

5-Amino-1MQ

PEPTIDES

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IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide 5-Amino-1MQ is a small molecule compound designed to inhibit the enzyme NNMT (nicotinamide N-methyltransferase), which plays a key role in metabolic regulation and fat cell activity. By suppressing NNMT, 5-Amino-1MQ increases NAD⁺ levels and helps to accelerate energy metabolism, support healthy body composition, and reduce fat mass—especially visceral fat. It has gained attention for its potential to improve insulin sensitivity, mitochondrial function, and cellular repair, making it a popular option in fat loss, longevity, and athletic performance protocols. **KEY BENEFITS**

- Promotes rapid fat loss without muscle breakdown** Inhibits fat cell growth and reduces existing fat deposits
- NAD⁺ preservation:** NAD⁺ is essential for mitochondrial function, which is central to the production of energy (ATP) within cells. As we age, NAD⁺ levels naturally decline, which can impair cellular energy production and lead to aging-related diseases. 5-Amino-1MQ's ability to inhibit CD38 and preserve NAD⁺ levels is of significant interest for anti-aging and longevity research.
- Mitochondrial Biogenesis:** 5-Amino-1MQ may also contribute to mitochondrial biogenesis, which refers to the generation of new mitochondria in cells. Mitochondria are responsible for energy production, and an increase in their numbers can improve overall cellular function and endurance.
- Improves insulin sensitivity and glucose tolerance**
- Cognitive Health:** By improving mitochondrial health and NAD⁺ levels, 5-Amino-1MQ may help protect brain cells from age-related neurodegenerative diseases like Alzheimer's and Parkinson's disease. NAD⁺ is essential for neuronal function and survival.
- Increased Brain Energy:** The compound's potential to enhance mitochondrial function could improve energy metabolism in the brain, supporting cognitive performance and possibly reducing brain fatigue
- Supports cellular longevity and anti-aging effects**
- Improved Endurance:** By enhancing mitochondrial activity and fat oxidation, 5-Amino-1MQ could improve physical endurance and exercise capacity. This may be particularly beneficial for endurance athletes or anyone looking to increase their stamina. May assist in reducing inflammation and oxidative stress
- Muscle Preservation:** Because 5-Amino-1MQ promotes fat loss rather than muscle loss, it may help maintain lean muscle mass while reducing body fat. This makes it an attractive option for individuals undergoing body composition changes.

MECHANISM OF ACTION 5-Amino-1MQ works primarily by:

- NNMT Inhibition :** Suppresses the enzyme responsible for downregulating energy metabolism in fat cells
- NAD⁺ Elevation :** Increases intracellular NAD⁺, enhancing mitochondrial function and energy production
- Mitochondrial Optimization :** Promotes thermogenesis and lipid oxidation via improved mitochondrial efficiency

The result is an upregulation of cellular metabolism, reduced fat accumulation, and improved lean body

mass. POSSIBLE SIDE EFFECTS Common (usually temporary and mild): Headache Mild fatigue Digestive discomfort (bloating, nausea) Mild increase in heart rate Rare: Skin irritation or redness at injection site Dizziness or jitteriness Temporary sleep disturbances SIDE EFFECT MANAGEMENT Stay hydrated and eat balanced meals during the protocol Reduce dosage if fatigue or nausea occurs Use smaller split doses if needed to increase tolerance CONTRAINDICATIONS Do NOT use 5-Amino-1MQ if: You are pregnant or breastfeeding You have uncontrolled cardiovascular conditions You have liver or kidney impairment You are allergic to any excipients or BAC You are on medications that alter NAD metabolism without physician oversight 5-AMINO-1MQ: 10MG RECONSTITUTION AND DOSING PROTOCOLS 4-8 week cycles followed by a 2-4 week washout period May be taken any time of day, although morning or afternoon is preferred Does not need to be taken while fasting, although GI side effects may be mitigated by dosing along with a light meal Subcutaneous Administration 4-Week Minimum Protocol Mix with 2mL (200 units) of BAC water Weeks 1-2: Take 20 units (1mg), 1x/day Weeks 3-4: Take 40 units (2mg), 1x/day Mix with 2mL (200 units) of BAC water Weeks 1-4: 20 units (1mg), 1x/day Weeks 5-8: 40 units (2mg), 1x/day OR continue with 20 units (1mg) for duration of cycle Standard Protocol (Recommended) Mix with 2mL (200 units) of BAC water Week 1 : 20 units (1mg), 1x/day Week 2-3: 40 units (2mg), 1x/day Weeks 3-4: 60 units (3mg), 1x/day Weeks 5-6: 80 units (4mg), 1x/day Weeks 7-8: 100 units (5mg), 1x/day 5-AMINO-1MQ: 50MG RECONSTITUTION AND DOSING PROTOCOLS 4-6 week cycles followed by a 2-4 week washout period May be taken any time of day, although morning or afternoon is preferred Does not need to be taken while fasting; GI side effects may be mitigated by dosing along with a light meal It is recommended to split the daily dose in to two or three injections to maintain a steady level of 5-Amino-1mq in the blood Most effective when cycled at the start of a cutting period Subcutaneous Administration Recommended Protocol Mix with 3mL (300 units) of BAC water Days 1-3: 15 units (2.5mg) once per day, 7 days/week Days 4-7 + weeks 2-6: 15 units (2.5mg) 2x/day, 7 days per week Single Daily Dose Protocol Mix with 3mL (300 units) of BAC water Days 1-3: 15 units (2.5mg) once per day, 7 days/week Days 4-7 + weeks 2-6: 30 units (5mg) once per day, 7 days/week Stacking Suggestions AOD-9604 – Targets fat loss with no muscle deterioration CJC-1295 + Ipamorelin – Boosts growth hormone for enhanced metabolic effect GLP-1 Agonists (Semaglutide, Tirzepatide) – Supports appetite suppression and insulin regulation Glutathione or NAD+ Precursors – To amplify anti-aging and mitochondrial repair benefits

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