



Peptides
You Deserve It

Philosophy

Dr. Ivan Rusilko

“Life's too Short to be Normal”

Dr. Ivan Rusilko strives to provide a supreme quality of life for his patients, applying lifestyle diagnosis and treatment on an environmental, nutritional, medical, and motivational level.

Dr. Ivan is a medically licensed physician who graduated from the largest medical college in the country, the Lake Erie College of Osteopathic Medicine, where he was selected for the Deans Award for his outstanding moral character along with academic excellence among his graduating class of 2010. Rusilko has received accreditations in medically based sports nutrition, hormone balancing, sexual health, and medical fat loss from various organizations nationwide.

He is certified in numerous aesthetic procedures (Botox, Fillers, PRP) by the American Academy of Procedural Medicine and is involved in numerous philanthropic organizations such as The Ronald Reagan Foundation, The George Bush Library, UF, GW, LECOM, Mercyhurst and Georgetown University.





Nestled comfortably in the heart of Miami Beach, Rusilko's exclusive practice welcomes those truly dedicated to evolving into a better version of themselves. By applying diagnosis and treatment on an environmental, behavioral, and medical level, Dr. Rusilko creates healthy lifestyle programs that support longevity and help to improve overall quality of life. Getting to know his patients one-on-one, he targets lifestyle-related problems with an advanced clinical approach and individualized prescription methodology.

Dr. Rusilko served as the former Medical Director and Co-Founder of the Club Essentia Wellness Retreat at The Delano Hotel in Miami Beach. He was the Medical Fitness, Nutrition and Hormone Specialist at The MIAMI Institute located in the Four Seasons where he also

worked to perfect his unique IV regimens. He has been featured as a health writer and lifestyle coach for The Washington Times and served as a media expert and spokesperson for the American Osteopathic Association. His medical school featured him as the Key Note speaker during their yearly summit as well as their white coat ceremony in 2018.

While he practices out of his Miami Beach office, Dr. Rusilko's talents are recognized globally. He has spoken internationally on his methods and unique forms of treatment to audiences of all sizes. With his first-hand experience in the exercise and nutrition field, Dr. Rusilko combines medicine with a healthy way of life for those willing to *Invest in Themselves*.

**"Age is a decision.
Living life, the only
option."**



The Practice

Lifestyle Medicine

“How Much is Your Lifestyle Truly Worth?”

At Lifestyle Medicine (LFSTM) we pride ourselves on a personal approach to medicine with our patients. Waiting rooms, white coats and God complexes are a thing of the past as we believe that each experience should be a fun one with someone you trust, respect and genuinely like.

Lifestyle Medicine caters to those who have made the commitment to invest in themselves for a better quality of life therefore slowing the aging process and living longer, fuller, happier lives.

We tend to accept new patients by referral and each program candidate is vetted for commitment as well as the ability to participate and adhere to the structure of their program.

Each new new patient will submit to in-depth diagnostic blood testing in order for Dr. Rusilko to initiate their program safely and effectively. These results are correlated with the initial consultation as a treatment



FAQ's

When deciding if Lifestyle Medicine is a good fit for you please review these frequently asked questions. If your questions are not answered here you can email them to drivanassist@gmail.com

Do you accept Insurance?

No, we do not accept any form of insurance but you are free to contact your insurance agent about reimbursement for your labs and services.

What are the costs?

There are two options to the pricing at LFSTM.

Option 1: Diagnostic Testing and Review

If you would like to just check and see where you are at biophysically and discuss your results and possibilities with the doctor you can simply select one of the many tests from the menu. Pricing starts at \$1500 and works up depending on tests desired. Please see Diagnostic section for more information.

Option 2: All Inclusive

If you are ready to commit to a better version of you then the all inclusive options are your best choice which include lab testing, consultation, program formation, supplementation and medication. Pricing starts at \$5000 and works up depending on

program desired. Please see the All In section for more information and details.

If I have old labs can they be used"

Outside lab testing will be subject to a \$400 lab review fee and must have been taken within six months. Please note that most labs from outside providers are incomplete and will require additional testing. At LFSTM we aim to fix the problem not just mask it which requires the testing of many things most physicians don't look for. Things that can be the cause of biomarker irregularities and lifestyle dysfunctions that may go undiagnosed for years, for lifetimes.

Why are your costs higher than other doctors?

We approach medicine in a much different way when compared to most doctors. Our focus is on the COMPLETE customization of





the COMPLETE lifestyle. Dr. Rusilko provides personal contact with every patient along with diet and exercise plans centered around their desires and overall health. His experience in this industry as a physician, certified nutritionist, lifestyle coach and personal trainer rounds out the completeness in each program.

Programs not only contain supplements and medications, they also include diet, nutrition, detoxification, sleep correction, addiction alleviation, sexual augmentation and fitness amplification.

I don't live in Miami does that matter?

No, we have the privilege of treating patients hailing from all corners of the world and walks of life. Our mail in option allow us

to treat patients nationally with certain diagnostic tests and medication/supplements being able to be shipped to your doorstep. We utilize telemedicine to interact with our patients regarding any questions and/or follow up consults.

Dr. Rusilko does engage in house calls both locally and internationally which can be booked on the website. Consults can be organized using the Moti Application found in the app store.

How long does it take for the tests to come back?

Testing turn around time relies on our partnering laboratories and postal systems. Some tests take a day while others several weeks to be returned so please be patient. We will contact you the second your full lab report is ready.

How long will I be on my program?

This varies greatly among each patient. It is Dr. Rusilko's goal to have every patient on and off their program within eight months (four 2 month cycles). This time frame allows the body to fully restart itself to a more youthful level.

However, there are instances where life long treatments may be needed due to age, genetics, or current physical condition. These possibilities are discussed and addressed on a case by case basis.

There are also those who want to feel healthy and act young indefinitely choosing to continue on their program for much longer. This can be done in a safe, effective, and fun way.

What kind of doctor is Dr. Rusilko?

Dr. Rusilko is recognized by the state of Florida to practice all forms of general medicine from the prescription of medications to procedural based medicine.

The form of medicine he was versed in is called Osteopathic Medicine. Osteopathic Doctors carry the same rights, education and credentialing as MD's but were trained more to focus on the prevention of disease and with a holistic approach.

Location:

1800 Sunset Harbor Drive, Suite 1B

Miami Beach, FL 33139

Office Hours:

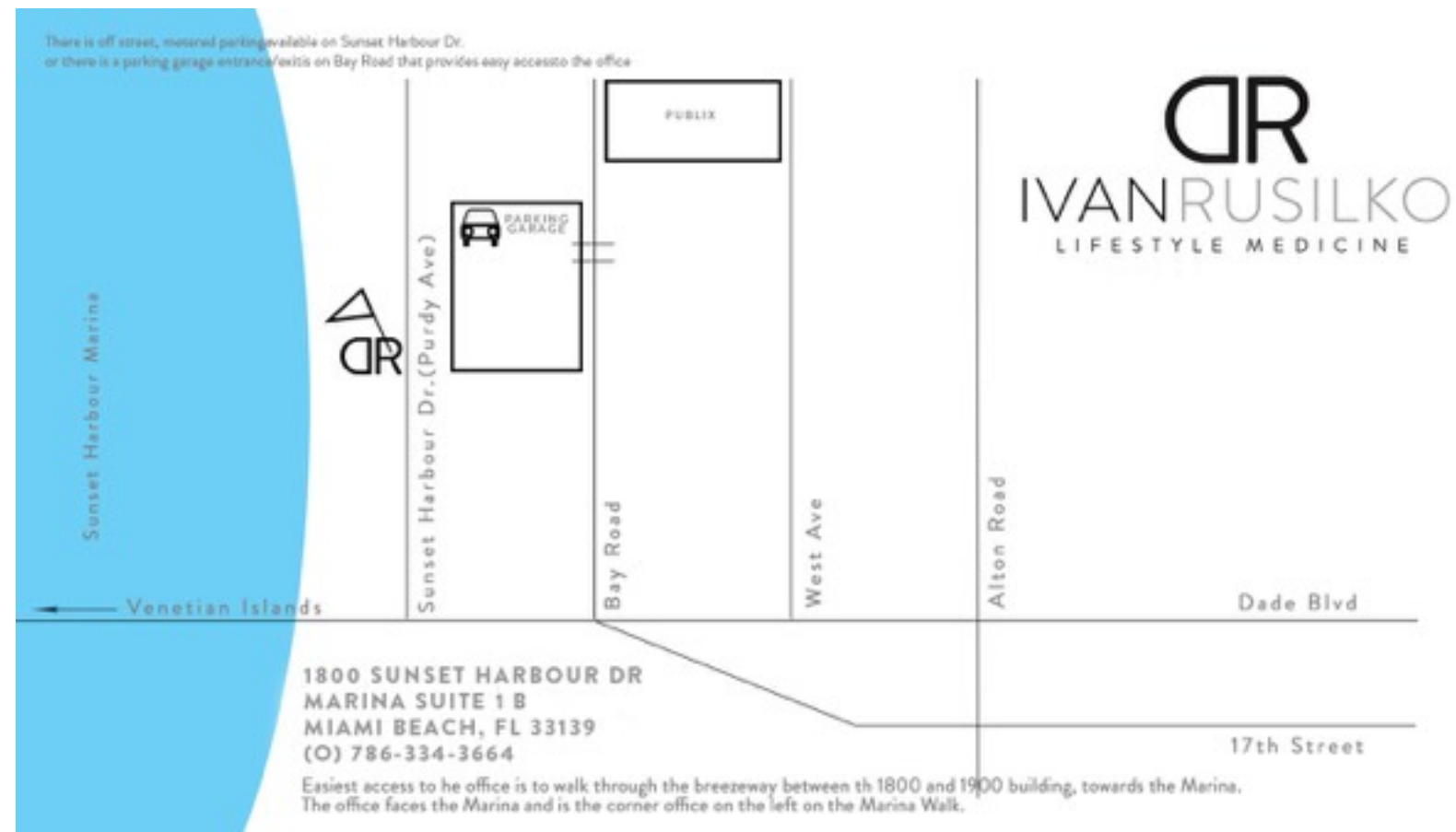
Monday - Friday by Appointment Only.

(p) 786-334-3664

(f) 305-203-0752

Email: drivanassist@lfstm.com

Website: www.lfstm.com



Introduction

LFSTM

“Medicine that Makes you Smile Before Each Visit”

I developed the model “Lifestyle Medicine” early in my educational experience in medical school. I came to find that with traditional medicine the prolongation of death was more important than the augmentation of life... A philosophy I didn’t agree with.

Lifestyle Medicine is an ideology that aging is the choice we unknowingly make every day. Every cigarette smoked, glass of wine drank, overly starchy (yet delicious) food indulged in, and extended night out we take weighs heavily on our body’s health.

Numerous facilities and organizations offering “anti-aging” and/or aesthetic medical practices only target specific areas of one’s true potential. How we function internally will dictate how we look aesthetically and feel biologically. Correcting nutritional, hormonal, and toxic imbalances in the body is imperative to not only achieving optimum results but also ones long lasting ones.

“Helping others achieve a better version of themselves is an honor and privilege I get to indulge in daily. For there are those that like to remember yesterdays and then those that like to create tomorrows. Become a creator.

DR

IVAN RUSILKO

LIFESTYLE MEDICINE

BUENOS AIRES

Operations

Those wishing to book an appointment please fill out the on line medical questionnaire and patient payment form located on the website. Once you have submitted the online forms you will be contacted by a LFSTM staff member to schedule your apportionment. Online programs and testing can be found on the site as well.

The turn around time can vary with each test drawn so a LFSTM representative will contact you upon completion of your results. This may range from days to weeks. Once your results are in a review will take place either in person or virtually and your program formulated. Each program cycle will last 2 months with some medications and supplements only lasting one. One can expect the course of treatment to last anywhere from two to four cycles (4-8 months) with some desiring to remain on indefinitely. Once your treatment process has come to an end you will be transitioned of your program and resume a normal life at a much younger age.



Our office utilizes an electronic medical record system to ensure we maintain your correct information on file that is easy to share with you. A patient portal will be provided to each patient that allows access to labs and information regarding their

treatment.

Lifestyle

Medicine is a paperless practice.

Some patients start and stop programs at will, so it is

your responsibility to inform our staff when your program cycle is nearing an end. Refills can be done utilizing the call in method to help save on travel time for those who do not live in the Miami Dade county area. Refills may take up to a week to arrive so please plan in advance when scheduling.

Your medical records are strictly confidential. The Health Information Portability and Accountability Act (HIPAA) restricts us from releasing any information without your written permission. Please understand that we are a cash based practice that has waived all right to accept insurance and by becoming a patient you agree to not seek reimbursement through our practice for any costs occurred. You can however submit your paid invoice to your insurance company who may reimburse you but it is best to confirm with them prior to treatment.

For your convenience we accept Cash, Check, MasterCard, American Express, and Visa. If using a credit card a 3% merchant fee will be added to the final bill. Wire transfers are also accepted but a confirmed transfer is required before any medications are dispensed or ordered. A credit card will be kept on file for





convenience and used for all future procedures, refills and treatments.

It is our desire to have a mutually respectful relationship with our patients regarding prompt payment. Failure to pay for medical services delivered in good faith will cause a patient's account to be turned over to an outside agency for collection. Should collection proceedings be required to collect an outstanding debt you will be responsible for all additional expenses incurred to collect the debt including the collection agency fees and any associated court costs.

House calls for all procedures and treatments are available for premium. Please contact our office for pricing information and scheduling.

Our practice maintains a small patient demographic to aid in the personal care and attention given to each patient.

Thank you for allowing us to assist you with your Lifestyle needs.

Sincerely,

Lifestyle Medicine



Peptide Programs

“Peptide therapy is a fantastic addition to any program as the options and results they provide are outstanding.

~ Dr. Ivan Rusilko

Peptides are cell signaling amino acid sequences that augment numerous life enhancing and regenerative actions, Their main focus is on the neuro-endocrine-immune functions in the body.

They can manipulate bodily chemistry and how cells interact.

When combined in the right way their ability to work is enhanced resulting in a symbiotic type reaction and maximization of results.



Peptide Programs

WHAT PROGRAM IS RIGHT FOR YOU?

All peptide programs are combined with diagnostic testing to help customize treatment formulations and improve overall efficacy. Also included with each package is a medical grade supplement pack tailored to you and your program and a one month program of MOTS-c. All programs are two months in length with some peptides only being utilized for one month during this time frame.

Immune Enhancement - \$3000

Peptides - Thymosin Beta, Thymosin Alpha, IGF-1 Lr3

Physical Performance - \$3500

Peptides - LGD 4033, Tesamorelin, IGF-1 Lr3, GW

Fat Loss - \$3000

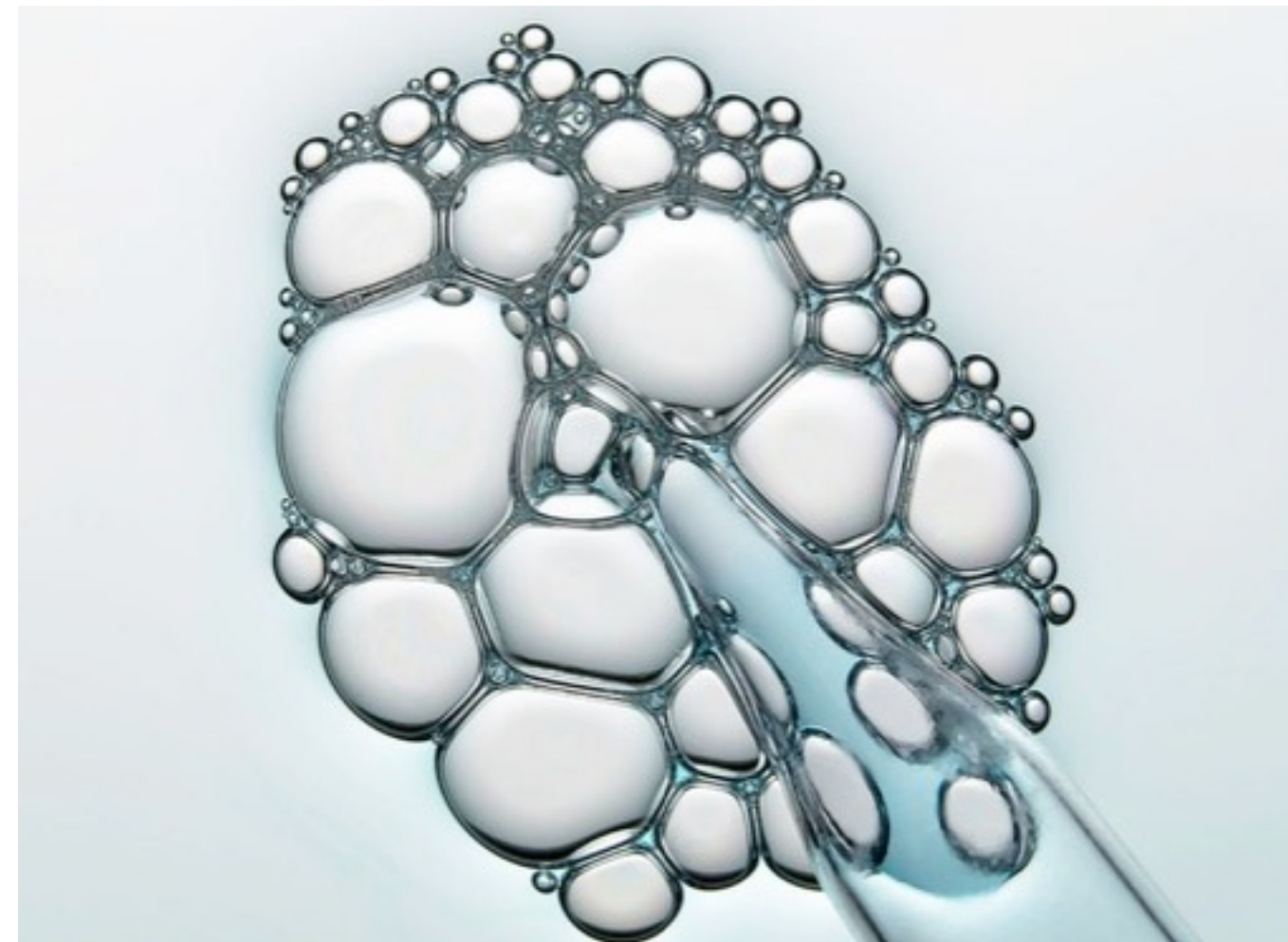
Peptides - S4, AOD 9604, GW, Tesamorelin

Brain Augmentation - \$3000

Peptides - Cerbrolysin, Selank, Semax, FGL

Hair Regeneration - \$3500

Peptides - Formula 82m, Thymosin Beta, IGF-1 Lr3, Tesamorelin





Beauty - \$3000

Peptides - GHK-Cu, Tesamorelin, Epitalon

Telomere Reversal - \$3500

Peptides - Thymosin Beta, Tesamorelin, Epitalon, IGF-1 Lr3

Sexual Boosting - \$3500

Peptides - Bremelanotide, Tesamorelin, LGD, Liquid Libido

Healing/ Post Surgical - \$3000

Peptides - IGF-1 Lr3, BPC 157, Thymosin Beta, Tesamorelin

Sleep Correction - \$3000

Peptides - DSIP, Tesamorelin, Epitalon

Mold Eradication - \$3000

Peptides - Thymosin alpha, Thymosin beta, VIP

Complete Age Revitalization - \$5000

Peptides - MOTS-c, Tesamorelin, Epitalon, GHK-cu, IGF-1 Lr3, Thymosin Alpha. and Beta, Selank, BPC-157, DSIP

Mix and Match - \$TBD

Customized programs can be made for those looking to take their treatment to the next level.

Peptides

Peptides are amino acid sequences with regulatory and rejuvenating actions that affect the neuro-endocrine-immune systems. These sequences have the ability to help maintain homeostasis and augment how ones biochemistry works. they can also be utilized for the treatment of injuries, prevention of aging, easing of illness, and enhancement of peak performance.

Peptides:

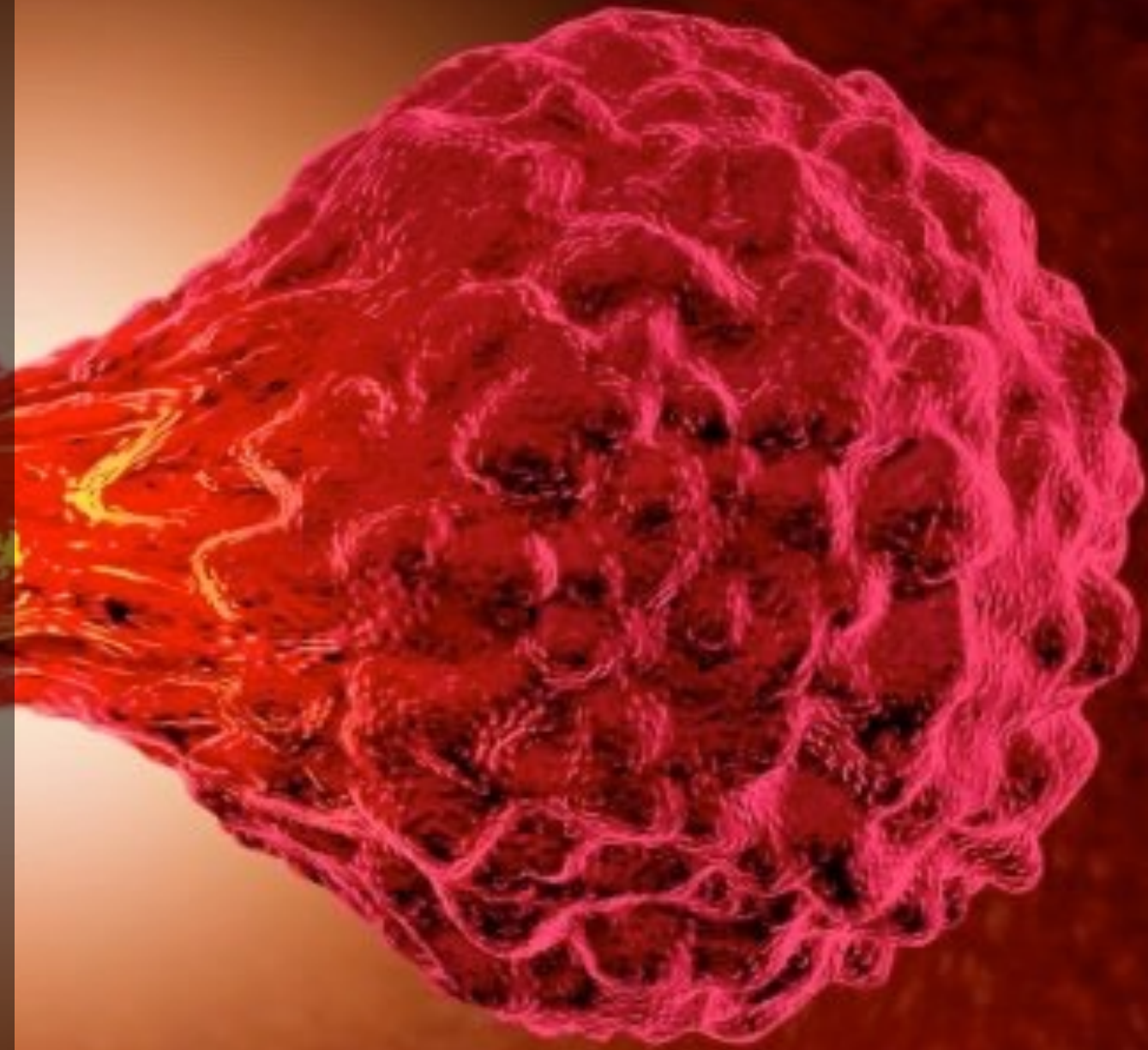
- Tesamorelin
- CJC/Ipra
- IGF-1 LR3
- PEG-MGF
- MOTS-c
- AOD
- RG3
- Cardarine
- LGD
- Andarine
- Ostarine
- Cerebrolysin
- FGL
- Semax
- Selank
- Tesofensine
- BPC 157
- GHK Cu
- Epitalon
- DSIP
- Thymosin a
- Thymosin b
- iRD
- PNC-27
- Bremelanotide
- Melanotan 2

Tesamorelin

Tesamorelin is a growth hormone releasing hormone analog that works on your pituitary gland to increase growth hormone naturally. It has been shown to increase IGF-1 levels as well as hosting nootropic effects, reduces triglycerides, decreases carotid intima-media thickness (cIMT), decreases visceral adipose tissue (VAT), and reduces C-reactive proteins (CRP).

Tesamorelin works by:

- Stimulating metabolism
- Enhancing immune function
- Improving quality of sleep
- Boosting heart health
- Reduces fine lines and wrinkles
- Increases energy levels
- Improves mood
- Increases libido
- Improves cognition

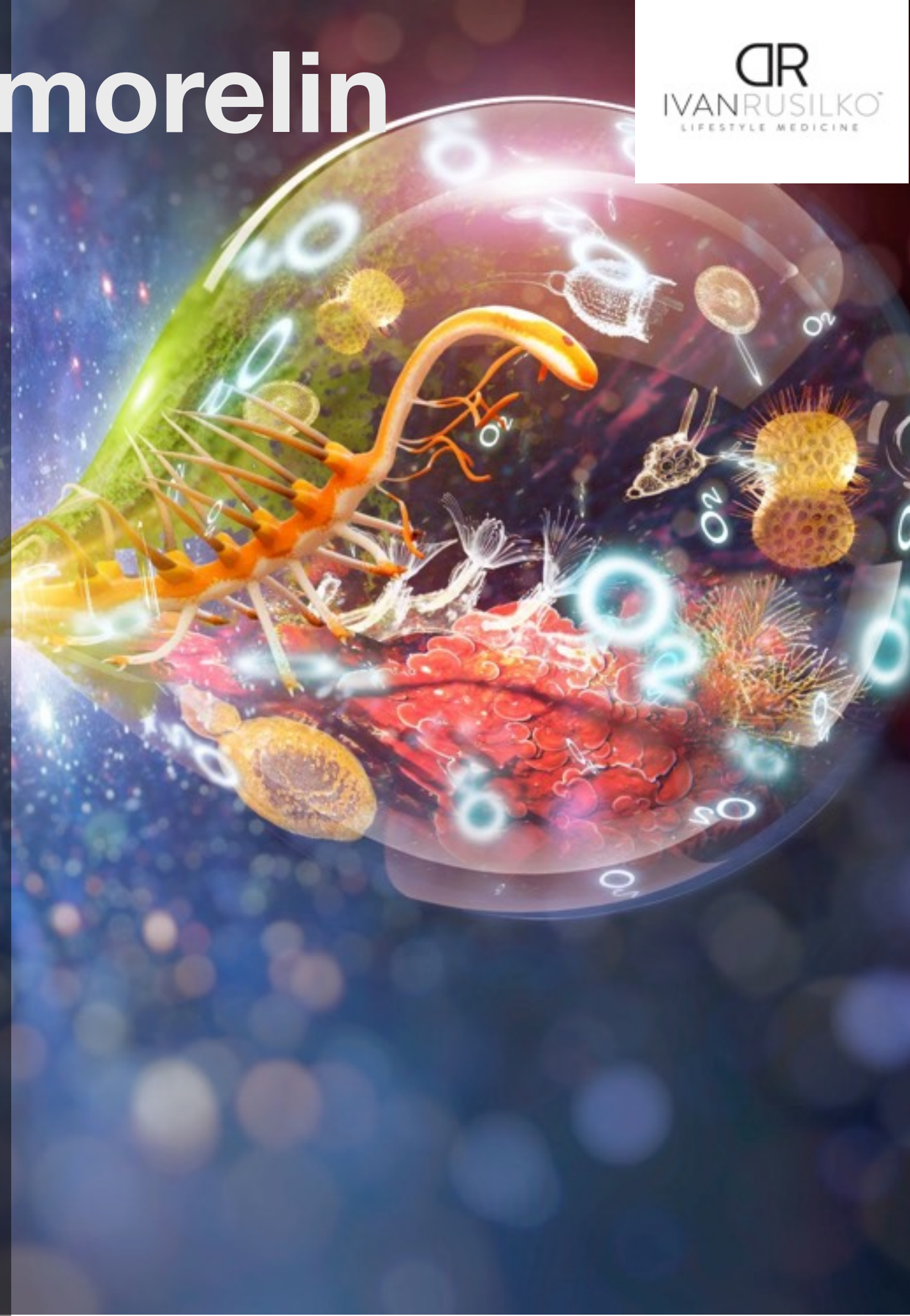


CJC 1295 & Ipamorelin

The combination of the peptides CJC 1295 and ipamorelin have been successfully used for anti-aging treatments as well for treating inflammation, disease or people with low IGF-1 levels. Ipamorelin is one of the safest, most effective forms of growth hormone (GH) restoration and widely used for sports performance. CJC 1295 has been known for increasing protein synthesis, improving recovery, reducing body fat and support the immune system.

CJC 1295 & Ipamorelin work together by:

- Accelerating weight loss
- Increasing muscle mass
- Increasing strength
- Improving energy
- Increasing physical and mental performance
- Improving immune function
- Repairing connective tissue post injury
- Improving quality of sleep
- Containing anti-aging properties
- Increasing libido
- Increasing metabolism
- increasing bone strength



IGF-1 LR3

IGF-1 LR3 is commonly known for promoting cell growth and its main function is to increase the biological activity of IGF, which its primarily function is to stimulate growth but also possess the ability to reduce blood glucose. IGF-1 LR3 is a modified amino acid sequence from IGF-1, also known as insulin-like growth factor 1. IGF-1 LR3 is much more powerful than IGF-1 and has a higher potency and a longer half-life.

IGF-1 LR3 works by:

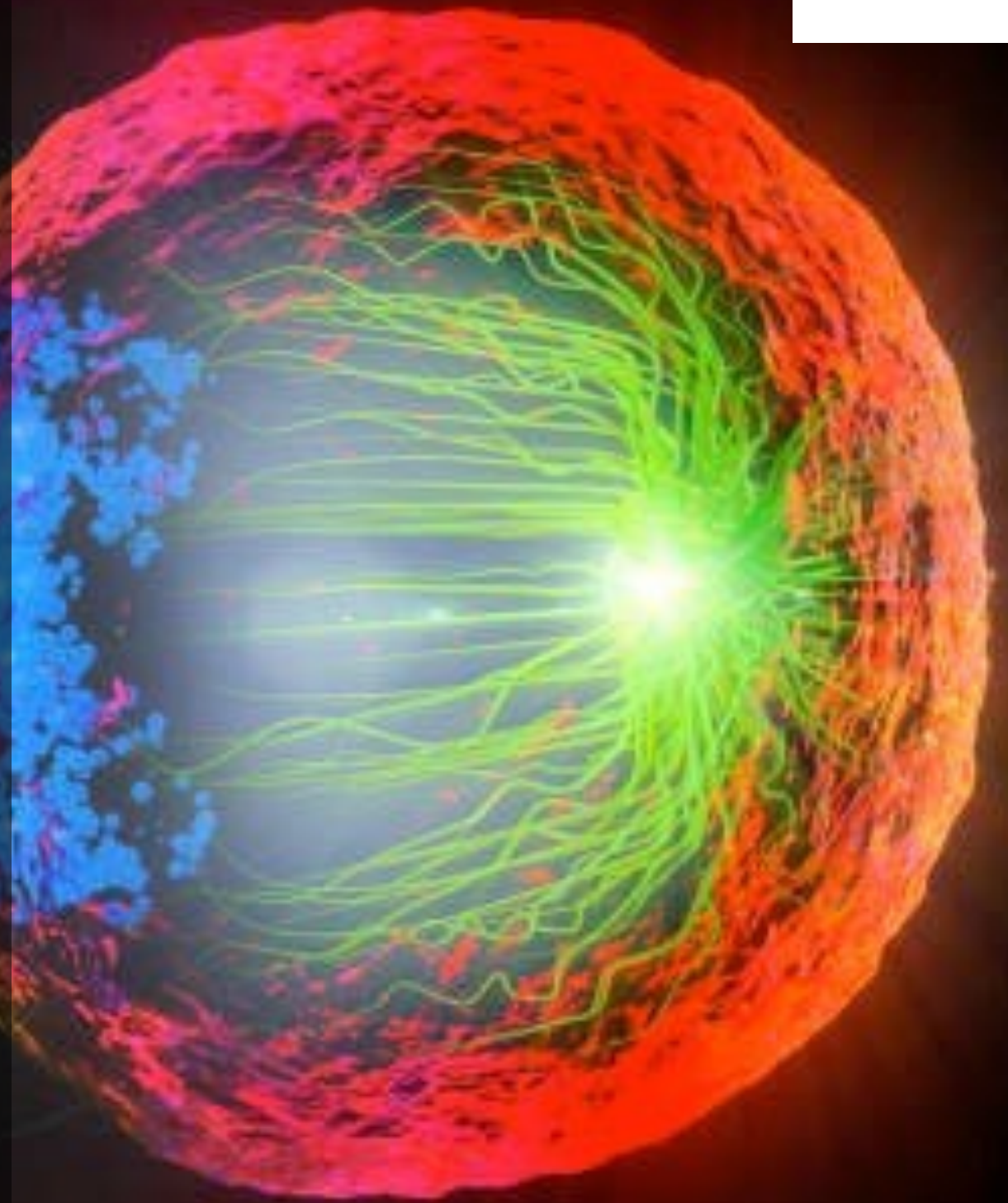
- Increasing amino acid absorption
- increasing glucose transportation thereby managing blood sugar levels
- increasing protein synthesis thus promoting new muscle tissue
- Preventing muscle wasting
- Mobilizing fat from adipose tissue as fuel for energy
- Protecting cognitive function and fighting against neurological diseases or loss of brain cells
- Accelerating the rate of angiogenic repair thus allowing formation of new blood vessels

PEG-MGF

PEG-MGF is a variant of IGF-1 that can be used to stimulate myoblast division and allow muscle fibers to fuse and mature. Essentially, this peptide is responsible for repairing damaged muscle and increasing satellite cell growth much better than IGF-1.

PEG-MGF works by:

- Stimulating muscle growth
- Creating new muscle fibers
- Increasing muscle recovery
- Promoting nitrogen retention
- Increasing protein synthesis



MOTS-c

A performance enhancing mitochondrial-derived peptide. This peptide can dynamically translocate to the nucleus in response to metabolic stress and regulate adaptive nuclear gene expression. It also promotes resistance to metabolic stress and regulates metabolic homeostasis through stimulation of glucose uptake and clearance, as well as the activation of fatty acid metabolism.

MOTS-c works by:

- Regulating metabolism, muscle and fat
- Mediating mitochondria regulation of insulin and metabolic homeostasis
- Protecting against age and diet-dependent insulin resistance and obesity



AOD 9604

AOD 9604 is a small peptide fragment taken from the naturally occurring hGH hormone sequence, which specifically harbors the fat reducing activity of hGH without its negative effects. This hormone is typically suppressed in obese people.

AOD 9604 works by:

- Reducing body fat
- Triggering fat release from obese fat cells predominantly than lean ones
- No adverse effects on blood sugar or growth
- Stimulates lipolysis
- Inhibits lipogenesis, which is the transformation of non-fatty foods into body fat
- Generating a strong fat burning capacity without creating a desire to overeat

RG3

RG3 has been a groundbreaking treatment option intended to support healthy brain function in adults while protecting sensitive neurons from damage. Moreover, it has been found to enhance memory and mental focus in some individuals by decreasing inflammation and oxidative stress within the brain. Rg3 may also help with the induction of neurogenesis, the creation and development of neurons in the body.

RG3 works by:

- Decreasing stress
- Providing mental clarity
- Increasing energy
- Enhancing immune system
- Increasing learning abilities
- Provides neurological protection
- Protects against conditions such as cancer, heart disease, stroke, and diabetes
- Maximizes the nootropic and anti-inflammatory effects on the brain



Cardarine (GW)

This oral medication has been used for many things. Its ability to activate the PPAR-delta pathway enhances burning of the fat stored in deposits throughout the body. This also enhances endurance, reduces inflammation, retains muscle, improves cholesterol and decreases liver toxicity. All studies that have linked it to cancer have been at 10x doses for over two years making this an erroneous conclusion.

GW 501516 works by:

- Providing more energy
- Providing less inflammation
- Promoting fat loss
- Liver protective
- Improving Endurance
- Aiding in Liver Health

SARMS: LGD-4033

Selective Androgen Receptor Modulators (SARMS) is known for providing the same benefits of traditional anabolic/androgenic steroids, such as testosterone, without any negative effects. Moreover, SARMS has been administered to treat osteoporosis, chronic diseases, increase muscle mass and aid in fat loss.

SARMS LGD-4033 works by:

- Increasing muscle mass and increasing muscle strength
- Enhancing stamina
- Decreasing body fat
- Promoting faster muscle recovery
- Maintaining greater endurance during a workout
- Repairing injuries
- Preventing Injuries

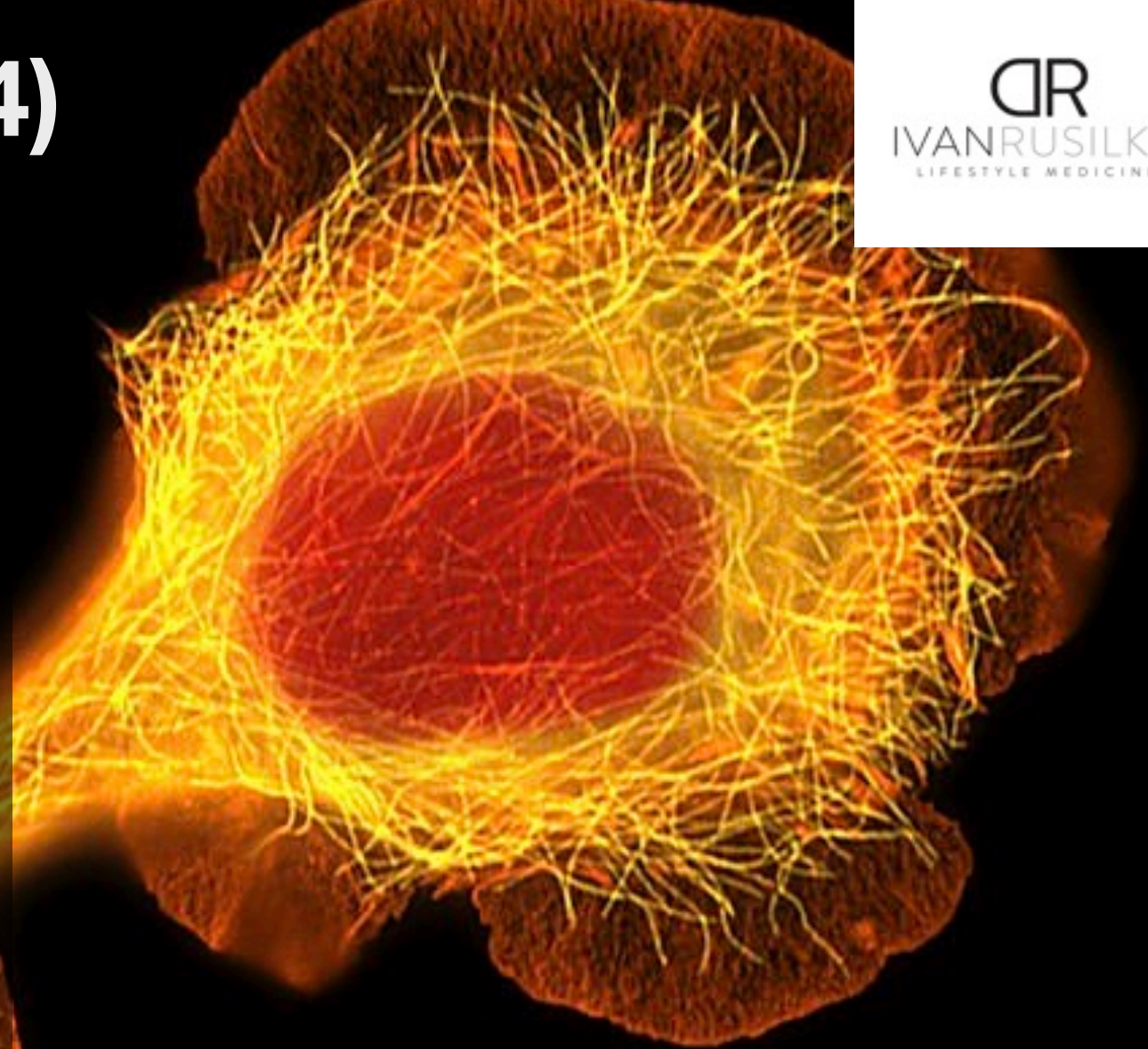


SARMS - Andarine (s4)

Andarine is a SARM meaning it up regulates how androgens work in the body but avoids any of the nasty side effects that can be seen with them. This SARM promotes muscle retention and increases the bodies ability to burn fat. It is also very benfical in improve bone desnity and endurance.

S4 works by:

- Helping prevent fat gain
- Preventing muscle/bone loss and thus promotes improving muscle growth and density
- Maintaining energy homeostasis and immune system regulation
- Stimulating lipolysis (the burning of fat)
- Improves overall mode and self perception



Ostarine MK-2866

Ostarine is a SARM and works much like testosterone does in the body but without the side effects one may experience when using testosterone. Its ability to enhance muscle and bone along with its heart healthy attributes make it a great augmentation to any program. Ostarine also has been shown to help with insulin resistance also when combined with proper dieting.

Ostarine (MK) works by:

- Improves heart function
- Enhances muscle and strength
- Augments bone health
- Decreases insulin resistance



Cerebrolysin

Cerebrolysin is a neurotrophic agent which helps improve the brain's ability for self-repair by stimulating neuro recovery. This nootropic agent has proven to enhance cognitive function, maintain memory retention, and protect the brain.

Cerebrolysin works by:

- Protecting brain cells and preventing cell death from harmful conditions
- Promoting growth of new brain cells
- Improving brain cell to cell communication, thus enhancing learning capacity and focus
- Increases brain energy and protein production in cells
- Decreasing brain levels of beta-amyloid deposits, which are linked to Alzheimers
- Lowers inflammation in the brain

FGL

A small peptide called FGL has been shown to boost learning and memory and is poised to begin clinical trials in Alzheimer's disease patients this year. Intriguingly, FGL sharpens memory through the up regulation of improved synaptic plasticity in the hippocampus. Its neuro protective and healing properties when used in conjunction with Lifestyle Medicine modalities can boost how you and your brain functions in the world greatly.

FGL 1 works by:

- Enhanced memory
- Improved focus
- Improved well being and thought formation
- Ability to heal damaged neural connections

SELANK

While SELANK has been traditionally prescribed for anxiety and depression, it has been known to be in many other treatments related to immune modulation, anticoagulation, PTSD, ADHD, and metabolic syndromes. Additionally, it has been shown to prevent accumulation of fat as well as positively influencing the formation of memory and learning process without unwanted side effects such as amnesia, withdrawal or dependence.

SELANK works by:

- Treating anxiety and depression
- Improving learning abilities
- Helping recover from brain damage
- Enhancing memory
- Strengthening immune function
- Increasing anti-oxidant activity in the liver
- Decreasing blood pressure and increasing blood flow to the brain
- Preventing weight gain and reducing cholesterol

SEMAX

SEMAX is a neuropeptide successfully used in treatment of patients with related brain circulation dysfunction and with different intellectual-amnestic problems of the CNS. This peptide has also been used for anxiety, memory improvement, ischemic events, stroke, nerve regeneration, ADHD, opioid withdrawal, and even chronic diseases such as ALS, Parkinson's, and Alzheimer's. It has also been used to acutely help improve memory and learning.

SEMAX works by:

- Protecting the body and brain from various types of oxidative damage
- Improving memory
- Improving circulation
- Decreasing the negative physical and mental responses to stress
- Increasing BDNF, a chemical that is essential for cognitive development, synaptic plasticity, and neuronal survival
- Alleviating pain
- Increasing physical performance and adaptation capacities in exposure to high intensity exercise



TESOFENSINE

Tesofensine is a dopamine, serotonin, and nonadrenalin reuptake inhibitor that was originally developed for the treatment of neurological disorders such as Parkinson's disease (PD) and Alzheimer's disease. Although this drug failed to demonstrate efficacy in PD trials, participants who were over weight achieved significant weight loss. Now tesofensine is considered as a novel treatment for obesity.

TENSOFENSINE works by:

- Increasing transmission of 3 powerful neurotransmitters in the brain, which help regulate energy balance and are linked to decreasing obesity and depression
- Suppressing hunger, leading to an energy deficit which burns off excess body fat
- Increasing beneficial effects on cognition, particularly learning and memory
- Increasing BDNF levels in the brain, which contains an antidepressant effect

BPC-157

BPC-157 is a small partial peptide sequence from the body protection compound (BPC) found in human gastric juice. This small peptide sequence has demonstrated to protect organs and prevent ulcers of the stomach as well as decrease pain in damaged areas and accelerate healing of many wounds, such as damaged ligaments.

BPC-157 works by:

- Increasing blood flow to damaged tissues
- Helping skin burns to heal at a faster rate
- Bone and joint healing
- Muscle healing
- Promoting release of growth hormone
- Gut protective and regenerative
- Having powerful anti-inflammatory properties
- Accelerating the rate of angiogenic repair thus allowing formation of new blood vessels

GHK-CU

GHK-CU is known for accelerating wound healing, skin repair, stimulates collagen and glycosaminoglycan synthesis in skin fibroblast, and promotes blood vessel growth. GHK is present in human plasma, saliva, and urine but unfortunately it declines with age.

GHK-CU works by:

- Removing damaged/scarred tissue and generating new healthy tissue
- Tightening loose skin and improving elasticity, skin density and firmness, and helps reduce fine lines and wrinkles
- Acting as an anti-inflammatory agent
- Attracting immune and endothelial cells to the site of an injury, which promotes activation of wound healing

Epitalon

Epitalon works in the pineal gland of the brain and its main function is to increase production of telomerase, an enzyme responsible for the maintenance of telomeres length, which plays an important role in longevity.

Epitalon works by:

- Normalizing the function of the anterior pituitary gland
- Regulating the functions of gonadotropins and melatonin in the body
- Increases a person's resistance to emotional stress and also acts as an antioxidant
- Normalizes cholesterol and uric acid, along with prolactin levels
- Improves skin health and appearance
- Boosting energy levels



DSIP

DSIP is a well-known neuromodulator typically found in the brain and it is mainly prescribed for the treatment of pain condition, alcohol and opioid withdrawal, CRH and stress related symptoms, low testosterone via stimulation of LH, and even sometimes as an antioxidant and anti-oncogenic protein.

DSIP works by:

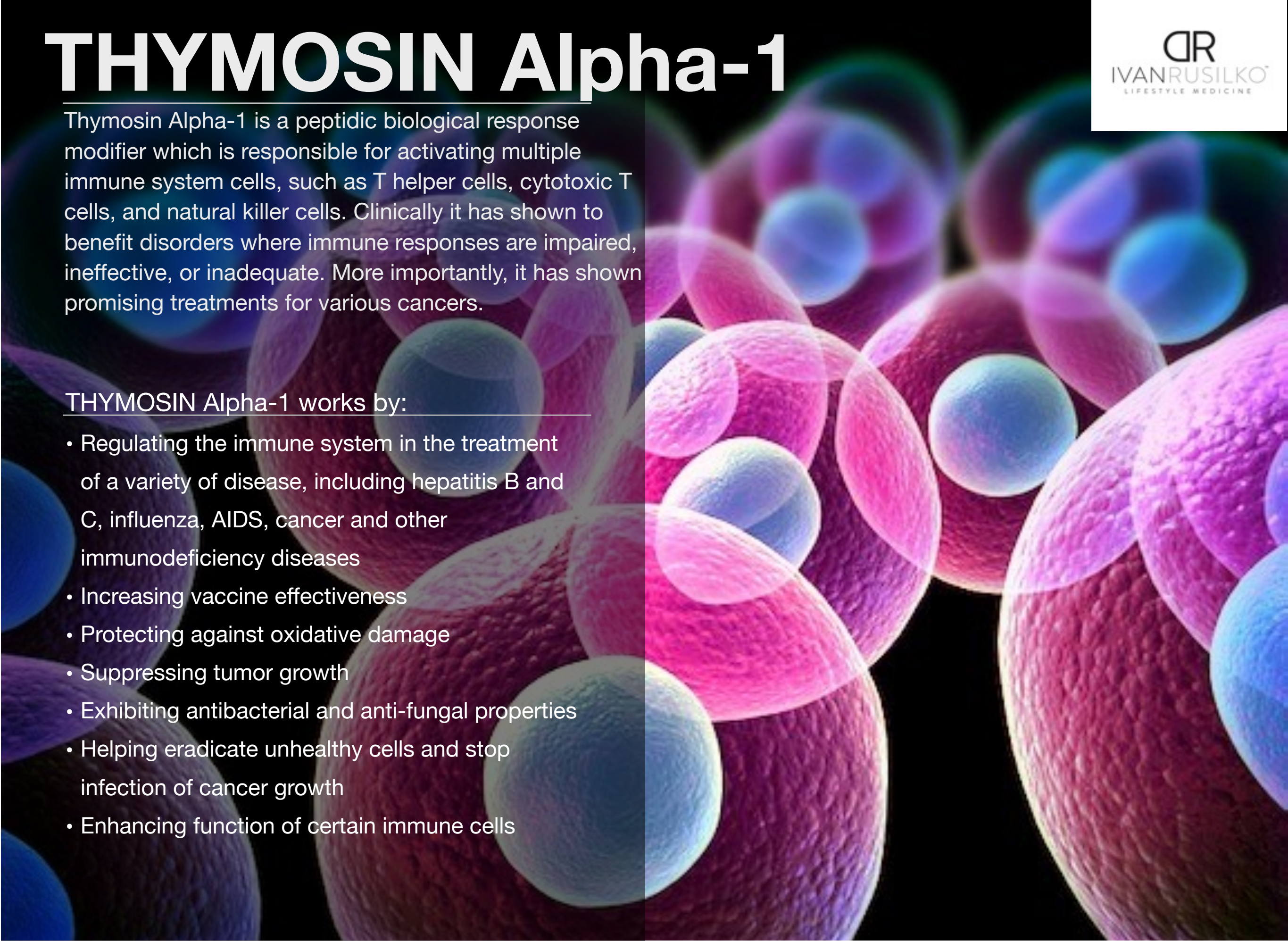
- Helping people fall asleep, stay asleep, and restore disturbed sleep patterns
- Helping people manage stress by modulating cortisol production (your stress hormone)
- Normalizing blood pressure
- Containing anti-oxidant properties, which have shown to slow down cell damage
- Reducing persistent/chronic pain
- Promoting LH and GH release while decreasing somatostatin, which results in the production of the desirable hormones while decreasing the undesirable hormones

THYMOSIN Alpha-1

Thymosin Alpha-1 is a peptidic biological response modifier which is responsible for activating multiple immune system cells, such as T helper cells, cytotoxic T cells, and natural killer cells. Clinically it has shown to benefit disorders where immune responses are impaired, ineffective, or inadequate. More importantly, it has shown promising treatments for various cancers.

THYMOSIN Alpha-1 works by:

- Regulating the immune system in the treatment of a variety of disease, including hepatitis B and C, influenza, AIDS, cancer and other immunodeficiency diseases
- Increasing vaccine effectiveness
- Protecting against oxidative damage
- Suppressing tumor growth
- Exhibiting antibacterial and anti-fungal properties
- Helping eradicate unhealthy cells and stop infection of cancer growth
- Enhancing function of certain immune cells



THYMOSIN Beta 4

Thymosin beta 4 has been found to play an important role in protection, regeneration and remodeling of injured or damaged tissues. Another primary function is to stimulate the production of B cells to plasma to produce antibodies and to produce T cells, which are an extraordinarily important part of the immune system. Recently, it has been shown to help regrow hair in addition to PRP.

THYMOSIN Beta 4 works by:

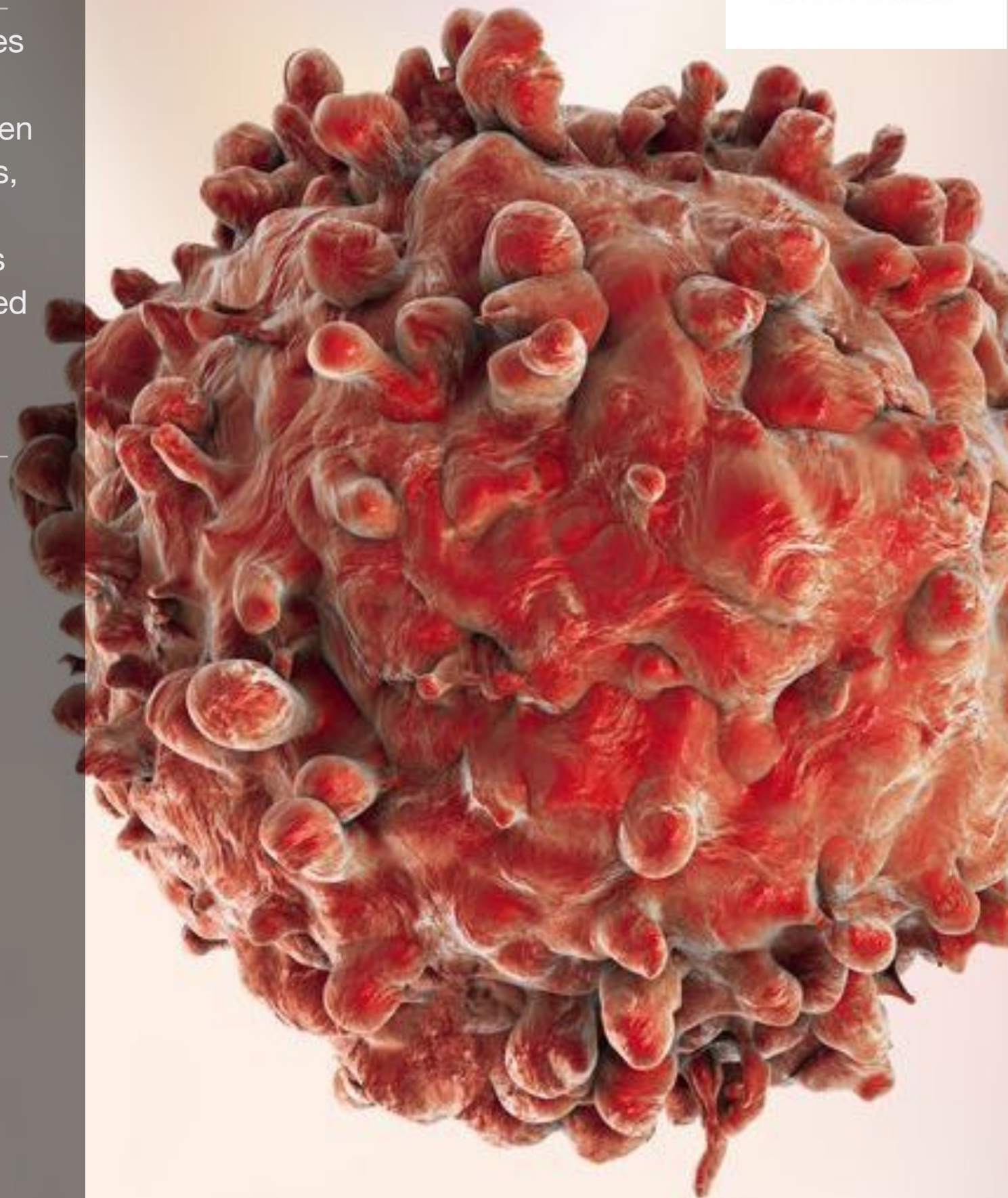
- Promoting healing in tendons, ligaments, muscle, skin, heart, and eyes
- Promoting creation of new blood and muscle cells
- Acting as a powerful anti-inflammatory agent by reducing inflammation of tissue in joints
- Reactivating cardiac progenitor cells to repair damaged heart tissue after a heart attack
- Increasing endurance and strength while maintaining flexibility
- Improving muscle tone
- calming muscle spasms

iRGD

Cancer is a global health problem and cancer studies have focused on tumor-targeting peptides, which support drug penetration. The iRGD peptide has been developed as a cyclic peptide that binds to integrins, which are expressed on tumor cells and vessels, to identify tumors early for diagnosis and treatment, as well as effectively penetrating tumors while combined with other chemicals/drugs.

iRGD works by:

- Enhancing tumor-specific accumulation and anti-tumor effects of various types of systemic drugs including small chemicals, nanodrugs, and antibodies in a number of tumor types
- Allowing systemically injected nanocarriers more abundantly at the tumor site with improved efficacy



PNC-27

Originally created to fight HIV, it was soon discovered that PNC-27 would attach to and kill cancer cells, leaving healthy cells to thrive. Therefore, this peptide has been studied and specifically designed to target and kill cancer cells by inducing tumor cell necrosis without harming normal cells.

PNC-27 works by:

- Selectively killing cancer cells while sparing normal cells
- Increases survival in cancer patients
- Attacking all kinds of malformed cells. Since all cancers are by definition malformed cells, PNC can effectively treat any kind of cancer
- Decreasing cancerous cells thus improving overall immune system/health

Bremelanotide

Bremelanotide is developed from the peptide hormone Melanotan II and has been designed for the treatment of female sexual dysfunction, hemorrhagic shock and also reperfusion injury. It is important to understand that sexual dysfunction is often one of the main causes of dissatisfaction in many relationships today. Approximately six million premenopausal women in the U.S. are diagnosed with low libido associated from distress.

Bremelanotide works by:

- Treating low libido thus activating sex life, as well as increasing self-esteem and relationships will begin to heal
- Clinically proven to help treat thousands of others with sexual dysfunction
- Increasing libido essentially helps gain ultimate satisfaction during intimacy
- Unlike Viagra and other related medications, it does not act upon the vascular system, but directly increases sexual desire via the nervous system

Melanotan II

Melanotan II is an analog of the peptide hormone alphanelanocyte stimulating hormone that induces skin tanning by stimulating melanogenesis, a process responsible for producing pigmentation in the skin, eyes, hair, nasal cavity, and inner ear while preventing skin cancers caused by sun exposure.

Melanotan II works by:

- Getting a natural looking tan while also maintaining a long lasting tan
- Reducing the risk of skin cancer
- Increasing libido power both in men and women
- Targeting the brain's appetite suppression receptor, which helps with weight loss