

# **MASTER METABOLIC PEPTIDE PROTOCOLS**

This master guide includes multiple research-based peptide protocols focused on fat loss, metabolism, energy, and stress resilience.

## **METABOLIC REPROGRAMMING (SLU + 1MQ)**

- SLU-PP-332 – daily
- 5-Amino-1MQ – 50–100 mg daily
- MOTS-C – 5 mg 2x weekly
- SS-31 – 5 mg daily

Purpose: Reset metabolism, increase fat oxidation, improve insulin sensitivity.

# HARD CUT PROTOCOL

- SLU-PP-332 – daily
- 5-Amino-1MQ – 50–100 mg daily
- RETA – low dose weekly
- SS-31 – 5 mg daily

Purpose: Aggressive fat loss while preserving energy and muscle.

# ENERGY & ENDURANCE PROTOCOL

- SLU-PP-332 – daily
- SS-31 – 5 mg daily
- MOTS-C – 5 mg 2x weekly
- NAD+ / NMN – daily

Purpose: Improve daily energy, cardio output, fatigue resistance.

# POST-DIET REBOUND PREVENTION

- SLU-PP-332 – daily
- 5-Amino-1MQ – 50 mg daily
- MOTS-C – 5 mg weekly

Purpose: Maintain metabolic rate and prevent fat regain.

# STRESS-RESILIENT FAT LOSS

- SLU-PP-332 – daily
- 5-Amino-1MQ – 50–100 mg daily
- KPV – 300–500 mcg daily
- SS-31 – 5 mg daily

Purpose: Fat loss while controlling inflammation and cortisol.

# **DISCLAIMER**

For research and educational purposes only. Not medical advice.