

A GUIDE TO HIGH PEPTIDES



THE PEPTIDE CORNER

Human Growth Hormone Crash Course:

While many have certainly heard of HGH, most people are not clear on what this master hormone actually does. HGH stimulates the liver to produce vital compounds that are responsible for promoting healthy growth at the cellular level throughout your entire body. Often referred to as The Fountain of Youth, HGH supports everything from healthy metabolism and physical performance to mental clarity, improved skin texture, sleep patterns, and more.

Unfortunately, as we age, our production of growth hormone continuously declines. The pituitary gland simply doesn't produce as much HGH as it should. The timing of this decline is different in men and women. In men, it is typically around the age of 35. For women, HGH levels start to decline during the early 20's.

By the time we reach middle age, HGH levels are usually less than half of what they were. Along with this decrease, comes various negative effects such as the waning of energy levels, muscle loss, unwanted weight gain, low libido (or sexual dysfunction), aging of the skin, and a significant reduction in strength and stamina.

The use of growth hormone therapy has increased dramatically as people discover the age-defying solutions inherent in HGH balance but, like with any medical or scientific trend, care must be exercised in how and where you acquire the treatment and products.

The first step is to have your levels checked by a doctor that specializes in this area. If you are experiencing the effects of low HGH levels, you could be a viable candidate for the specialized hormone replacement programs offered by 2.0 Medical Concepts.

Our medical concierge team can tailor a program to meet your unique needs and provide you with doctor prescribed HGH-stimulating peptides, including Sermorelin, Ipamorelin, and Ibutamoren. These bio-identical proteins support healthy pituitary function by promoting natural production and release of HGH.

Depending on your age and current levels, the results can range from highly beneficial to life-changing.

Through our proprietary programs, you will experience a dramatic increase in your energy level, sex drive, muscle strength, ability to lose belly fat, memory, focus and immune system defense. Our programs are curated and monitored by physicians and include support from our medical concierge team. The result is an unparalleled patient/client experience.

All of our injectable nutrients are formulated by an FDA-regulated 503b compounding pharmacy, right here in the United States and at a PCAB Accredited Compounding Pharmacy. **Peptide therapies typically have a 'loading phase' of 3-6 months before the full effects are noticed. It takes time to elevate your growth hormone levels and then, once elevated, to realize the benefits.

PEPTIDE VARIETIES:

Sermorelin Acetate is a Growth Hormone Secretagogue (GHS) – a form of growth hormone releasing hormone (GHRH). It is a doctor prescribed hormone therapy that has been used to treat HGH deficiency dating back to the 1970's. This powerful peptide is composed of 29 amino acids and works directly with your pituitary gland directing it to produce its own human growth hormone. It is completely different from synthetic HGH, which works to replace HGH in the body, thereby shutting down your natural production. This makes Sermorelin much safer to take because it is stimulating your own natural hormone production.

Sermorelin is typically administered just prior to going to bed at night to maximize the body's natural growth hormone cycle, while stimulating the pituitary gland during REM sleep. Clinical studies have shown that Sermorelin therapy can lead to a wide range of physical and mental benefits. One that you will notice early on (within the first few weeks), is the overall feeling of rejuvenation upon awaking. This transcends to improved mood and increased energy levels. It is within the first 3-6 months of using our peptide/anti-aging therapy that patients start noticing significant positive changes such as:

- Noticeable body changes (muscle tone/leaner physique)
- Greatly improved sleep patterns
- Improved ability to burn fat
- Increased energy levels
- Enhanced/elevated libido
- Improved repair/recovery from injuries
- Strengthening of the immune system
- Improvement in skin elasticity
- and more



As you continue, the results become more pronounced. It must be reiterated that the full effects are not fully realized until you are on the program for at least 3-6 months, although you may see many of these benefits before this time. Common side effects of Sermorelin include reactions at the injection site such as pain, redness or swelling (less than 1% of patients report dizziness, flushing, headache or hyperactivity).

Ipamorelin is a pentapeptide which, like Sermorelin, operates in the capacity of a growth hormone secretagogue and does not impact ghrelin levels (no increased hunger effects). In addition, it has been shown to not have a major effect on increasing cortisol levels. Ipamorelin works in the liver and the brain and is most suitable for anti-aging programs. It is considered one of the safest in the peptide family, as it is a selective growth hormone secretagogue that is well tolerated.

Ipamorelin works by signaling your body to produce more endogenous growth hormone, allowing your levels to naturally grow. The Ipamorelin signal is quite selective, thus providing even more benefits with fewer side effects. Studies have shown that Ipamorelin can elicit a number of beneficial physiological effects that include:

- Improvement of skin tone
- Strengthening of the joints/connective tissue
- Improvements in sleep, energy, and mood
- Increased bone mass density and strength
- Heightened immune function
- Rejuvenation of joints
- Improved body composition (weight loss/fat breakdown/lean muscle)

Patients using Ipamorelin for the short-term (3-6 months) do so for the benefits in overall positive improvements in body composition (fat loss / lean mass). When used by physically active individuals, the benefits can be realized much faster and are more pronounced. Ipamorelin can be taken for 6-12 months. Once optimal levels are achieved, a maintenance dose is often all that is needed.



Ibutmaoren Mesylate, commonly referred to as MK-677, is an orally active and potent non-peptide agonist growth hormone secretagogue (GHS). This is quite a special compound in that it has the ability to directly stimulate/promote both growth hormone levels as well as insulin-like growth factor (IGF-1). IGF-1 enhances both the growth and repair of skeletal muscle, it increases lean muscle mass, reduces adipose tissue, and can even boost executive cognitive function. This particular therapy is best suited for patients whose primary concern is to add healthy weight to their frame in the form of lean muscle. Ibutamoren has the attribute of remaining active in the body for a longer period of time compared to other peptides.

Benefits of Ibutamoren/MK-677 include all those associated with Sermorelin and Ipamorelin, with further enhancement of the increased lean muscle mass category. This is a correlative result of the increase IGF-1 levels. With an elevation in both GH and IGF-1 levels, these hormones work synergistically to increase protein synthesis, improve nitrogen retention, and enhance the rate of recovery. This makes MK-677 quite effective for body re-composition specific programs.

Additional health benefits of Ibutamoren/MK-677:

- Oral compound, which makes it unique from other secretagogues
- Once daily dosing (remains active in your body for roughly 24 hours)
- Can be used in conjunction with other injectable peptides, such as sermorelin, for an even greater effect

One clinical study showed that ibutamoren can be more effective the longer it is taken. The study measured IGF-1 levels in the blood, which is an indirect measure of growth hormone levels. The study results showed the following increases in IGF-1 levels:

- At 2 weeks, subjects had an increase of 30% in IGF-1 levels
- At 6 months, subjects had an increase of 60% in IGF-1 levels
- At 12 months, subjects had an increase of 72% in IGF-1 levels

Although peptide therapy patients realize some benefits sooner/later, most might expect to realize benefits over time. The time map below shows what you can expect during your first 6 months of Sermorelin/Ipamorelin therapy:

Month one:

- Increased energy
- Deeper, more restful sleep
- Improved stamina
- A more content state of mind

Month Two:

- Reduced belly fat
- Improved metabolism
- The return of some muscle tone
- Improved skin tone and fewer wrinkles
- Stronger hair and nails

Month Three:

- Increased mental focus
- Improved flexibility and joint health
- More feelings of drive and ambition
- Enhanced sex drive and performance

Month Four:

- Improved mental acuity
- Better skin elasticity
- Further improved appearance of the hair and nails
- Continued weight loss
- Increased lean muscle mass

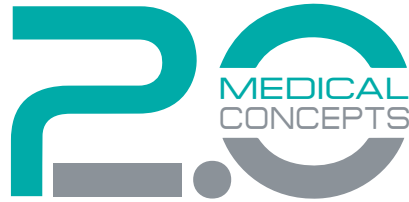
Month Five:

- Continued loss of belly fat
- Improved skin tone with the reduced appearance of wrinkles
- Noticeably fuller, healthier hair

Month Six:

- 5–10% reduction in body fat, without diet or exercise
- A 10% increase in lean muscle mass
- Significantly improved physique
- Increased vitality/organ regrowth





Is your ultimate goal to live a long, full life while feeling good every step of the way?

Let 2.0 Medical Concepts be your tour-guide for that objective. Our programs are curated and monitored by licensed physicians and supported with personal care from our medical concierge team to ensure an unparalleled experience and peak results.



CONTACT 2.0 MEDICAL CONCEPTS TODAY.

THE NEXT VERSION OF YOU AWAITS.

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