# KEY #1 PEPTIDES

# Attacking aging at the cellular level.

A peptide is a short-chain of amino acids, which, together with other peptides, forms a protein.

Because they work at the cellular level, peptides have the potential to fundamentally shift the paradigm of aging and disease.

Peptides have been shown to impact everything from arthritis, neurodegenerative disease, diabetes, autoimmune dysfunction and nearly every ailment impacting the modern population. [1]

## REY #1 PEPTIDES

## LIFE HACKS

Growth Hormone Releasing Peptides (GHRP) act on the release of growth hormone without the need for exogenous growth hormone (GH). GH and IGF-1 are important hormones for cell survival and efficiency, and as we age, both hormones decrease significantly. Using GHRPs can improve cell efficiency, delay cell senescence and re-regulate autophagy – all vital for overall longevity. [1]



**Thymosin Alpha-1 (TA1)** is responsible for restoring immune function, improving innate immunity when needed and down regulating immunity when not needed. TA1 is a thymic peptide and has shown to be effective in combating viral infections, cancer, immuno-deficiency and immuno-senescence. [1]



**Body Protection Compound 157 (BPC 157)** is a healing peptide with neuroprotective, cardioprotective and gastric protective impacts. Its applications extend to treatment of orthopedic injuries, gut repair, depression management and blood pressure regulation. [1]

### REFERENCES

#### Peptides

[1] Seeds, William A. Peptide Protocols. Vol. 1, Seeds Scientific Performance Research, 2020.