

LONGEVITY LOUNGE

— • WITH PRECISION PEPTIDE THERAPY • —

K Davis
RN

LONGEVITY & WELLNESS

PATIENT EDUCATION GUIDE

A Simple Guide to Peptides & Longevity Therapies

Understanding what they are, what they are being studied for, and why medical oversight matters

Peptides are best thought of as tiny messengers that help cells communicate.

What exactly is a peptide?

Peptides are short chains of amino acids - the building blocks of proteins. Your body naturally makes many peptides, and they help send instructions involved in repair, metabolism, sleep, immune function, brain signaling, collagen, hormone signaling, sexual wellness and cellular energy.

In everyday language: different peptides send different biological messages. The right option depends on a person's goals, health history, medications, labs when appropriate, and a licensed provider's evaluation.

Recovery, Repair, Skin & Metabolism

BPC-157 Repair + recovery + gut	Studied for potential roles in tissue-repair pathways, tendon/ligament and muscle recovery, gut integrity and inflammatory signaling. Simple: often described as support for the body's repair crew. Human clinical evidence remains limited.
TB-500 Whole-body recovery	Studied for cell movement, tissue repair and recovery pathways; commonly discussed for muscle, tendon and soft-tissue recovery.
KPV Gut + inflammatory balance	A small peptide researched for gut-barrier integrity, immune balance and inflammatory signaling.
GHK-Cu Skin + hair + collagen	A naturally occurring copper-binding peptide associated with collagen production, tissue remodeling, skin renewal and hair/scalp research.
KLOW Recover + repair + gut + skin	EllieMD's blend combines BPC-157 + TB-500 + KPV + GHK-Cu , bringing together complementary recovery, gut, inflammatory and skin/tissue pathways.
MOTS-c Cellular energy + metabolism	A mitochondrial-derived peptide studied for cellular energy, glucose utilization, insulin sensitivity, exercise capacity and metabolic health.
Sermorelin Sleep + recovery + vitality	Signals the pituitary to release the body's own growth hormone. These pathways are involved in recovery, body composition, muscle maintenance, metabolism and sleep.

Brain, Sleep, Immune & Healthy Aging

Tesamorelin / Ipamorelin GH signaling + recovery	Work through different growth-hormone-related signaling pathways and may be used in clinician-guided plans focused on recovery, lean-body composition and metabolic support.
Tesamorelin / KPV Metabolism + gut	Combines growth-hormone/metabolic signaling with KPV's research focus on gut and inflammatory pathways.
Thymosin Alpha-1 Immune communication	A naturally occurring peptide studied for immune regulation and cellular communication. Think immune balance rather than simply 'boosting' immunity.
Semax Focus + cognition	A synthetic peptide studied for brain and nervous-system effects, including research involving focus, memory, learning and cognitive performance.
Selank Calm + clear	A neuropeptide studied in relation to stress-response and neurotransmitter pathways; commonly discussed for calm, emotional balance and cognition.
DSIP Rest + recovery	Delta Sleep-Inducing Peptide has been researched in relation to sleep regulation and stress-response systems.
PT-141 Desire + arousal	Also known as bremelanotide. It acts on melanocortin pathways involved in sexual desire and arousal.
Melanotan II Melanin production	Interacts with melanocortin receptors and can increase pigmentation; it can also affect appetite and sexual-response pathways. It is not a substitute for sun protection.
Epitalon Cellular aging research	A small peptide studied in longevity research involving cellular aging and circadian rhythm. Evidence for many longevity claims remains preliminary.

GLP-1 therapies

GLP-1 is a naturally occurring peptide hormone. GLP-1-based medications work with appetite, satiety, blood-sugar and insulin-response pathways; some also act on GIP. These are prescription medications requiring individualized medical evaluation.

Longevity Tools + Trusted Care

Not everything in longevity medicine is technically a peptide

NAD+ Cellular energy - not a peptide	A coenzyme essential to cellular energy and many cellular processes.
Glutathione Antioxidant defense - not a peptide	A major naturally occurring antioxidant involved in cellular defense and detoxification pathways.
Vitamin B12 Foundational support - not a peptide	Important for red blood-cell production, nervous-system health, DNA synthesis and normal energy metabolism.
Methylene Blue Mitochondria / brain - not a peptide	A pharmaceutical compound studied in mitochondrial and brain-health contexts. Important drug interactions can occur, including with serotonergic medications.
Dihexa Cognitive research - not a peptide	A small-molecule compound studied in preclinical cognitive and neural-connection research; human evidence is limited.

Why a trusted provider like EllieMD matters

Peptides and compounded therapies should not be treated like ordinary online supplements. Medical screening, appropriate prescribing, dosing, medication review and pharmacy quality all matter.

What the EllieMD care model offers	Why it matters
Licensed medical review	A qualified licensed medical provider reviews the patient's information and determines whether treatment is clinically appropriate.
Personalized care	Treatment is selected based on individual goals, health history and clinical evaluation - not a one-size-fits-all protocol.
Licensed pharmacy fulfillment	Prescriptions, when appropriate, are fulfilled through licensed pharmacy partners rather than unverified online peptide sellers.
Quality-focused sourcing	Using legitimate medical and pharmacy channels helps reduce the risks associated with products of unknown identity, strength or sterility.
Convenient telehealth access	Patients can complete health information remotely, receive medical review and access prescribed treatment without sacrificing clinical oversight.
Education and ongoing support	Patients have a care pathway for questions, follow-up and education instead of navigating peptide therapy alone.

The goal isn't the most popular peptide. It's the right plan for the right person - with appropriate medical oversight.



Ready to learn more?
Scan to connect through my EllieMD patient link.
K Davis RN | Longevity Lounge

Safety: The evidence base varies widely among these therapies. Many peptide/longevity uses are investigational or off-label. Compounded medications are not FDA-approved, and FDA does not review compounded drugs for safety, effectiveness or quality before marketing. Prescription therapies are provided only when a licensed medical provider determines they are appropriate. Individual results vary.

About EllieMD: EllieMD facilitates access to independent healthcare providers and pharmacy services. Treatment decisions are made by the licensed treating provider.

Supporting your body today, so you can keep doing what you love tomorrow.

What Are Your Health & Wellness Goals?

Your goals help guide the conversation with your medical provider.

- | | |
|---|--|
| ☐ More energy & stamina | ☐ Focus, memory & mental clarity |
| ☐ Healthy weight & metabolic support | ☐ Stress resilience & emotional balance |
| ☐ Better sleep & recovery | ☐ Sexual wellness & libido |
| ☐ Muscle, joint or tissue recovery | ☐ Immune health & resilience |
| ☐ Gut health & inflammatory balance | ☐ Body composition & muscle support |
| ☐ Skin, hair & healthy aging | ☐ Overall longevity & feeling my best |

What would you most like to improve?

Write down your top 1-3 goals to discuss during your medical consultation.

There isn't one "best" peptide for everyone.

The best plan is the one that fits your goals, health history and clinical needs.

K Davis RN | Longevity Lounge

Educational guide • Individual treatment decisions are made by a licensed medical provider.