

MOTS-C

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 MOTS-C (Mitochondrial open reading frame of the 12S rRNA-c) is a peptide encoded in mitochondrial DNA. It improves glucose metabolism in skeletal muscle, which implies a number of benefits for those with diabetes, obesity, or who are over 30 years old. It is upregulated in response to exercise, and is considered an exercise mimetic. An exercise mimetic is a drug or compound that mimics the beneficial physiological effects of physical exercise on the body, essentially providing some of the health benefits of working out without the need for actual physical activity. It aims to activate similar cellular pathways triggered by obesity, diabetes, or muscle-wasting by simulating exercise-induced adaptations in the body. This provides a viable alternative to physical exercise in populations who are unable to exercise due to any number of limitations. Also, naturally occurring levels of MOTS-C diminish substantially throughout the aging process. Dysregulated MOTS-C levels have been associated with defective insulin secretion, insulin resistance, or both. This results in dysregulated mitochondrial activities such as mitochondrial fission and fusion, mitochondrial oxidative stress, and decreased NAD⁺ levels in the system. MOTS-C interacts with and regulates many nuclear genome-encoded proteins responsible for regulating metabolic adaptability and age-related diseases.

BENEFITS Weight loss Increased metabolism Can help protect against metabolic disorders, e.g. nonalcoholic steatohepatitis (NASH) Reduces visceral fat, including liver fat Increases life expectancy Useful in the treatment of cardiovascular disease, inflammation, and aging Can improve physical performance and running capacity Improves muscle function Reduces insulin resistance Prevents macular eye degeneration Corrects diabetes-induced abnormal cardiac structures and functions Offers significant reduction in vascular calcification Has immunoregulatory benefits Mitigates chemotherapy-induced side effects Delays Alzheimer's Anti-inflammatory benefits for those with multiple chronic age-related diseases Inhibits inflammatory pain Fights bacterial infections, especially MRSA Increases chance of surviving infection and/or sepsis

POSSIBLE SIDE EFFECTS Injection site reaction (redness, swelling, itching, bruising) Headache Mild gastrointestinal disturbances Mild fatigue or lethargy (particularly during adaptive phase) Muscle cramping

Do Not Overuse: extremely high doses and/or prolonged use may result in oxidative stress or tissue fatigue, or disrupted thyroid or cortisol rhythms

CONTRAINDICATIONS Do not use MOTS-C if you are pregnant or breastfeeding Not appropriate for children/adolescents

SYNERGISTIC STACKS SS-31 – It is highly recommended to run 10-14 days of SS-31 prior to beginning a cycle essentially preps the mitochondria for the mechanism of action that MOTS-C then exerts on them. Synergistic peptides are combinations of two peptides whose

cumulative benefits surpass what either is able to accomplish when cycled independently Humanin– for powerful anti-aging, cell-protective synergy with MOTS-C Tesofensine – enhances fat-burning and metabolic benefits AOD-9604 or CJC-1295 – for added weight loss or GH pathway stimulation BPC-157 or TB-500 – to support performance, muscle preservation, and inflammation reduction Glutathione or NAD+ precursors – for longevity and mitochondrial support during MOTS-C use

RECONSTITUTION AND DOSING PROTOCOLS 8-10 week cycle followed by 4-5 week washout period Dose should be taken first thing in the morning on an empty stomach or 30-60 minutes before exercise while fasted Subcutaneous Administration PROTOCOL #1 MOTS-C 10MG : Mix with 1.5mL (150 units) of BAC water Take 75 units (5mg) once every 5 days, for 8-10 weeks MOTS-C, 20MG: Mix with 3mL (300 units) of BAC water Take 75 units (5mg) once every 5 days, for 8-10 weeks MOTS-C, 40MG: Mix with 5mL (500 units) of BAC water Take 63 units (5mg) once every 5 days, for 8-10 weeks PROTOCOL #2 MOTS-C, 10MG: Mix with 2mL (200 units) of BAC water Take 60 units (3mg) once every 3 days, for 8-10 weeks MOTS-C, 20MG: Mix with 3mL (300 units) of BAC water Take 45 units (3mg) once every 3 days, for 8-10 weeks MOTS-C, 40MG: Mix with 5mL (500 units) of BAC water Take 38 units (3mg) once every 3 days, for 8-10 weeks

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