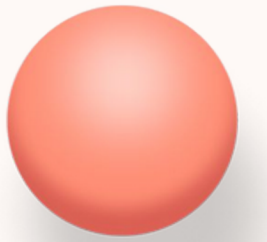
Scientifically backed weight loss aid: Tirzepatide is an effective weight loss aid, as demonstrated in clinical trials where some patients shed up to 22.5% of their body weight over 6-8 weeks.

Metabolic health booster: Tirzepatide improves metabolic health by lowering blood sugar levels, improving insulin sensitivity, and decreasing the risk of health problems that often accompany obesity such as type 2 diabetes, high blood pressure, and cardiovascular disease.

Enhanced quality of life: Tirzepatide assists in reaching a healthy weight, which can reduce symptoms like fatigue and joint pain linked to excess weight. It also improves mobility and boosts energy levels.



Semaglutide Sublingual Drops



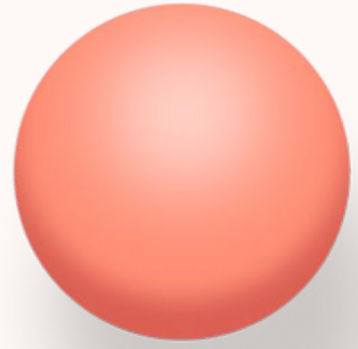
Prescription appetite suppression: Semaglutide can help curb appetite and reduce food cravings, promoting weight loss.

Scientifically backed weight loss aid: Semaglutide has been shown to be an effective weight loss aid. Clinical trials has demonstrated patients shedding up to 15% of their body weight over 6-8 weeks.

Metabolic health booster: Semaglutide may support metabolic health by helping to lower blood sugar levels, improve insulin sensitivity, and potentially reduce the risk factors associated with conditions like type 2 diabetes, high blood pressure, and cardiovascular disease, which are often linked to obesity.

Enhanced quality of life: Semaglutide can assist in reaching a healthy weight, potentially reducing symptoms like fatigue and joint pain linked to excess weight. It can also aid in improved mobility and increased energy levels.



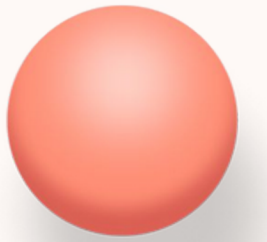


SEXUAL HEALTH





PT-141 Nasal Spray



Treatment of Sexual Dysfunction: PT-141 nasal spray is used to treat sexual dysfunction in both men and women. In men, it helps with erectile dysfunction, while in women, it is used to treat hypoactive sexual desire disorder (HSDD).

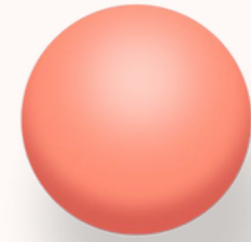
Convenience and Rapid Onset: The nasal spray form is convenient and user-friendly, allowing for quick administration. The effects are typically felt within 30 minutes to an hour, making it suitable for spontaneous sexual activity.

Central Mechanism of Action: Unlike oral medications that increase blood flow to the genital area, PT-141 acts on the central nervous system by activating melanocortin receptors, which play a key role in sexual arousal and desire.

Non-Systemic Side Effects: The nasal spray bypasses the digestive system, potentially reducing the risk of systemic side effects commonly associated with oral medications.

Alternative for Non-Responders: PT-141 nasal spray provides an option for individuals who do not respond well to traditional erectile dysfunction medications (such as PDE5 inhibitors) or for those seeking an alternative mechanism of action.

PT-141



Sexual Dysfunction Treatment: PT-141 is used to treat sexual dysfunction in both men and women. In men, it can help with erectile dysfunction, while in women, it is used to address hypoactive sexual desire disorder (HSDD).

Mechanism of Action: Unlike other treatments for sexual dysfunction, such as phosphodiesterase type 5 inhibitors (e.g., Viagra), which work by increasing blood flow, PT-141 acts directly on the central nervous system to stimulate sexual arousal and desire.

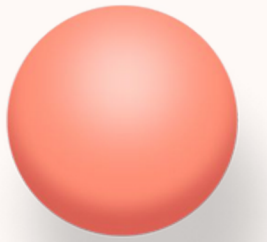
Enhanced Libido: PT-141 is known for its ability to increase sexual desire and improve sexual satisfaction, making it a popular choice for individuals seeking to enhance their libido and overall sexual experience.

Rapid Onset: Can have a rapid onset of action, often producing effects within minutes to an hour after administration, which can be advantageous for spontaneous sexual activity.

Alternative for Non-Responders: PT-141 provides an alternative for individuals who may not respond to traditional erectile dysfunction medications, offering a different mechanism of action that may be more effective for certain users.



Thrill Pill



Improved Intimacy or Sexual Connection: Sexual dysfunction is a complex issue—both physical and psychological—and treatments that address both aspects are more likely to succeed

Better Quality Erections: Not all erections are created equal—achieving one that meets expectations boosts confidence and enhances pleasure and connection for both partners.

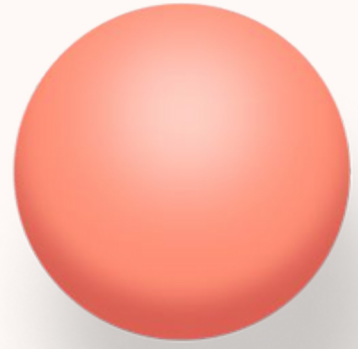
Increased Blood Flow and Sensitivity: While ED treatment isn't only about the physical, improved sensitivity and circulation play a key role in creating a more satisfying experience for all involved.

Prolonged Ejaculation Latency Period: Increased sensitivity can raise concerns about premature climax, but Tadalafil has been shown to help delay ejaculation in some cases.

Increased Physical Arousal and Sexual Desire: Together, these benefits lead to physical arousal and a heightened libido, supporting a fulfilling sex life at any age.

Improved Social Bonding: The Thrill Pill goes beyond physical ED treatment by including oxytocin, the “bonding hormone”, which enhances not only libido but also emotional connection, trust, and intimacy with a partner.



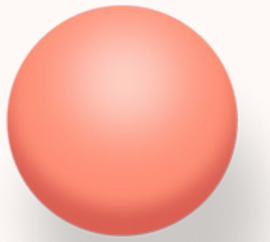


SKINCARE





EllieVate Skin+



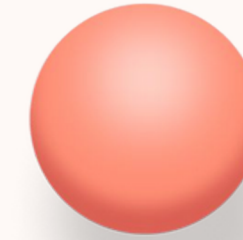
Prescription-Grade Actives: Proven ingredients like Tretinoin, GHK-Cu, and Niacinamide for real, visible results.

Proprietary Absorption: EllievaTech™ unlocks deeper layers of skin for exponentially improved absorption.

All-in-One Formula: Combines the best of clinical science and nature for your most efficient skincare routine yet.

Exosome-Powered Renewal: Plant-derived exosomes enhance skin density, improve collagen, and tighten contours for visibly firmer, more youthful skin.

☀️ Ready to Take the Next Step?



You've learned how therapeutic peptides can help women 35+ heal, repair, and thrive in midlife.

Now it's time to explore how they can fit into your personal wellness plan.

✨ Here's how to get started:

Learn More at EllieMD

👉 www.EllieMD.com/shift

Book a Free Peptide Consult

Let's talk about your goals, struggles, and how peptides could support you.

👉 <https://tidycal.com/shift/peptide>

