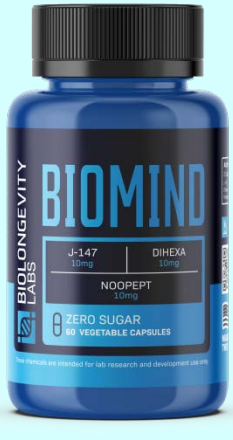
SMALL MOLECULE
CHEAT SHEET

FOR LABORATORY RESEARCH USE ONLY

Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	“Quick-hit” recommendation
BioGutPro	BPC-157 1 mg • KPV 0.5 mg • N-Ac-Larazotide 0.5 mg • GHK-Cu 2 mg • Tributyrin 400 mg • Sodium Bicarbonate 150 mg • Zn-L-Carnosine 100 mg	1 cap AM	1 cap AM + PM	2 caps AM + PM	Daily usage until Gut Dysbiosis is cleared or symptoms improve. Two weeks of usage followed by one week off.	BioRestore BioAbsorb BioFlow Shred ShredX ShredMAX BioAmp BioAmpMAX BioIgnite BioZapetite	7-compound gut-lining repair & inflammation shield
 **BioMind**	J-147 10 mg • Dihexa 10 mg • Noopept 10 mg	1 cap AM, 2× wk	2 caps AM, 2× wk	2 caps AM, 3× wk	2-4 capsules per day for 2-4 days per week maximum. Do not use on consecutive days for best results.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX ShredMAX BioAmp BioAmpMAX BioIgnite BioZapetite	Triple-nootropic neuroplasticity stack

*Doses above the “Advanced” column should be explored only in controlled research settings.

Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	"Quick-hit" recommendation
SHREDx	SLU-PP-332 275 mcg • Cardarine 5 mg • AOD-9604 100 mcg	2 caps AM	3 caps AM	4-5 caps AM	2-5 capsules per day pre fasted cardio or exercise. Not recommended to be used on consecutive days. Two weeks on followed by two weeks off.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredMAX BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Triple-thrust fat loss + endurance booster
BioRestore	BPC-157-AS 1 mg • PEA 500 mg • Sodium Bicarbonate 400 mg • Hyaluronic Acid 100 mg	1 cap AM + PM	2 caps AM + PM	3 caps AM + PM	2-6 capsules per day until pain relief and or symptom resolution. Use for maximum four weeks in a row then followed by 2 weeks off.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX ShredMAX BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Oral BPC + PEA for tissue regeneration & pain relief

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Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	"Quick-hit" recommendation
BioAbsorb	Metformin 125 mg • DihydroBerberine 125 mg • Vitamin B_1 (Thiamin) 12.5 mg • Vitamin B_2 (Riboflavin) 12.5 mg • Vitamin B_5 (Pantethine) 12.5 mg • Vitamin B_6 (Pyridoxal-5-Phosphate) 17.5 mg • Vitamin B_9 (Methyl-folate) 200 mcg • Vitamin B_{12} (Methyl-cobalamin) 50 mcg	1 cap AM	1 cap AM + PM	2 -5caps AM + PM	1-4 capsules daily (AM & PM dosing)and used ongoing for anti-aging and insulin control.	BioRestore BioGutPro BioFlow Shred ShredX ShredMAX BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Classic insulin-sensitizer & longevity ally
BioFlow	Tesofensine 250 mcg • Taurine 500 mcg • Magnesium L-threonate 350 mcg •	125-250 mcg AM 8 wks on / 8 wks off	250-500 mcg AM 8 wks on / 8 wks off	500 mcg AM* 8 wks on / 8 wks off	1-2 capsules daily in the AM. Best used for periods of 8-12 weeks followed by an equal time off.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX BioAmp BioAmpMAX BioIgnite BioZapetite	Potent appetite-control agent and focus enhancer

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Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	“Quick-hit” recommendation
BioAmp	ATX 304 (OS-01) 100 mg	1 cap AM	1 cap AM + PM	2-3 caps AM + PM	1-6 capsules daily (AM & PM dosing)Best used for periodes of 8-12 weeks followed by an equal time off	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX ShredMAX BioMind BioAmpMAX BioIgnite BioZapetite	Enhance mitochondrial energy metabolism and improve glucose control & insulin sensitivity
BioAmpMax	ATX-304 (OS-01) 100 mg • 5-Amino-1MQ 75 mg • Myo-Inositol 1000 mg • D-Chiro-Inositol 20 mg • Chromium Picolinate 200 µg • N-Acetylcysteine (NAC) 600 mg	1 cap AM	1-2 caps AM & PM	3 caps AM & PM	1-6 capsules daily in the AM & PM. Best used for periods of 8-12 weeks followed by an equal time off.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Enhance mitochondrial energy metabolism and improve glucose control & insulin sensitivity

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Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	"Quick-hit" recommendation
BioIgnite	150mg L-Theanine 50mg Amlexanox 50mg Caffeine 3mg Albuterol Per 1 capsule	1 cap AM	1 cap AM + PM	2-3 caps AM + PM	1-6 capsules daily (AM & PM dosing)and used ongoing two weeks on and two weeks off	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX ShredMAX BioMind BioAmp BioAmpMAX BioZapetite	Stubborn body fat removal and increased resting thermogenesis
BioZapetite	Orforglipron 6 mg per capsule	1 cap AM	1 cap AM + PM	2 caps AM & 2 caps PM	1-4 capsules daily in the AM & PM. Best used for periods of 8-12 weeks followed by an equal time off.	BioRestore BioGutPro BioAbsorb BioFlow Shred ShredX ShredMAX BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Potent appetite-control agent

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Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	"Quick-hit" recommendation
ShredMAX	SLU-PP-332 100 mg per capsule (select strength)	1 cap AM	1 cap AM + PM	2-4 caps AM + PM	1-6 capsules daily (AM & PM dosing)and used ongoing	BioRestore BioGutPro BioAbsorb BioFlow BioMind BioAmp BioAmpMAX BioIgnite BioZapetite	Fat burning, improved exercise capacity, mitochondrial genesis and optimization
BioBam-15	BAM15	1 capsule with breakfast	1 capsule twice daily	1 capsule 3x a day	6-8 weeks	Stacks with everything except all the Shred(SLU) products Stack with BioScavenger and BioCharge	Mitochondrial uncoupler for fat loss, take daily for no more than 8 weeks on with a 8 week break.

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Product	Key ingredients (per capsule)	Beginner	Intermediate	Advanced	Duration	Can Be Combined With	“Quick-hit” recommendation
BioRecharge	C60(fullerene), Pomegranate extract, Urolithin A, R-alpha lipoic acid	4 capsules daily	4 capsules daily	4 capsules daily	12-16 weeks	Stacks with everything	Ultimate free radical neutralizer

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GENERAL USE NOTES

- All compounds are for research purposes only and are not dietary supplements.
- Morning (AM) dosing is assumed fasting unless otherwise noted.
- Cycle breaks (where listed) are minimum off-periods before resuming.
- Combine with appropriate diet, training, and lab monitoring to assess biomarkers impacted by mitochondrial uncouplers, monoamine re-uptake inhibitors, or insulin sensitizers.

ALL ABOUT PEPTIDES

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