

**The Ultimate Amino Asylum Product Guide
(2025 Update) Now Including Injectable
5-AMINO-1MQ, Epitalon GHK-Cu, S23 Oil,
Amlexanox, Follistatin 344, Sunifram, Hydrafinil,
Dream Catcher, MT-1, DADA, How to Reconstitute
Peptides and Peptide Blends, and More!**

A Product of BiohackingU

Written by: Brandon Eisenlauer

[TO PURCHASE ALL PRODUCTS FROM AMINO ASYLUM
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This version will be entirely free, if you want to pay for it there is an option too. All sales made from this ebook will be going to Animal Rescue Based Charities. Thank you

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[FOR A FULL VIDEO ON HOW TO RECONSTITUTE PEPTIDES
AND PEPTIDE BLENDS PLEASE CLICK HERE THIS VIDEO IS
FULLY FREE AND IS 16 MINUTES LONG!!!](#)

Important Resources

[IF YOU NEED BLOOD WORK I RECOMMEND GOING HERE THIS IS WHO I AM PARTNERED WITH CODE BIOHACK](#)

If you guys have a cheaper place or a place you like better that is fine, but please guys be pulling your blood work so you know what is really going on with your body

[IF YOU GUYS NEED INJECTION SUPPLIES, NEEDLES, INSULIN PINS, ETC YOU CAN GO HERE \(NO CODE\)](#)

[IF ANY OF YOU GUYS HAVE A PRESSING QUESTION OR WANT FURTHER GUIDANCE ON THINGS SPECIFICALLY I DO OFFER COACHING YOU CAN SIGN UP HERE](#)

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For any other questions issues or inquiries please email me at biohackinguniversity@gmail.com

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Thank you guys and enjoy!

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HCG

Link: <https://aminoasylum.shop/product/hcg-5000iu/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It:

HCG (Human Chorionic Gonadotropin) is a hormone primarily produced during pregnancy, but it has important applications in medicine, especially in hormone regulation. It mimics **Luteinizing Hormone (LH)**, which is crucial for stimulating testosterone production in men and ovulation in women.

HCG binds to **LH receptors in the testes**, stimulating **Leydig cells** to produce testosterone and **spermatogenesis**. Since it mimics LH, it maintains testicular function and size when exogenous testosterone or anabolic steroids suppress the body's natural LH production.

In females, HCG is used to induce ovulation and treat infertility by stimulating the maturation of ovarian follicles.

Benefits

- Improved Fertility
- Helps to reverse atrophied testicles from cycle
- Restores proper neurosteroid balance which is crucial for cognitive health and brain function
- Better bedroom performance (sensitivity and bigger loads)
- Better fat loss (thyroid upregulation)

Side Effects

Injection Related Pain, Increased Water Retention, Mood Swings, Overstimulation Thyroid, Gyno, Increased Estrogen.

Dosing/How to Use

- 500 IU 2-3 times per week as a subq injection is the standard maintenance dosage to maintain proper neurosteroid levels and some testicular atrophy.
- Now if you are trying to get your wife pregnant you will likely need to up much higher to the 1000-2000 IU 3-4 times per week range or even more if that is not working

BAC WATER

Link: <https://aminoasylum.shop/product/bac-water-20ml/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It?: Bacteriostatic water is a type of sterile water that has been specially processed to inhibit the growth and proliferation of bacteria. It is used in various medical and pharmaceutical applications, including the reconstitution of certain medications and for the dilution of drugs for injection.

Dosing/How to Use: Use this water to reconstitute with peptides

Tadalafil (Cialis)

Link: <https://aminoasylum.shop/product/tadalafil-30ml-x-20mg/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It? Cialis, also known by its generic name tadalafil, is a medication primarily used to treat erectile dysfunction (ED) in men. It belongs to a class of drugs called phosphodiesterase type 5 (PDE5) inhibitors.

Benefits: Improved Erections, Improved Prostate Health, Improved Pumps in the gym, lower blood pressure

Side Effects: Headaches, low blood pressure, indigestion, flushing, vision changes, dizziness, priapism, vision changes

Dosing/How to Use:

Tadalafil can be used in a multitude of ways. It can be used before the gym for a skin splitting pump or before the bedroom for sexual enhancement and increased erection quality.

Cialis has a half life of 17.5 hours so it will give you an amazing pump all day or can give you better erections for up to 2 days. You can also take a small dose daily to improve blood pressure and erection health.

I would either dose it at 10mg EOD, 20mg every 3 days or my personal favorite 5mg every morning! This keeps it in my system all day and I am always ready to go get a great pump or perform in the bedroom.

BPC-157

Link: <https://aminoasylum.shop/product/bpc-157-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It? BPC-157 is a synthetic peptide derived from a naturally occurring peptide called Body Protection Compound. It is known for its regenerative properties, particularly in the gastrointestinal system, but it has also shown promise in promoting healing and reducing inflammation throughout the body.

BPC-157 appears to accelerate the healing process by stimulating the formation of new blood vessels (angiogenesis), collagen production, and tissue regeneration. This can be beneficial for bodybuilders dealing with injuries or muscle strains.

Benefits:

Accelerated Healing: BPC-157 may help speed up recovery from injuries, such as tendon and ligament strains, allowing bodybuilders to return to training sooner.

Reduced Inflammation: By mitigating inflammation, BPC-157 can potentially reduce post-workout soreness and enhance overall recovery.

Improved Joint Health: Some users report improved joint health and reduced pain, making it easier to train with heavy weights and maintain a consistent workout schedule.

Tissue Repair: BPC-157 may aid in repairing damaged muscle tissue, potentially leading to enhanced muscle growth and strength gains.

Gastrointestinal Support: A healthy gut is crucial for nutrient absorption, and BPC-157's positive effects on the gastrointestinal system may indirectly support muscle growth.

Side Effects

Injection Site Irritation: Mild irritation or discomfort at the injection site is possible.

Allergic Reactions: While rare, some individuals may experience allergic reactions.

Unknown Long-Term Effects: Because BPC-157 is relatively new, its long-term safety and effects on the body are not fully understood.

Dosing/How to Use

Injectable: As soon as you are injured start your protocol, I would do 200 mcg per day for the first two weeks then raise to 400mcg the next two weeks then assess how the injury is healing, if it is a lot better you can hold at a more maintenance dosage, and if it is still not healing properly you can raise the dosage again.

For the nasal spray I would use it if I were having any cognitive based issues, and do 2 sprays per nostril daily for 2-3 weeks.

MK677

Link: <https://aminoasylum.shop/product/mk-677-25mg-x-30ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Mk677 is a growth hormone secretagogue that works via the ghrelin receptor to increase and drive up growth hormone levels in the body. Ghrelin is the hormone in the body responsible for increased hunger so with more of this hormone you have more hunger.

Benefits:

Muscle Growth: MK-677's ability to boost GH and IGF-1 levels can enhance muscle protein synthesis, contributing to increased muscle mass.

Enhanced Recovery: Improved GH secretion aids in faster recovery from workouts, reducing muscle soreness and allowing for more frequent and intense training sessions.

Fat Loss: MK-677 may support fat loss by increasing metabolism and encouraging the body to use stored fat for energy.

Improved Sleep: Some users report better sleep quality while taking MK-677, which is essential for overall recovery and muscle growth.

Joint Health: Increased GH levels can potentially improve joint and connective tissue health, making it easier to handle heavy weights and strenuous workouts.

Side Effects:

Increased Appetite: While this can be advantageous for bulking phases, it may lead to unwanted weight gain if not controlled.

Water Retention: Some users experience mild water retention, which can affect muscle definition.

Mild Hormonal Changes: In rare cases, MK-677 may affect cortisol and insulin levels, although these changes are generally reversible upon cessation. It can also raise prolactin levels

Blood Sugar Regulation: MK-677 can affect blood sugar levels, making it important for individuals with diabetes to consult a healthcare provider before use.

Dosing/How to Use

Mk677 is most effective when used at a dose of around 20-30 mg fasted in the morning. If the appetite suppression becomes too much for you, you can also use it before bed to reduce that side effect. Mk677 can also be used at a smaller dose of 5-10mg for individuals who find it to be too strong or powerful. Dosing multiple times per day is not necessary due to its half life. I would only use it around 3 times per week so something like a Monday, Wednesday, Friday Schedule, due to the side effect profile attached with it.

TB500

Link: <https://aminoasylum.shop/product/tb-500-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

TB-500 is a synthetic version of Thymosin Beta-4, a naturally occurring protein found in human tissues. It is classified as a peptide, which means it consists of a chain of amino acids, the building blocks of proteins. TB-500 is often referred to as a "healing peptide" due to its role in tissue repair and regeneration.

TB500 helps to promote cell migration through its interactions with actin in the cell cytoskeleton. It also helps to promote endothelial and keratinocyte migration. Its ability to modulate actin which is vital for cell building helps to make it an effective healer.

Benefits

Benefits of TB-500:

Accelerated Healing: TB-500 can speed up the healing of various injuries, including muscle tears, sprains, and joint problems. This can significantly reduce downtime and get individuals back to their activities more quickly.

Reduced Inflammation: TB-500 exhibits anti-inflammatory properties, which can help minimize inflammation at the site of injury. Reduced inflammation can lead to less pain and discomfort during the recovery process.

Improved Flexibility: By aiding in the repair and regeneration of connective tissues, TB-500 can enhance joint flexibility and overall mobility, making it valuable for athletes and individuals with joint issues.

Muscle Growth Support: Some users report that TB-500 may indirectly support muscle growth by promoting efficient healing and minimizing muscle loss during recovery.

Side Effects:

Injection Site Reactions: Mild discomfort, redness, or swelling at the injection site may occur, but these side effects are typically temporary.

Allergic Reactions: While rare, some individuals may experience allergic reactions to TB-500, which can include hives, itching, or difficulty breathing. Seek immediate medical attention if these symptoms occur.

Unknown Long-Term Effects: As TB-500 is relatively new, its long-term safety and effects on the body are not fully understood.

Dosing/How to Use

TB500 can be administered in a few different manners. Due to its half life it can be dosed with EOD and it can be injected anywhere and not near the injury like BPC-157. A good starting dose is between 1-2 mg per day. You can do an initial loading phase and raise that to 3-4 mg EOD for the first week and then as the injury subsides you can drop to a 1-2 mg EOD dosing schedule. I would run it for 4-6 weeks on average.

L-Carnitine

Link: <https://aminoasylum.shop/product/l-carnitine/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

L-Carnitine is an amino acid derivative synthesized in the liver and kidneys from essential amino acids, lysine and methionine. It plays a crucial role in the transportation of fatty acids into the mitochondria, where they are oxidized to produce energy. L-Carnitine exists in various forms, with L-Carnitine, Acetyl-L-Carnitine (ALCAR), and Propionyl-L-Carnitine (PLCAR) being the most common and widely used.

L-Carnitine operates through a mechanism that facilitates the transport of fatty acids into the mitochondria, the energy-producing powerhouses of cells. This process involves several steps:

Benefits

Enhanced Fat Metabolism: L-Carnitine's primary role is to aid in the transport of fatty acids, making it a popular supplement among those looking to support fat loss and improve metabolic efficiency.

Increased Endurance: By facilitating the utilization of fat as an energy source, L-Carnitine can improve endurance and stamina during exercise, reducing reliance on glycogen stores.

Muscle Recovery: L-Carnitine has been suggested to reduce exercise-induced muscle damage and muscle soreness, potentially expediting recovery post-workout.

Heart Health: Some studies suggest that L-Carnitine may benefit heart health by improving cardiac function, reducing oxidative stress, and lowering the risk of cardiovascular diseases.

Brain Function: Acetyl-L-Carnitine (ALCAR) has been studied for its potential cognitive benefits, including improved memory and focus, and as a supportive treatment for neurodegenerative disorders like Alzheimer's disease.

Sperm Mobility and Health: Studies have always shown that carnitine is able to help aid in sperm mobility and fertility.

Side Effects:

Injectable L-Carnitine is one of the safest products that is offered on the market. Really the main drawback worth discussing is the fact that for some the injection can be a tad bit painful. By using proper injecting procedures like injecting deep enough you can reduce this post injection pain (PIP)

Dosing/How to Use:

Typically carnitine can be titrated up to a dosage that can be tolerated by the user. I recommend starting with something like 200mg in the morning before fasted cardio and working up to 500-600 mg. Of course you can always take more but in my opinion it is really what you can handle when it comes to injecting and pip. If you can handle the PIP then you can raise the dosages up even more.

RAD-140

Link:

<https://aminoasylum.shop/product/rad-140-30ml-x-20mg-per-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It

Rad 140 is a sarm that was originally designed for hypogonadal men, as a male birth control aid, and potential now as a treatment for females with breast cancer. As a sarm it is supposed to behave as a more selective androgen receptor modulator.

Benefits

Improved Muscle Mass: Rad will definitely help you build a great physique and build muscle. It is an extremely powerful sarm for helping to recomp and build muscle and strength.

Improved Weight Loss: While Rad is not a direct weight loss agent, it will boost metabolism to a point where it can help the user to lose weight. Many users in fact struggle maintaining weight on rad.

Improved Cosmetics and Strength: Rad also improves a users look greatly providing a harder, fuller, and more vascular look. Strength will also go up big time on Rad.

Gyno: Early research has shown that rad140 may be helpful in treating some breast cancers for women. This may also help certain males who take it with gyno.

Prostate Health: Some people have also reported their prostate values decreasing on RAD140

Neuroprotective: Early rate studies have shown that RAD may also be neuroprotective for the user.

Side Effects:

Hair Loss

Some users have reported experiencing hair loss while using RAD-140. This side effect is not uncommon with androgenic substances, as they can affect hair follicles, leading to male pattern baldness, especially in individuals who are genetically predisposed to it.

Hormonal Imbalance: RAD-140 can suppress natural testosterone production. Prolonged use without proper post-cycle therapy (PCT) can lead to hormonal imbalances, which may result in symptoms like low libido, mood swings, and muscle loss.

Liver Stress: While SARMS like RAD-140 are often considered less hepatotoxic (harmful to the liver) than some other performance-enhancing substances, there is still a potential risk of liver stress when using high doses or for extended periods. Regular monitoring of liver function is recommended.

Kidney Stress: Some users have reported kidney-related issues while using RAD-140, but more research is needed to determine the extent and causation of these concerns. Staying well-hydrated and monitoring kidney function may be advisable.

Mood Changes: RAD-140 can influence mood and behavior in some individuals. Users have reported mood swings, irritability, and even increased aggression. These psychological side effects can vary from person to person.

Cardiovascular Risks: There are concerns that RAD-140 may have adverse effects on cardiovascular health, such as raising blood pressure and affecting cholesterol levels. These risks should be considered, especially in individuals with pre-existing heart conditions.

Endocrine Disruption: SARMS like RAD-140 can disrupt the endocrine system, potentially leading to irregularities in hormonal signaling, which can have long-term consequences on overall health and well-being.

Gynecomastia: While not as common as with some other androgenic substances, RAD-140 can still potentially lead to gynecomastia (the development of breast tissue in males) due to hormonal imbalances.

Unknown Long-Term Effects: SARMS like RAD-140 are relatively new, and there is limited long-term research on their safety and efficacy. Consequently, there may be unknown side effects or risks associated with prolonged use.

Joint Pain: Another side effect is that it can wreak havoc on your joints leading to a higher risk of injury. Stack with the injectable joint formula to help ease these issues.

Dosing/How to Use:

Rad 140 is a sarm that is powerful enough to where it can be used about an hour before a workout and give the user a huge boost.

Standard dosing is anywhere between 10-30mg per day depending on experience level, but be cautious as it does carry with it a 60 hour half life so it does not have to be dosed everyday. If you do it everyday take this into account with your dosing scheme. Personally I recommend 10mg an hour before your workout everyday, and cycling for no longer then 8 weeks with an appropriate test base.

Ostarine

Link: <https://aminoasylum.shop/product/ostarine-30ml-x-20mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

The primary purpose of Ostarine's development was to address muscle wasting conditions and support bone health without the androgenic side effects associated with traditional anabolic steroids. It was envisioned as a way to enhance muscle growth and prevent muscle loss in individuals with medical conditions that result in muscle wasting, as well as to improve bone density.

Benefits

Muscle Growth: Ostarine has been found to promote muscle growth and an increase in lean body mass, making it appealing to athletes and bodybuilders looking to enhance their performance and physique.

Bone Health: Ostarine may help increase bone density and strength, which could be particularly beneficial for individuals with osteoporosis or those looking to support their skeletal system.

Joint Health: Many people notice improved joint pain and mobility when using ostarine

Mood Boost: Unlike other sarms ostarine tends to put the user in a good and uplifted mood. Whereas other sarms make people aggressive, ostarine tends to make people happy and uplifted.

Improved Cosmetics: Ostarine tends to add a bit of hardness and vascularity to one's physique when using.

Side Effects:

Hormonal Imbalance: Ostarine can suppress natural testosterone production, potentially leading to hormonal imbalances if not used responsibly. Post-cycle therapy (PCT) may be necessary to restore natural hormone levels after using Ostarine.

Mild Androgenic Effects: Although Ostarine is less androgenic than traditional steroids, some users may still experience mild androgenic effects, such as acne and changes in libido.

Cardiovascular and Metabolic Concerns: There is some concern that Ostarine may affect lipid profiles and cardiovascular health, including changes in cholesterol levels and blood pressure. Regular monitoring is advisable.

Liver and Kidney Stress: Ostarine also can be stressful on the liver and kidneys depending on the dosage.

Dosing/How to Use:

Typically Ostarine is dosed between 5-20 mg ED. If you are a girl, 5mg is a perfect dosage. For males 10-20mg is a good dosing scheme that can be effective.

I also recommend running this for about 8-10 weeks. Start with a lower dose and titrate up if needed as the cycle goes on at about week 4.

GW-501516

Link: <https://aminoasylum.shop/product/gw-501516-25mg-x-30ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Cardarine is a PPAR δ (peroxisome proliferator-activated receptor delta) agonist. It is not a selective androgen receptor modulator (SARM) like Ostarine but rather a compound that affects PPAR receptors in the body. PPAR receptors play a role in regulating various metabolic and energy-related processes in the body.

Cardarine was originally designed for its potential use in improving metabolic health and enhancing endurance and stamina. It was envisioned as a way to activate PPAR δ receptors to promote fat metabolism, increase endurance, and improve cardiovascular health.

Benefits

Enhanced Endurance: Cardarine is known for its potential to increase endurance and stamina. This effect is particularly appealing to athletes and endurance sports enthusiasts.

Fat Loss: The compound is believed to promote fat metabolism, making it potentially useful for individuals looking to lose weight or reduce body fat.

Improved Cardiovascular Health: Cardarine has been studied for its potential cardiovascular benefits, such as reducing inflammation and improving heart health.

Muscle Preservation: Some users have reported that Cardarine may help preserve lean muscle mass while promoting fat loss, which can be advantageous for body recomposition.

Improved Mental Energy: Cardarine also helps to give the user an increase in mental energy and overall energy and endurance.

Side Effects:

Cancer Concerns: Cardarine has raised safety concerns due to its potential to promote the growth of certain cancers, particularly in animal studies. However, these findings have not been conclusively demonstrated in humans.

Regulatory and Ethical Considerations: Cardarine is banned by many sports organizations due to its potential to enhance endurance, and its use is considered unethical in competitive sports.

Limited Research: Cardarine's long-term safety and efficacy in humans are not well-established, as it has not undergone extensive clinical testing like some approved medications.

Potential Interactions: Cardarine may interact with other medications or supplements, so it's essential to consult with a healthcare professional before use.

Switching of fast twitch muscle fibers to slow twitch

Dosing/How to Use:

One thing I recommend for cardarine is to use metformin. Metformin in limited studies has shown an ability to reduce the PPAR mediate cancer from cardarine.

Cardarine should be used between 10-20 mg a day. It can be used a few times per week to help improve cardio and improve fat loss or it can be used for a period of about 4-6 weeks during a cut, I would use it during periods where you energy is really depleted like the end of a cutting phase.

Tamoxifen

Link: <https://aminoasylum.shop/product/tamoxifen-30ml-x-20mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Tamoxifen was primarily designed for the following medical purposes:

Breast Cancer Treatment: It is used to treat breast cancer by blocking estrogen's effects on breast tissue, which can help slow or stop the growth of cancer cells.

Breast Cancer Prevention: Tamoxifen can also be used to reduce the risk of breast cancer in high-risk individuals.

While tamoxifen is not a performance-enhancing drug, some bodybuilders and athletes have used it for specific purposes related to anabolic steroid cycles. Its potential benefits in this context include:

Benefits

Estrogen Control: Tamoxifen can help mitigate estrogen-related side effects that may arise when using anabolic steroids, such as gynecomastia (the development of male breast tissue) and water retention.

Post-Cycle Therapy (PCT): Bodybuilders often use tamoxifen in post-cycle therapy to help restore natural testosterone production after a steroid cycle. It can assist in preventing the hormonal imbalances that can occur post-cycle.

Side Effects:

Tamoxifen, like any medication, can have side effects. Some of the common side effects and considerations include:

Hot Flashes: One of the most reported side effects of tamoxifen is hot flashes, which can be bothersome for some individuals.

Mood Changes: Some users may experience mood swings, depression, or changes in mood and cognition while taking tamoxifen.

Blood Clots: There is a risk of blood clot formation associated with tamoxifen, which can be a serious concern. It is crucial to monitor for signs of blood clotting and discuss any concerns with a healthcare provider.

Bone Health: Tamoxifen can affect bone density, potentially leading to osteoporosis. Regular monitoring and interventions to support bone health may be necessary.

Vision Side Effects: Vision disturbances may be present with tamoxifen and cause eyes. Discontinue if these issues arise.

Other Potential Side Effects: There may be other less common side effects and interactions with other medications or supplements, so individuals should consult with a healthcare professional.

Dosing/How to Use:

Tamoxifen can be used as a PCT for about 4 weeks following a mild SARM cycle. Make sure to titrate the dosage down during your final weeks to reduce risk of estrogen rebound. To be honest I would not run it alone for a pct and I would stack it with something like Enclomiphene.

Tamoxifen can also be kept on hand as a way to reduce gyno flare ups. If your nipples get sensitive take 10mg of Tamoxifen until the issue subsides. If it is not going down then raise it to 20mg, you could theoretically go up to 40mg for its anti gyno effects, but again be aware of the side effects. Remember if your gyno is that bad surgery is your best bet.

Melanotan 2

Link: <https://aminoasylum.shop/product/melanotan-ii-mt-10mg/ref/60/?v=0b3b97fa6688>
(injectable)

Nasal Spray: <https://aminoasylum.shop/product/mt-ii-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Melanotan 2 is a synthetic analog of the hormone alpha-melanocyte-stimulating hormone (α -MSH). It is designed to stimulate the body's melanocortin receptors, which play a role in regulating skin pigmentation, among other functions. Melanotan 2 is available in the form of injections or nasal sprays.

Melanotan 2 was initially developed for its potential use in increasing melanin production in the skin, with the aim of providing a protective tan without excessive sun exposure. This was envisioned as a way to reduce the risk of skin damage and skin cancer from UV radiation.

Benefits

Tanning: Melanotan 2 can stimulate melanin production in the skin, resulting in a deep and natural-looking tan. This can be appealing to bodybuilders looking to enhance their appearance, particularly before competitions.

Reduced Sun Exposure: By achieving a tan without extended sun exposure, individuals may reduce their risk of skin damage, sunburn, and the associated premature aging of the skin.

Weight Loss: Melanotan 2 also has potential for weight loss by reducing appetite and improving metabolic health. It also can increase red blood cell count which can help to improve exercise and cardio based performance.

Neuroprotective: Early studies have shown that Melanotan 2 can be neuroprotective.

Improved Erections: Melanotan-2 can greatly increase erections and erection quality

Side Effects:

Nausea and Flushing: Some users report experiencing nausea and facial flushing after taking Melanotan 2.

Darkened Moles and Freckles: Melanotan 2 may cause the darkening of existing moles and freckles, which could lead to irregular pigmentation on the skin.

Appetite Suppression: Some individuals may experience reduced appetite while using Melanotan 2, which can impact dietary intake.

Unknown Long-Term Effects: There is limited research on the long-term safety of Melanotan 2, so potential long-term risks are not well-understood.

Dosing/How to Use:

Melanotan 2 can be used in many ways. I recommend starting the dosage at around 250 mcg for EOD for a few weeks to develop a base tan. After this you can use a lower maintenance dosage of about 150mcg 1-2 times per week to maintain a tan into winter.

When you use Melanotan 2 be careful to not over do it with sun exposure. I recommend only tanning for 20-30 minutes sessions when using it less is more.

My dosing protocol is very conservative for this and I have seen people go way higher but for me personally a lower dosage is safer and much more tolerable. You can also pair it with over the counter antihistamine medication to help reduce the rather intense nausea

Be cautious and also visit the dermatologist regularly when using this.

Nasal Spray Dosing

Typically I will develop a good base tan with the injectable and then use 2 sprays in each nostril about EOD of the nasal spray to help maintain that tan. I find that to be effective. While the nasal spray is weaker than the injectable, the side effects are much more manageable.

LGD

Link: <https://aminoasylum.shop/product/lgd-10mg-30ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

LGD, or Ligandrol, is a synthetic compound that falls into the category of selective androgen receptor modulators (SARMs). SARMs are designed to interact with androgen receptors in the body, primarily in muscle and bone tissues, with the goal of promoting muscle growth and potentially other effects.

LGD was originally developed for medical purposes and is being explored for its potential in treating conditions such as muscle wasting, osteoporosis, and hormone-related issues. Its selective nature was envisioned as a way to stimulate muscle growth without the androgenic side effects associated with traditional anabolic steroids.

Benefits

Muscle Growth: LGD has been reported to promote muscle growth and increase lean body mass, making it appealing to those seeking to improve their physique and strength. When it comes to bulking LGD is one of the most powerful bulking sarms someone could use.

Fuller Look: LGD creates a very full and powerful look in the user. It is one of the most watery sarms and similar to DBOL.

Enhanced Recovery: Users have suggested that LGD may aid in post-workout recovery, potentially reducing muscle soreness and allowing for more frequent and intense training sessions.

Fat Loss: LGD may have a slight fat-burning effect, which can contribute to a leaner physique.

Minimal Androgenic Side Effects: Compared to traditional anabolic steroids, LGD is thought to have fewer androgenic side effects, such as hair loss, prostate issues, and virilization in women.

Joint Protection: Due to how watery it makes the user LGD can help to protect the joints from injury. If you have joint issues choosing this over rad will be beneficial

Hair Safe: LGD is also a very hair safe sarm so if you have hair loss this could be a good option for you.

Side Effects

Hormonal Imbalance: LGD can suppress natural testosterone production, potentially leading to hormonal imbalances if not used responsibly. Post-cycle therapy (PCT) may be necessary to restore natural hormone levels after using LGD.

Mild Androgenic Effects: While LGD is less androgenic than traditional steroids, some users may still experience mild androgenic effects, such as acne and changes in libido.

Cardiovascular and Metabolic Concerns: There is some concern that LGD may affect lipid profiles and cardiovascular health, including changes in cholesterol levels and blood pressure. Regular monitoring is advisable.

Regulatory and Ethical Considerations: SARMS like LGD are often banned by sports organizations and are considered unethical for use in competitive sports due to their potential performance-enhancing effects.

Water Retention: LGD also puts a lot of water on the user which can cause things like high blood pressure and stress on the heart.

Dosing/How to Use:

LGD should be used between 5-15mg. This sarm is quite powerful and packs a pretty strong punch so make sure to start low and slowly work your way up.

You can run this for about 8-10 weeks if you are keeping an eye on your bloodwork.

Enclomiphene

Link: <https://aminoasylum.shop/product/enclomiphene/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Enclomiphene is a medication that belongs to a class of drugs known as selective estrogen receptor modulators (SERMs). It is often used for medical purposes but has also garnered interest in the bodybuilding and athletic communities. Here's an overview of what Enclomiphene is, its intended purpose, potential benefits for bodybuilders, and associated side effects

Enclomiphene is a SERM that is structurally similar to clomiphene. It interacts with estrogen receptors in the body, particularly in the hypothalamus and pituitary gland. Enclomiphene is typically administered in pill form.

Benefits:

Hormone Restoration: Enclomiphene may help restore natural testosterone production in men who have low testosterone levels, which can be valuable for bodybuilders aiming to maintain muscle mass and overall health.

Post-Cycle Therapy (PCT): Bodybuilders often use Enclomiphene in post-cycle therapy after a steroid cycle. It can assist in preventing the hormonal imbalances that can occur post-cycle and help to restore the body's natural hormone levels.

Side Effects:

Mood Changes: Some users may experience mood swings, irritability, or emotional changes while taking Enclomiphene.

Gastrointestinal Issues: Nausea and stomach discomfort are reported side effects by some individuals.

Vision Changes: In some cases, Enclomiphene can cause visual disturbances or blurriness, although these effects are typically reversible upon discontinuation.

Allergic Reactions: Rarely, Enclomiphene can lead to allergic reactions, such as rash, itching, or swelling, which should be addressed promptly with a healthcare provider.

Blood Clots: Enclomiphene, like other SERMs, may have a slight risk of blood clot formation, which can be a serious concern. It is essential to monitor for signs of blood clotting and discuss any concerns with a healthcare provider.

Cardiovascular and Metabolic Concerns: There is a potential for Enclomiphene to affect lipid profiles and cardiovascular health. Regular monitoring is advisable, especially in individuals with

pre-existing cardiovascular risk factors.

Dosing/How to Use:

Enclomiphene can be used a few different ways. It can be used as an effective test base for sarm and PED cycles to help keep test and estrogen optimal.

Enclomiphene can also be used in a pct phase to help recover testosterone level and fertility for men who have been on PEDs.

It is likely the most effective oral test booster that is available on the market and can help raise test levels extremely effectively.

It can also boost natural men's testosterone levels if they are hypogonadal.

Dosing can start at 6.25mg and work up to 12.5 days taken in the morning for 8-12 weeks at a time. Make sure to taper the dosage down to prevent any estrogen rebound.

Clenbuterol

Link:

Liquids: <https://aminoasylum.shop/product/clenbuterol-liquid/ref/60/?v=0b3b97fa6688>

Tablets: <https://aminoasylum.shop/product/clentablets/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Clenbuterol is a bronchodilator originally developed for medical purposes to treat conditions like asthma and other respiratory disorders. However, it is not approved for human use in many countries, including the United States.

Clenbuterol was designed to alleviate bronchospasm and improve breathing in individuals with respiratory conditions. It works by relaxing the smooth muscles in the airways, making it easier to breathe. It has also been used in veterinary medicine to treat respiratory issues in animals.

Benefits

Bodybuilders have turned to Clenbuterol for its potential benefits, which are primarily related to fat loss and performance enhancement:

Fat Loss: Clenbuterol is known for its ability to increase thermogenesis, leading to a rise in metabolic rate and fat burning. This can help bodybuilders reduce body fat and achieve a leaner physique.

Enhanced Endurance: Some users report increased endurance and stamina, making it easier to engage in intense workouts for longer durations.

Preservation of Lean Muscle: Clenbuterol may have the ability to help preserve lean muscle mass, even during caloric deficits, which can be valuable for bodybuilders during cutting phases.

Side Effects:

Cardiovascular Effects: Clenbuterol can lead to increased heart rate (tachycardia) and elevated blood pressure. Prolonged use or misuse can result in cardiac complications.

Nervous System Stimulation: Users may experience nervousness, tremors, or jitteriness due to the stimulating effects of Clenbuterol.

Electrolyte Imbalance: Clenbuterol may cause imbalances in electrolytes like potassium, which can lead to muscle cramps or cardiac arrhythmias.

Insomnia: Clenbuterol's stimulating properties can interfere with sleep, leading to insomnia in some users.

Psychological Effects: Some users may experience mood swings, anxiety, or increased irritability.

Potential Legal and Ethical Issues: In many places, Clenbuterol is not approved for human use and is considered a prohibited substance by sports organizations, making its use illegal and unethical in competitive sports.

Tolerance and Desensitization: Over time, individuals may develop tolerance to Clenbuterol's effects, necessitating increased doses to achieve the same results.

Dosing/How to Use:

For clen the #1 thing I recommend is to use it with a beta blocker at your doctor's discretion.

I would also supplement taurine with it, as it can deplete taurine levels. I will also take L-theanine to help relax me with it.

The dosing I would do is 20 mcg per day and slowly bump that up on an as needed basis as fat loss stalls, I would not go past 80 mcg a day, which I find to be quite a lot. Start low and stay low and you will have a much better and safer time.

Ipamorelin

Link: <https://aminoasylum.shop/product/ipamorelin-2mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Ipamorelin is a synthetic peptide consisting of five amino acids, which are the building blocks of proteins. It is specifically designed to stimulate the secretion of growth hormone (GH) from the pituitary gland. Unlike other growth hormone-releasing peptides, Ipamorelin does not significantly affect the levels of cortisol or prolactin, which are hormones that can have undesirable side effects. It exerts its effects through the ghrelin receptor.

Ipamorelin was developed primarily for its potential in promoting growth hormone release, which is essential for normal growth and development. In a medical context, it has been explored for conditions related to growth hormone deficiency, muscle wasting, and age-related changes in body composition.

Benefits

Stimulation of Growth Hormone: Ipamorelin can stimulate the body's natural production of growth hormone, which can promote muscle growth, repair, and overall recovery. This makes it appealing for bodybuilders aiming to maximize their training results.

Fat Loss: Growth hormone has a role in regulating metabolism and can contribute to fat loss. Bodybuilders using Ipamorelin may experience improvements in body composition with a reduction in body fat.

Enhanced Recovery: An increase in growth hormone levels can accelerate muscle recovery, potentially allowing for more frequent and intense training sessions.

Better Hair and Skin Health: With the increase in growth hormone in the body you can expect stronger and thicker hair, and better skin.

Minimized Side Effects: Unlike some other growth hormone-releasing compounds, Ipamorelin's selective action on the pituitary gland minimizes the risk of undesirable side effects, such as changes in cortisol levels or excessive prolactin production.

Side Effects:

Hunger and Appetite: Ipamorelin may stimulate hunger and increase appetite in some individuals, which can lead to weight gain if not managed.

Injection Site Reactions: Users may experience redness, itching, or swelling at the injection site, though these effects tend to be mild and temporary.

Tolerance: Over time, the body may develop some level of tolerance to Ipamorelin's effects, necessitating adjustments to dosing.

Regulatory and Legal Considerations: The use of Ipamorelin and other growth hormone-releasing peptides may be regulated in some regions, and it's important to be aware of legal and ethical considerations, especially in competitive sports.

Increased Blood Glucose Levels: Ipamorelin also can raise blood glucose levels in the body which can lead to worse metabolic health and less

Dosing/How to Use:

Ipamorelin has a very short half life and must be pinned multiple times per day. You will need to pin around 200-300 mcg per shot. This dose can be raised or lowered by about 100 mcg but due to its short half life. It will have to be pinned 2-3 times per day.

Ipamorelin can be run for 12-16 weeks at a time, it can be stacked with other GH secretagogues like CJC.

Adex

Link: <https://aminoasylum.shop/product/adex/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Arimidex (anastrozole) is an aromatase inhibitor designed to treat specific medical conditions, particularly in the context of hormone-related cancers such as breast cancer. It is available in the form of oral tablets.

Arimidex was primarily developed for medical purposes and is widely used in the treatment of hormone receptor-positive breast cancer in postmenopausal women. Its mechanism of action involves blocking the enzyme aromatase, which is responsible for converting androgens into

estrogens. By reducing estrogen levels in the body, Arimidex can help slow the growth of estrogen-dependent tumors.

Benefits

Estrogen Control: Some bodybuilders may use Arimidex during or after anabolic steroid cycles to control estrogen-related side effects. Anabolic steroids can lead to increased estrogen levels, potentially causing issues such as gynecomastia (male breast development) and water retention. Arimidex can help mitigate these concerns.

Post-Cycle Therapy (PCT): Arimidex may be employed in post-cycle therapy to restore hormonal balance after using anabolic steroids. This helps prevent the hormonal imbalances and side effects that can occur during the recovery phase.

Side Effects:

Bone Health: Arimidex may lead to decreased bone mineral density and an increased risk of osteoporosis due to its impact on estrogen levels. This can result in bone and joint pain.

Cardiovascular Health: Reduced estrogen levels can affect lipid profiles, potentially leading to changes in cholesterol levels and an increased risk of cardiovascular issues. Regular monitoring is advisable.

Mood and Cognition: Some individuals may experience mood changes, anxiety, or cognitive effects while using Arimidex.

Joint Stiffness: Arimidex use has been associated with joint stiffness and pain in some users.

Unknown Long-Term Effects: The long-term safety and efficacy of Arimidex in non-cancer contexts, such as its use by bodybuilders, are not well-established, and potential long-term risks are not fully understood.

Dosing/How to Use:

AIs like Arimidex should be used on a needs basis. I highly recommend if you suspect you are having high estrogen to use .5mg until your issues clear up. If you are still having issues then you can up it until the issues subside.

Be cautious to not use this by default as you run the risk of crashing your estrogen which could easily lead to ED, health issues, and joint issues.

Sildenafil (Viagra)

Link: <https://aminoasylum.shop/product/sildenafil-30ml-x-50mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Sildenafil is a medication that falls into the category of phosphodiesterase type 5 (PDE5) inhibitors. It works by relaxing the smooth muscles and dilating blood vessels, allowing for increased blood flow to specific areas of the body. Sildenafil is typically administered in the form of oral tablets.

Benefits

Vasodilation: Sildenafil's ability to enhance blood flow by dilating blood vessels may theoretically result in improved blood supply to muscles during exercise. This could contribute to better muscle pumps and nutrient delivery during workouts.

Exercise Performance: Some bodybuilders or athletes might speculate that increased blood flow could lead to improved endurance during training sessions.

Brain Health: Some studies have shown sildenafil having a neuroprotective effect on the brain

Bedroom performance: Sildenafil will allow the user to have amazing long lasting sex, and improve penile hardness and sensation. Women can even use it to improve clitoris sensitivity.

Testosterone Boosting: It has also been found that viagra can slightly raise men's testosterone levels.

Prostate Health: Sildenafil has also been shown to be effective at helping to improve prostate health.

Side Effects:

Cardiovascular Effects: Sildenafil can lead to a decrease in blood pressure, which may be dangerous when combined with intense physical exercise. It could result in dizziness, fainting, or, in extreme cases, cardiac complications.

Headache: Headaches are a common side effect of Sildenafil use.

Digestive Issues: Users may experience indigestion, upset stomach, or diarrhea.

Vision Changes: Some individuals may encounter changes in vision, such as blurriness or sensitivity to light. Rarely, it can lead to more severe vision disturbances.

Priapism: Priapism, a prolonged and painful erection lasting more than four hours, is a rare but serious side effect of Sildenafil use. It requires immediate medical attention.

Drug Interactions: Sildenafil can interact with certain medications and cause adverse effects. It should not be used in combination with nitrates, for example, as it can result in a significant drop in blood pressure.

Dosing/How to Use:

Viagra has a shorter half life so I recommend using about 25 mg 45 minutes before sex or before your workout.

Of course if you need more you can always take more the next time you dose but make sure to start lower and work your way up.

Be cautious when using it that you do not already have low blood pressure or else it can cause you to go to low on your blood pressure.

T-3

Link: <https://aminoasylum.shop/product/t3-100mcg-30ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

T3, or triiodothyronine, is a synthetic thyroid hormone, often recognized under brand names like Cytomel, which is designed to supplement or replace the body's natural thyroid hormone.

T3 is a thyroid hormone, one of the two primary hormones produced by the thyroid gland, the other being thyroxine (T4). These hormones play a crucial role in regulating metabolism, energy production, and the overall functioning of the body.

Benefits

Metabolic Rate Increase: T3 can stimulate the metabolism, leading to an increase in energy expenditure and fat burning. This can be beneficial for individuals aiming to reduce body fat and achieve a leaner physique.

Enhanced Dieting: T3 might help counteract the metabolic slowdown that often occurs during calorie-restricted dieting. This can assist bodybuilders during cutting phases to maintain lean muscle mass while losing fat.

Improved Energy and Mood: T3 has also been shown to help improve mood and energy levels in people.

Side Effects:

Cardiovascular Effects: T3 can lead to an increase in heart rate and blood pressure, potentially causing cardiovascular stress. Users with pre-existing heart conditions should be cautious.

Muscle Loss: In some cases, the increased metabolic rate associated with T3 use can lead to muscle catabolism (breakdown), which is undesirable for bodybuilders.

Bone Health: T3 can affect bone density, potentially leading to bone loss or osteoporosis, especially with long-term or high-dose use.

Endocrine Disruption: Prolonged use of T3 can affect the function of the body's natural thyroid gland, potentially leading to thyroid dysfunction.

Thyroid Suppression: T3 use can suppress the body's natural production of thyroid hormones. Discontinuing its use can result in a temporary state of hypothyroidism.

Rebound Weight Gain: Some individuals may experience rebound weight gain when discontinuing T3, as their metabolism adjusts to lower hormone levels.

Dosing/How to Use:

For most people you always want to pair your T3 up with T4. This is how it is typically prescribed in the world of medicine.

Start with a lower dosage of about 25 mcg and slowly work your way up. Take it twice per day as it has a shorter half life.

Be cautious using high dose T3 as you can and will go catabolic very fast on it.

The Shredder

Link: <https://aminoasylum.shop/product/the-shredder-600mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

This is an injectable fat burner that can help with your weight loss goal in a safe and effective manner. It features carnitine, B12, B6, Inositol, Methionine, and Choline which can all work together to help optimize your weight loss and your brain function.

Benefits

This blend features multiple energy boosting vitamins like B12 and B6 to drive up energy.

It also features the powerhouse L-carnitine which helps to push the body to use fatty acids for energy.

The choline helps to promote lipolysis which pairs perfectly. It essentially helps to free up the fatty acids and the carnitine helps to promote the body's usage of them for energy.

You can expect better fat loss, better energy, better mental acuity, better endurance, and better pumps in the gym.

Side Effects:

The beauty of this formula is all these ingredients are safe and effective and can be used long term. Post injection pain is possible with this, and be mindful that you are not doing or using too much B12 and B6.

Dosing/How to Use:

Standard dosing of this product is to start with a half ml before fasted cardio; it can also be stacked with Injectable Carnitine for even more fat loss.

Once you have done a half ml you can work your way up to a full ml.

This product works best before fasted cardio to help facilitate fat loss, but can also be used before a workout to increase workout performance.

Raloxifene

Link: <https://aminoasylum.shop/product/raloxifene-30ml-x-30mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Raloxifene is a selective estrogen receptor modulator (SERM) that has been primarily developed for medical applications, particularly in the treatment and prevention of osteoporosis and breast cancer in postmenopausal women.

While it is not a substance commonly associated with bodybuilding, some individuals have explored its potential benefits in the context of body composition and hormone management.

Here's an original overview of what Raloxifene is, its intended medical purpose, potential benefits for bodybuilders, and associated side effects:

Raloxifene is a synthetic compound classified as a selective estrogen receptor modulator (SERM).

It belongs to the benzothiophene family and acts as an estrogen agonist or antagonist depending on the target tissue. Raloxifene is available in oral tablet form.

Benefits

While Raloxifene is not a muscle-building or performance-enhancing compound, some bodybuilders may consider it for specific purposes related to hormone management and body composition:

Estrogen Receptor Modulation: Raloxifene's selective action on estrogen receptors may help manage estrogen-related side effects during and after anabolic steroid cycles, such as gynecomastia (male breast development).

Preservation of Bone Density: Bodybuilders, especially those engaging in intense training regimens, may benefit from Raloxifene's potential to support bone density, reducing the risk of fractures and injuries.

Water Retention: Raloxifene may also help to harden up your physique and reduce water retention and bloating due to it reducing estrogen.

Side Effects:

The use of Raloxifene can come with potential side effects and health considerations:

Hot Flashes and Sweating: Some individuals may experience hot flashes and sweating, especially during the initial period of Raloxifene use.

Leg Cramps: Leg cramps have been reported as a side effect in some users.

Increased Risk of Blood Clots: Raloxifene may slightly increase the risk of blood clots, which can be a serious concern, particularly in individuals with pre-existing cardiovascular conditions.

Joint Pain: Joint pain or stiffness may occur in some users.

Limited Effect on Muscle Building: While Raloxifene may have some positive effects on bone density, it does not contribute directly to muscle building or performance enhancement.

Dosing/How to Use:

Typically raloxifene is used for getting rid of gyno. When trying to achieve this you need to taper your dose up and then back down to reduce risk of estrogen rebound.

Weeks 1-2 Raloxifene: 30mg

Weeks 2-5 Raloxifene: 60mg

Weeks 6-7 Raloxifene: 30mg

This is not a protocol that will work perfect for everyone but demonstrates how to properly pyramid up and down with it.

You can also use it short terms as something to help with estrogen control and controlling gyno. Use 30 mg orally if you feel sensitive nipples and use until sensitivity subsides. .

Aromasin

Link: <https://aminoasylum.shop/product/aromasin/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Aromasin, with the active ingredient exemestane, is an aromatase inhibitor used in the context of breast cancer treatment. While not developed for bodybuilding purposes, some individuals have explored its potential benefits related to hormonal balance during anabolic steroid use.

Aromasin operates by inhibiting the aromatase enzyme, which is responsible for converting androgens into estrogens. In the bodybuilding context, this mechanism is crucial for managing estrogen levels, especially when using aromatizable anabolic steroids. By blocking aromatase, Aromasin helps decrease estrogen production, thereby mitigating estrogen-related side effects.

Benefits

Estrogen Management: Aromasin is typically employed during or post anabolic steroid cycles to manage estrogen-related issues like gynecomastia and water retention.

Post-Cycle Therapy (PCT): Aromasin is sometimes included in PCT protocols to aid in restoring natural testosterone production by preventing estrogen-induced negative feedback on the hypothalamus.

Side Effects:

Estrogen Depletion Symptoms: Excessive use of Aromasin may lead to estrogen depletion, resulting in symptoms such as joint pain and stiffness.

Bone Health Concerns: Long-term use may impact bone health due to reduced estrogen levels.

Cardiovascular Effects: Aromasin may affect lipid profiles, potentially impacting cardiovascular health.

General Side Effects: Users may experience fatigue, headache, or hot flashes.

Dosing/How to Use:

The dosage of Aromasin can vary based on individual needs and the compounds used in a cycle. Common dosages for bodybuilders range from 12.5mg every other day to 25mg daily.

Regular monitoring and adjustment are essential to prevent over-suppression of estrogen. Only use when your bloodwork is showing high estrogen levels to reduce risk of estrogen crash

Enclomiphene

Link: <https://aminoasylum.shop/product/enclomiphene/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Enclomiphene is a selective estrogen receptor modulator (SERM) that is structurally similar to clomiphene. While primarily used for medical purposes, particularly in the treatment of fertility issues, some bodybuilders have explored its potential benefits in the context of hormonal management.

Enclomiphene works by binding to estrogen receptors in the hypothalamus and pituitary gland. This inhibits the negative feedback loop, resulting in an increase in gonadotropin-releasing

hormone (GnRH), luteinizing hormone (LH), and follicle-stimulating hormone (FSH). This, in turn, stimulates the testes to produce more testosterone.

Enclomiphene is the isolated isomer from clomid (made up of zuclomiphene and enclomiphene). It is thought this isomer delivers the testosterone boosting effects without the standard clomid side effects.

Benefits

Post-Cycle Therapy (PCT): Enclomiphene is often used in PCT protocols after a steroid cycle to help restore natural testosterone production.

Hormone Restoration: Bodybuilders may use Enclomiphene to counteract the hormonal imbalances caused by the use of anabolic steroids.

Powerful Test Booster/TRT Alternative: Enclomiphene is also becoming growingly popular as an alternative to TRT that can help to dramatically increase testosterone levels without any injections.

Side Effects:

Mood Changes: Some users may experience mood swings, irritability, or emotional changes.

Gastrointestinal Issues: Nausea and stomach discomfort are reported side effects in some individuals.

Vision Changes: Enclomiphene, like other SERMs, may cause visual disturbances or blurriness in rare cases.

Allergic Reactions: Rarely, Enclomiphene can lead to allergic reactions such as rash, itching, or swelling.

Blood Clots: Enclomiphene may have a slight risk of blood clot formation, emphasizing the need for careful monitoring.

Dosing/How to Use:

Enclomiphene dosing can start at around 6.25mg and be slowly titrated up to 12.5mg. It can be run for about 8-16 weeks but keep an eye on your blood work during those weeks. Also make sure you are not getting any ocular issues when using this. If any do arise, stop immediately.

It is also important to taper down your usage before coming off.

Super Shredder

Link: <https://aminoasylum.shop/product/super-shredder/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

The super shredder is like a combination of performance enhancing ingredients, rocket fuel, and powerful fat burning ingredients for a powerhouse of a product. To read about each of these individually you can go to the other sections in the ebook.

It features in 1 ml

- 400mg of L-Carnitine
- 100mg MIC blend
- 50mg ATP
- 2mg Albuterol
- B12 1mg

Benefits

Benefits Include

- Increased working capacity
- Increased fat loss
- Increased energy production
- Increased Mental focus and drive
- Increased pumps in the gym
- Increased endurance

Side Effects:

- High heart rate
- Injection Pain
- Mild Anxiety (for some)

Dosing/How to Use:

The beauty of this product is that due to the short half life of albuterol you won't have to deal with the long lasting effects of clenbuterol. Meaning that you won't have to be stimulated all day.

This product is so unique and versatile that it can be used as a preworkout due to the ATP, MIC, and carnitine. It will help to improve your pump in the gym, endurance, and overall workout. I kid you not you will feel like you can workout all day.

The next way to use this is before fasting cardio. Due to the lipolytic effects of these products, and the beta 2 receptor agonism it will burn tons of fat. Pair it with fasted cardio and you will have some of the best fat loss of your life.

I highly recommend starting with .25ml to assess your tolerance. It is extremely powerful so you can slowly work your way up to 1ml to avoid any unwanted side effects. I recommend pinning IM and not sub q

Liver Restore/Nasal Glutathione

Link Liver Restore:

<https://aminoasylum.shop/product/liver-restore-20ml/ref/60/?v=0b3b97fa6688>

Nasal Glutathione:

<https://aminoasylum.shop/product/glutathione-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Glutathione is a tripeptide composed of three amino acids: cysteine, glutamic acid, and glycine. It is a crucial antioxidant found naturally in the body, playing a vital role in cellular protection and detoxification. While not typically associated with bodybuilding, some individuals explore its potential benefits for overall health and recovery.

Glutathione operates as a potent antioxidant by neutralizing free radicals and reactive oxygen species in the body. It also supports the regeneration of other antioxidants, such as vitamins C and E. Additionally, Glutathione is involved in detoxification processes, aiding in the removal of harmful substances from the body.

In medicine, Glutathione is utilized for various purposes:

Liver Health: It supports liver function and detoxification.

Antioxidant Therapy: Used to manage conditions involving oxidative stress.

Certain Medical Treatments: Administered in certain medical treatments, such as chemotherapy.

Benefits

Recovery Support: Some bodybuilders use Glutathione to support post-workout recovery by reducing oxidative stress and aiding muscle repair.

Detoxification: It may be considered for its potential role in assisting the body's detoxification processes, especially in individuals exposed to environmental toxins or pollutants.

Overall Health: Glutathione is recognized for its contributions to overall health, and bodybuilders may use it as part of a holistic approach to well-being.

Anti Anxiety: Due to glutathione reducing neuroinflammation it can be a key player in helping to reduce anxiety.

Side Effects:

There are a few key side effects

1. Injection Pain: Can be helped by pinning it with carnitine
2. Excessive glutathione: Some argue that glutathione usage can decrease endogenous production of glutathione in the body.

Dosing/How to Use:

Dosing Protocols: Typically I recommend starting with 200mg 1-2 times per week. I do not recommend overdoing the dosing due to too much glutathione causing the body to potentially make less glutathione.

If you are sick you can increase dosing frequency and dose to help combat the illness.

Also if you are coming off as a steroid cycle I recommend you do a rather aggressive course of glutathione to help heal your body and reduce inflammation.

For the nasal spray I like 2 sprays per nostril to help reduce neuroinflammation which can cause things like anxiety, and brain fog.

Trestolone Acetate/Enanthate/Decanoate

Link:

Acetate

<https://aminoasylum.shop/product/trestolone-acetate-10ml/ref/60/?v=0b3b97fa6688>

Enanthate

<https://aminoasylum.shop/product/trestolone-enanthate/ref/60/?v=0b3b97fa6688>

Decanoate

<https://aminoasylum.shop/product/trestalone-decanoate/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Trestolone is an anabolic androgenic steroid in the 19 norandrosterone class of steroids. It is a powerful steroid that is great for bulking and building tons of muscle. It stacks amazingly well with primo and test, and other androgens

It is highly estrogenic in fact it is arguably one of the most estrogenic compounds that exist.

Unlike other 19nors like tren and NPP trestolone actually improves mood in some users.

Please note the three variants are only a change in the ester. Meaning that the acetate is the shortest half life it has to be pinned every other day or every day, enanthate is the middle it can be pinned 2-3 times per week, and decanoate technically can only be pinned once per week.

BenefitsBenefits of Trestolone are

- Improved Muscle Mass
- Potentially neuroprotective
- Increased joint health
- Improved mood
- Improved Strength

Side Effects:

Side Effects Include

- Dyslipidemia
- Increased Estrogen
- Increased Prolactin
- Decreased Fertility
- Increased Blood Pressure

Dosing/How to Use:

MENT Acetate (Pinned EOD or ED)

- Starting dosage at around 10 mg an hour before a workout
- Beginner 15-30mg
- Advanced 35-50mg

Trestolone Enanthate (Pinned Twice Per Week)

- 25mg twice per week
- 50mg twice per week
- 100mg twice per week

Trestolone Decanoate (Pinned Once Per Week)

- 50mg once per week
- 100mg once per week
- 150mg once per week

MENT is a very powerful steroid that can cause gyno very fast be careful when using this androgen!

Due to its power I recommend using it pre workout, my personal favorite version is the Enanthate.

CJC- NO DAC/DAC

Link: <https://aminoasylum.shop/product/cjc-no-dac-2mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

CJC-1295 is a synthetic peptide designed to stimulate the release of growth hormone (GH) from the pituitary gland. This makes it particularly appealing to bodybuilders looking to amplify muscle growth and improve overall athletic performance.

At the core of CJC-1295's functionality lies its ability to bind to and activate the growth hormone-releasing hormone receptor (GHRH-R) in the pituitary gland. By doing so, it stimulates the release of growth hormone, fostering an environment conducive to muscle development and recovery. This mechanism makes CJC-1295 an attractive choice for those seeking to optimize their body composition.

Benefits

Bodybuilders often turn to CJC-1295 to augment their muscle-building endeavors.

The increased production of growth hormone induced by CJC-1295 can contribute to elevated protein synthesis, enhanced fat metabolism, and improved recovery after intense workouts.

These factors collectively make it a potential ally for individuals striving for peak physical performance.

It also is able to improve skin and hair health as standard growth hormone is able to do.

The other benefit is that with the DAC version it only has to be pinned twice per week .

Side Effects:

While generally well-tolerated, CJC-1295 may be associated with side effects such as water retention, numbness or tingling, and changes in appetite.

CJC can also raise blood glucose levels which can be negative for health and cause the user to gain excess fat.

Monitoring for any adverse reactions and blood glucose is essential, and discontinuing use if side effects persist is recommended.

As with any performance-enhancing substance, a cautious and informed approach to usage is paramount.

Dosing/How to Use:

Typically CJC comes in two forms

- DAC Form
- No DAC

DAC is a drug affinity complex that is added to extend the half life.

The total dosing on CJC can go from 1-4 mg per week

With DAC you can dose it one to two times per week

With no DAC I recommend pinning everyday on an empty stomach.

The more frequently it is pinned the less side effects you gain because it is closer to the body's natural production therefore it is more natural.

With DAC you have to pin it less. Which makes it easier to use but you risk more side effects.

CJC can also be stacked with ipamorelin or another growth hormone secretagogue in the growth hormone pathway for amazing gains.

Mass Monster Blend

Link:

<https://aminoasylum.shop/product/mass-monster-blend-570-mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Mass Monster Blend is a super powerful pre workout pump and performance booster.

I kid you not when you use this you will have a skin splitting pump even on low carbs or deep into a deficit.

It features per ml

L-Arginine: 100mg
L-Citrulline: 100mg
L-Ornithine: 100mg
L-Glutamine: 100mg
L-glycine: 50mg
L-Lysine: 50mg
BCAA 2:1:1: 5mg
Taurine 50mg

It also features ingredients for muscle building and recovery with EAAs, taurine, and ornithine.

Benefits

The benefits of Mass Monster are as followed

- Insane Pumps (yes as good as cialis and anadrol I kid you not)
- Better recovery
- All Day Fullness
- Better Muscular Endurance and Power output in the gym

Side Effects

- Side effects are limited to injection pain; these are all very safe ingredients.

Dosing/How to Use:

I recommended starting using a half an ml pinned bilaterally in each body part you are training for the day.

You can work your way up to a full ML per body part but I do warn you this product can cause some insanely painful pumps.

I also recommend using about 30 minutes to an hour before the gym, trust me the pump will be one of the craziest you have ever gotten.

HMG

Link: <https://aminoasylum.shop/product/hmg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

HMG, or Human Menopausal Gonadotropin, has emerged as a subject of interest among bodybuilders seeking effective strategies for hormonal optimization. This article aims to provide a thorough understanding of HMG, covering its nature, mechanisms of action, potential side effects, dosing guidelines, and its applications in the field of medicine.

HMG is a synthetic peptide that mimics the action of luteinizing hormone (LH) and follicle-stimulating hormone (FSH). These hormones play a crucial role in reproductive health and are vital for the regulation of sex hormone production, making HMG relevant for both bodybuilders and individuals with hormonal imbalances.

HMG operates by stimulating the gonads, which include the testes in males and ovaries in females. Specifically, it enhances the production of testosterone in men and promotes the maturation of eggs in women. This dual action on the reproductive system makes HMG a versatile compound with potential benefits for bodybuilders aiming to optimize their hormonal profiles.

Benefits

HMG like HCG is a huge player especially if you are enhanced. This can be massive for your brain health, bedroom health, and for your fertility.

It offers much of the same benefits as HCG.

Let me tell you when these two are combined you will notice very fast that everything starts to work better. Your sex life will improve, your brain will work amazing and you will notice yourself losing weight faster.

This is one of my favorite things for neurological function.

Side Effects:

While generally well-tolerated, HMG may be associated with side effects such as headaches, nausea, and local injection site reactions. Monitoring for any adverse reactions is crucial, and discontinuing use if side effects persist is advised. As with any hormonal intervention, a cautious and informed approach is paramount to mitigate potential risks.

Dosing/How to Use:

Dosing can be used at around 75IU per day. This can be higher depending on goals you can up to 150IU and above.

HGH-Frag 176-191

Link: <https://aminoasylum.shop/product/hgh-frag-176-191-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

HGH Frag 176-191 is a synthetic peptide fragment derived from human growth hormone (HGH). Specifically engineered for its lipolytic properties, this peptide is of particular interest to bodybuilders seeking effective fat loss while preserving lean muscle mass.

The unique mechanism of action of HGH Frag 176-191 revolves around its ability to target and stimulate lipolysis, the breakdown of fat. Unlike the full-length HGH, which primarily promotes muscle growth, this fragment focuses on accelerating the process of fat metabolism. By doing so, HGH Frag 176-191 enables individuals to achieve targeted fat loss without affecting other aspects of growth hormone function.

Benefits

Bodybuilders often turn to HGH Frag 176-191 to enhance their cutting phases, as its selective action on fat cells aligns with the goal of reducing body fat percentage while preserving lean muscle mass. This makes it an attractive option for those aiming to sculpt a defined and aesthetic physique.

HGH Frag being the isolated sequence of growth hormone allows for all the fat burning benefits of growth hormone without the side effects that come with standard growth hormone.

Side Effects:

While generally considered safe, HGH Frag 176-191 may be associated with side effects such as headaches, increased hunger, or transient redness at the injection site. Monitoring for adverse reactions is essential, and discontinuing use if side effects persist is recommended. Users should approach its usage with a balanced perspective, weighing potential benefits against individual tolerances.

Dosing/How to Use:

HGH Frag 176-179 must be used carefully

You must create a large fasting window when using this. I recommend not eating for about 4 hours before and 4 hours after when using this. Any food will ruin this peptide's effects.

Dosing can range from 100-500 IU. It can also be used pre-bed if you wait a few hours after eating your last meal.

The key with this is to create a large fasting window!

Metformin

Link:

<https://aminoasylum.shop/product/metformin-500mg-50-caps/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Metformin, a widely prescribed medication for managing diabetes, has recently garnered attention among bodybuilders for its potential benefits beyond glycemic control. This article aims to provide an in-depth analysis of metformin, covering its nature, mechanisms of action, potential side effects, dosing considerations, and its applications in the medical realm.

Metformin's mechanism of action centers around its ability to enhance insulin sensitivity and reduce glucose production in the liver. By activating AMP-activated protein kinase (AMPK), it inhibits hepatic gluconeogenesis and improves glucose uptake in peripheral tissues, such as muscles. Additionally, metformin has been associated with beneficial effects on lipid metabolism and weight management.

Benefits

Bodybuilders are exploring metformin for its potential to enhance insulin sensitivity, a factor crucial for muscle growth and recovery. Improved insulin sensitivity may facilitate better nutrient uptake by muscles, contributing to enhanced protein synthesis and reduced fat storage. Some bodybuilders also consider metformin as a tool for managing body composition during bulking and cutting cycles.

Side Effects:

While generally well-tolerated, metformin may be associated with side effects such as gastrointestinal discomfort, including nausea and diarrhea. These side effects are often transient and can be mitigated by adjusting the dosage or taking the medication with meals. Regular monitoring for any adverse reactions is essential, and individuals with pre-existing medical conditions should consult healthcare providers before incorporating metformin into their regimen.

Dosing/How to Use:

I recommend starting with metformin at 500mg pre bed. If your stomach can handle this you can work your way all the way up to 2g. I do recommend most people stick to 1g. 500mg morning and 500 mg before bed

Yk-11

Link Oral: <https://aminoasylum.shop/product/yk-11-10mg-x-30ml/ref/60/?v=0b3b97fa6688>

Link Injectable:

<https://aminoasylum.shop/product/yk-11-sterile-oil-10ml-30mg-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

YK-11 operates as a partial androgen receptor agonist, specifically targeting the androgen receptors in muscle cells. By doing so, it aims to stimulate the production of follistatin, a protein associated with muscle growth. The unique dual mechanism of YK-11, acting as both a SARM and a myostatin inhibitor, positions it as a potential powerhouse for muscle enhancement.

Myostatin essentially acts as the rate limiting step in the body for the muscle building process. It is what tells our body to stop producing muscle mass

By getting rid of this it opens you up to building tons of muscle.

Benefits

Bodybuilders are drawn to YK-11 for its potential to accelerate muscle growth and strength gains. Its unique mechanism, targeting specific androgen receptors in muscle tissue, distinguishes it from traditional steroids, potentially offering a more targeted approach to muscle development.

Yk-11 is an insane muscle builder due to its multiple pathways it works through.

It should also be noted that Yk does an excellent job at hardening the physique and giving you great vascularity and fullness.

The look on injectable Yk-11 and even oral can only be described in one way. Freaky.

Side Effects:

While research on YK-11 is ongoing, potential side effects may include hormonal imbalances, liver toxicity, and interactions with other medications.

Yk-11 can also be extremely hard on your joints and lead to significant joint pain.

Yk-11 can also cause aggression and sleep based issues.

Monitoring for adverse reactions is essential, and discontinuing use if side effects persist is recommended. Due to the relative novelty of YK-11, a cautious and informed approach to usage is crucial.

Dosing/How to Use:

Yk-11 has a short half life so it must be used a few times throughout the day. I recommend using it injected 5-10mg 30 minutes before your workout then 5-10mg more post workout. This pre and post dosing will help to drive up both muscle damage, growth, and recovery.

As an oral I recommend using a similar dosing pattern. While you can also use more I recommend exercising caution with this as the risk of injury is insanely high plus we do not know much about this compound.

IGF-LR3

Link: <https://aminoasylum.shop/product/igf-lr3-1mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

IGFLR3 is a modified version of regular IGF-1. Due to its poor binding to IGF-1 binding proteins it is able to last 120 times longer in the body than standard IGF-1.

So essentially it is a more powerful version of IGF-1. IGF-1 is a polypeptide hormone that is produced in hepatocytes. It has a high binding affinity to the IGF-1R. It plays key roles in somatic cell development, cell differentiation, cortical neuronal activity, and brain development.

IGF-1 is an essential growth factor in the body, and oh my goodness is it powerful, but with that power comes responsibility.

Benefits

IGF-LR3 is one of the most powerful compounds that exists. The pumps, and muscle gain you will get from this are absolutely insane.

The benefits are

- Insane pumps in the gym
- Extreme hyperplasia (the production of new muscle cells)
- Decreased myostatin
- Improved fat metabolism.
- One of its best benefits too is its ability to help to bring up lagging body parts as when it is pinned directly into the body part it can help to increase the size of the muscle.

Side Effects:

The biggest scare with this compound is that if you have existing cancer it can potentially increase how fast the cancer grows in your body, but it will not cause cancer in itself. It can also cause you to go hypoglycemic

Dosing/How to Use:

Some people argue that it must be reconstituted with acetic acid instead of BAC water to preserve its half life. Both work but I would say it is a fragile compound so acetic acid is more optimal to preserve it.

A Lot of people in the biohacking world recommend using it with growth hormone and insulin to drive up recovery post workout for some insane gains. These three work together with insane synergy to help to max out your growth pathways. They are not needed but will definitely work amazing together.

A Lot of people also recommend pinning this directly into the muscle you are training or trying to bring up.

I recommend running this for a shorter course of about 2-4 weeks and using it only 1-3 times per week due to the insane power of it.

Use sparingly and use with caution.

Some people also argue pre-workout is better too, to drive up performance, and I also agree with that. When you use it pre workout it makes for an insane workout. It really comes to determining what you as an athlete need more of performance or recovery. Luckily due to the long half life of it, if pinned preworkout it still can play into post workout recovery.

When it comes to dosage I personally like using about 50-150 mcg pre workout. I would be careful pushing the dosage super hard on this one.

B-12 (Injectable)

Link: <https://aminoasylum.shop/product/b-12-1000mxg-x-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Vitamin B12 is a key member of the B-vitamin family, essential for maintaining nerve function, producing DNA, and supporting the formation of red blood cells. This vitamin is not produced by the body, emphasizing the importance of obtaining it through diet or supplements.

Benefits

Energy Metabolism: Vitamin B12 is instrumental in converting food into energy, aiding in the metabolism of fats and carbohydrates.

Red Blood Cell Formation: Essential for the production of red blood cells, Vitamin B12 helps prevent anemia and ensures optimal oxygen delivery to cells.

Neurological Function: B12 is crucial for maintaining healthy nerve cells and supporting neurological function.

Deficiencies may lead to symptoms such as numbness, tingling, and difficulty walking.

DNA Synthesis: B12 is involved in the synthesis of DNA, playing a critical role in cell division and growth.

Heart Health: Vitamin B12, in conjunction with other B-vitamins, helps regulate homocysteine levels, promoting cardiovascular health.

Mood Regulation: Adequate B12 levels contribute to the synthesis of neurotransmitters like serotonin, impacting mood and mental well-being.

Side Effects:

Allergic Reactions: While rare, some individuals may experience allergic reactions to B12 supplements, presenting as itching, swelling, or difficulty breathing.

Digestive Issues: High oral doses of B12 may cause digestive discomfort, including nausea, diarrhea, or abdominal cramps.

Hypervitaminosis: Excessive B12 intake is generally well-tolerated, but extremely high doses may lead to hypervitaminosis, potentially impacting kidney function.

Dosing/How to Use:

The dosing on this changes for everyone. But the biggest thing is to check how your blood work is responding to the injections.

Typically I recommend loading it for about a week and using around 100-200mcg ED or E(D).

Then from there you can pin 1-2 times per week to maintain for about 4 weeks

Once your levels are stable you can pin it once per month to help maintain your B12 levels.

Again guys this will be different for everyone depending on how deficient you are or how much your body processes.

Monster Pump Blend

Link:

<https://aminoasylum.shop/product/monster-pump-blend-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Monster pump blend is the middle ground pump blend.

Per ML it features

100mg of L-arginine
100mg of L-Ornithine
100mg of L-citrulline
100mg of L-Lysine
50mg of Glycine

It is not the mass monster but has a bit more in it then the budget friendly option.

Benefits

This thing will really deliver an insane pump. The added lysine and glycine will help to majorly improve muscular pumps and endurance in the gym.

When taking this you can expect

- Fantastic pumps
- Lower anxiety (from lysine and glycine)
- Improved mental performance
- A fuller physique
- Better muscle recovery.
- Better Sleep

What's great about this too is that it can be used before bed and actually help relax you.

Side Effects:

The main side effects are post injection pain, and making sure none of the compounds interact with any drugs you are currently taking.

Dosing/How to Use:

I really like this pinned IM into the muscle group I am training about an hour before my workout with carbs and something like insulin. You can also stack it with the MIC blend or carnitine for an even better pump.

Beginner Dosing .5ml bilaterally

Intermediate Dosing: 1ml bilaterally

Advanced 1.25 mls each side (BE CAREFUL GOING ABOVE 1 ML the pump will be insane)

T-4

Link: <https://aminoasylum.shop/product/t4-200mcg-30ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Thyroxine, commonly known as T4, is a thyroid hormone that plays a pivotal role in regulating metabolism, energy production, and overall physiological balance.

T4 is one of the two main hormones produced by the thyroid gland, the other being triiodothyronine (T3). It is synthesized and released into the bloodstream, where it circulates and is later converted into the more active T3 in various tissues. T4 contains four iodine atoms, distinguishing it from T3, which has three.

Benefits

Metabolism Regulation: T4 plays a fundamental role in regulating metabolism by influencing the rate at which cells utilize energy from nutrients.

Energy Production: T4 contributes to the production of adenosine triphosphate (ATP), the primary energy currency of cells.

Body Temperature Control: T4 helps maintain normal body temperature by influencing cellular energy expenditure.

Protein Synthesis: Protein synthesis, vital for tissue repair and growth, is facilitated by the presence of T4.

Growth and Development:

T4 is crucial for normal growth and development, especially during infancy and childhood.

T4 almost acts as the building blocks for your thyroid. In the clinical world T3 is not prescribed without T4.

T4 is also likely the most benign option when it comes to thyroid optimization.

Bodybuilders often explore the use of T4 for its potential role in fat loss and metabolic enhancement. By optimizing thyroid hormone levels, individuals may experience increased energy expenditure and accelerated fat metabolism.

Side Effects:

Hyperthyroidism: Excessive T4 levels may lead to hyperthyroidism, characterized by symptoms such as rapid heartbeat, weight loss, and anxiety.

Osteoporosis: Prolonged elevation of T4 levels can contribute to bone loss and increase the risk of osteoporosis.

Cardiovascular Issues: High T4 levels may impact cardiovascular health, potentially leading to hypertension and heart palpitations.

Hindered Drug Metabolism: T4 impacts some of the enzymes responsible for certain drug and estrogen metabolisms in the body leading to estrogenic based issues and certain drug metabolism issues.

Dosing/How to Use:

I typically like to use 100 mcg of T4 in the morning. If you want to use T3 make sure to use T4 with it as this is how it is done in the world of medicine.

You can always titrate your dosage up to a more aggressive dose if that's what you want but understand that it can come with more side effects.

For me around 100mcg is a perfect maintenance dosage of thyroid, but if I want to be more aggressive I will raise it.

It is important to know that many other drugs we take like growth or tren can negatively impact the thyroid so using things like T4 to help support the thyroid is essential.

GHRP-6

Link: <https://aminoasylum.shop/product/ghrp-6-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

GHRP-6, short for Growth Hormone Releasing Peptide-6, is a synthetic peptide known for its potential to stimulate the release of growth hormone (GH) in the body.

GHRP-6 belongs to a class of peptides designed to stimulate the release of growth hormone from the pituitary gland. It achieves this by interacting with the ghrelin receptor, a key player in regulating appetite and energy balance.

Benefits

Stimulation of Growth Hormone Release: The primary benefit of GHRP-6 is its ability to stimulate the release of growth hormone, fostering an environment conducive to muscle growth and repair.

Enhanced Muscle Mass: GHRP-6's influence on growth hormone release can contribute to increased muscle mass, making it appealing to bodybuilders seeking to optimize their physique.

Improved Recovery: Accelerated recovery after intense workouts is a reported benefit, potentially reducing downtime between training sessions.

Joint and Connective Tissue Health: Some users report improved joint and connective tissue health, suggesting potential benefits for individuals dealing with joint discomfort.

Fat Loss: GHRP-6 may contribute to fat loss by promoting the breakdown of stored fat for energy, making it of interest to those aiming for improved body composition.

Brain Function: GHRP-6 is able to positively impact the brain (as is common with most growth factors)

Improved Immune System Function: When growth hormone increases your immune system function also increases.

For some more hunger is good for others it is bad. Many times bodybuilders who struggle to eat enough will throw this in.

Side Effects:

Increased Hunger:GHRP-6's interaction with the ghrelin receptor may lead to increased hunger, a side effect commonly reported by users.

Water Retention:Some individuals may experience water retention, potentially leading to temporary weight gain.

Tiredness and Lethargy:Reports of tiredness and lethargy have been noted, particularly during the initial phases of usage.

Sensitivity Reactions:Allergic reactions, such as redness or swelling at injection sites, may occur in some users.

Increased Blood Glucose Levels: This definitely can raise blood glucose levels leading to a decrease in insulin sensitivity.

Increased Prolactin Levels.

Dosing/How to Use

Dosing ranges from 200-500 mcg a day although some users benefit from more or less. It has a very short half life so redosing may be crucial, I will typically implement this for guys who are struggling to eat enough before a meal they are struggling to get down.

GHRP-2

Link: <https://aminoasylum.shop/product/ghrp-2-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

GHRP-2 belongs to a family of synthetic peptides designed to enhance the secretion of growth hormone from the pituitary gland. This peptide achieves its effects by interacting with the ghrelin receptor, a crucial component in the regulation of appetite and energy balance.

Benefits

Stimulation of Growth Hormone Release:

GHRP-2's primary benefit lies in its ability to stimulate the release of growth hormone, fostering an environment conducive to muscle growth and repair.

Muscle Growth and Recovery:

Bodybuilders often turn to GHRP-2 for its potential to promote muscle growth and aid in faster recovery after intense workouts.

Fat Metabolism:

GHRP-2 may contribute to fat metabolism by encouraging the breakdown of stored fat for energy, making it of interest to those aiming for improved body composition.

Improved Sleep Quality:

Some users report improved sleep quality as a secondary benefit, suggesting potential effects on overall well-being and recovery.

Another interesting effect is the ability of GHRP-2 may positively impact pain perception. It binds to opioid receptors to improve this.

Side Effects:

Increased Hunger:GHRP-2's interaction with the ghrelin receptor may lead to heightened hunger, a common side effect reported by users.

Water Retention:Some individuals may experience water retention, potentially resulting in temporary weight gain.

Fatigue and Lethargy:Reports of tiredness and lethargy have been noted, particularly during initial phases of usage.

Sensitivity Reactions:Allergic reactions, such as redness or swelling at injection sites, may occur in some users.

Increased Blood Glucose Levels: Increases in blood glucose levels may occur with this so pairing it with a glucose disposal agent will be essential.

Dosing/How to Use:

Dosing is similar to GHRP-6. I would use around 100-600 mcg per day. You can also pair this with things like CJC-1295 for some insane growth hormone production. Remember due to the short half life you will have to redose it.

Isotretinoin (Accutane)

Link:

<https://aminoasylum.shop/product/isotretinoin-30ml-20mg-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Isotretinoin, a potent oral medication, is widely recognized for its effectiveness in treating severe acne.

Isotretinoin is a derivative of vitamin A and belongs to a class of medications known as retinoids. Commonly marketed under the brand name Accutane, isotretinoin is prescribed for severe, recalcitrant acne that hasn't responded well to other treatments.

Sebum Reduction: Isotretinoin significantly decreases the production of sebum, the skin's oily substance, which is a primary contributor to acne.

Normalizing Keratinization: The medication regulates the process of keratinization, preventing the formation of comedones (clogged hair follicles).

Anti-Inflammatory Properties: Isotretinoin has anti-inflammatory effects, reducing the redness and swelling associated with acne lesions.

Benefits

Clearance of Severe Acne: Isotretinoin is highly effective in treating severe nodular acne that hasn't responded to other treatments.

Long-Term Remission: Many patients experience long-term remission or even permanent resolution of their acne after completing a course of isotretinoin.

Bodybuilders have occasionally explored the use of isotretinoin for reasons beyond its dermatological applications. Its ability to reduce sebum production and inhibit acne formation can be appealing to individuals experiencing acne breakouts induced by anabolic steroid use. Bodybuilders often undergo hormonal fluctuations due to steroid cycles, and the androgenic effects can lead to increased sebum production, resulting in acne.

Side Effects:

Dry Skin and Mucous Membranes: Isotretinoin is known to cause dryness of the skin, lips, and mucous membranes.

Photosensitivity: Users may become more sensitive to sunlight, necessitating the use of sunscreen.

Muscle and Joint Pain: Some individuals may experience muscle and joint pain.

Elevated Blood Lipids: Isotretinoin can lead to an increase in blood lipid levels, requiring monitoring during treatment.

Dosing/How to Use:

I always like to titrate up with this. I have noticed that starting out at around 20 mg 3 times per week, then going to 20 mg everyday, then raising it to 30mg everyday is an effective dosing strategy.

Be ready for purging when you begin treatment but do not worry as this is normal. Taking supplements that help to protect your joints, correct lipids, and improve liver and kidney health are essential when using isotretinoin.

I typically recommend to take

- 1g TUDCA
- 1g NAC
- Ezetimibe
- 3g MSM
- 2g Vitamin C

As a base stack when using accutane.

Make sure to have a good moisturizer on hand too when using it. My favorite is the one from the brand called the ordinary.

Dapoxetine

Link: <https://aminoasylum.shop/product/dapoxetine/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Dapoxetine is a medication primarily recognized for its role in the treatment of premature ejaculation.

Dapoxetine is a selective serotonin reuptake inhibitor (SSRI) developed specifically for the treatment of premature ejaculation. Unlike other SSRIs, dapoxetine has a short half-life, making it suitable for on-demand use.

Benefits

Premature Ejaculation Treatment: Dapoxetine is primarily prescribed for its efficacy in increasing the time to ejaculation and improving control over ejaculation, addressing the core issue of premature ejaculation.

Improved Sexual Satisfaction: By enhancing ejaculatory control, dapoxetine can contribute to increased sexual satisfaction for both the individual and their partner.

On-Demand Use: Dapoxetine's short half-life allows for on-demand use, making it a convenient treatment option for situations where sexual activity is anticipated.

Side Effects:

Nausea and Dizziness: Common side effects include nausea and dizziness, which are usually transient and tend to diminish with continued use.

Headache: Some users may experience headaches, though this side effect is generally mild.

Insomnia: Dapoxetine has been associated with temporary sleep disturbances, with reports of insomnia in some individuals.

Gastrointestinal Issues: Gastrointestinal issues, such as diarrhea or abdominal pain, may occur but are infrequent.

Dosing/How to Use:

I typically use 20mg of Dapoxetine about 30-45 minutes before sex to last all night in bed. Pair with some cialis and viagra and you are set for a fun night.

Letrozole

Link: <https://aminoasylum.shop/product/letrozole-30ml-x-2mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Letrozole, a powerful aromatase inhibitor, is a medication primarily employed in the treatment of hormone receptor-positive breast cancer in postmenopausal women. Beyond its approved medical applications, letrozole has garnered interest in the bodybuilding community due to its potential impact on hormonal balance.

Letrozole belongs to a class of drugs known as aromatase inhibitors, which act by suppressing the conversion of androgens into estrogen. By inhibiting the activity of the aromatase enzyme, letrozole effectively reduces estrogen levels in the body.

The primary mechanism of action of letrozole involves its role as a potent aromatase inhibitor. Aromatase is an enzyme responsible for converting androgens, specifically testosterone, into estrogen. Letrozole blocks this enzymatic conversion, leading to a significant reduction in estrogen production. This reduction is particularly relevant in postmenopausal women and in hormone-driven breast cancers.

Out of all the AIs letrozole carries a reputation as the most powerful. Being very able to easily crash your estrogen levels.

Benefits

Breast Cancer Treatment: Letrozole is widely prescribed for the treatment of hormone receptor-positive breast cancer in postmenopausal women, where estrogen fuels the growth of cancer cells.

Estrogen Suppression: Letrozole's primary benefit lies in its ability to suppress estrogen production, a crucial aspect in managing conditions where estrogen plays a detrimental role.

Hormonal Balance in Bodybuilding: Bodybuilders may explore letrozole to address potential estrogen-related side effects associated with anabolic steroid use, such as gynecomastia (enlargement of breast tissue) and water retention.

Side Effects:

Bone Health Concerns: Long-term use of letrozole may be associated with a risk of bone density reduction, necessitating careful monitoring, especially in postmenopausal women.

Hot Flashes and Menopausal Symptoms: Common side effects include hot flashes and menopausal symptoms due to the significant reduction in estrogen levels.

Fatigue and Weakness: Some individuals may experience fatigue and weakness as side effects of letrozole.

Joint and Muscle Pain: Letrozole use has been linked to joint and muscle pain in some cases.

ED: If you crash your estrogen with this then ED may be a very possible side effect that you will face.

Decreased Hypertrophy: The other key side effect with this is a decrease in hypertrophy. Estrogen is hypertrophic in itself and by tanking it you will grow less muscle.

Dosing/How to Use:

This AI should be used very carefully. I recommend using only 500 mcg to 1g at a time. Only use it if you are facing extreme estrogens issues that are represented in bloodwork. It also can be used paired with raloxifene to try and nuke gyno. If you do this protocol though you will have to suffer though having tanked estrogen levels.

S4

Link: <https://aminoasylum.shop/product/s-4/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

S4 is a non-steroidal SARM designed to selectively bind to androgen receptors in the body. Unlike traditional anabolic steroids, SARMs like Andarine aim to provide targeted anabolic effects in muscle and bone tissues with reduced impact on other organs.

S4 operates by selectively binding to androgen receptors in muscle and bone tissues, mimicking the action of endogenous androgens like testosterone. This selective binding triggers anabolic

processes, promoting muscle growth and bone density without the androgenic side effects associated with traditional steroids.

Benefits

Muscle Growth:S4 has shown promise in promoting muscle growth by selectively targeting androgen receptors in muscle tissues, stimulating protein synthesis.

Strength Enhancement:Users of S4 often report improvements in strength, making it a potential tool for enhancing athletic performance.

Fat Loss:S4 has been associated with fat loss, as it may increase metabolic rate and promote the utilization of stored fat for energy.

Bone Density Improvement:Some studies suggest that S4 may contribute to increased bone density, supporting overall skeletal health.

Improved Mood: S4 also can help with certain mood based issues that users may run into. Unlike other SARMS S4 actually improves one's mood.

Bodybuilders may incorporate S4 into their regimens for various reasons. It is often used during cutting phases to preserve muscle mass while promoting fat loss. Additionally, S4's reported ability to enhance strength and improve muscle definition makes it appealing for individuals aiming to sculpt a lean and muscular physique.

Side Effects:

S4 is a more mild sarm but still does come with its own set of side effects.

Vision Disturbances:One notable side effect reported with S4 use is vision disturbances, particularly a temporary yellow tint in vision, which is believed to be associated with the compound's affinity for ocular androgen receptors.

Testosterone Suppression:Like other SARMS, S4 may lead to a mild suppression of natural testosterone production, necessitating post-cycle therapy (PCT) after use.

Potential Androgenic Effects:While SARMS are designed to minimize androgenic effects, some users may experience mild androgenic symptoms such as acne and increased facial hair growth.

Muscle Cramps:Some individuals using S4 have reported muscle cramps as a side effect.

Skewed Lipids: S4 tends to at times skew lipids raising LDL and lowering HDL

Liver and Kidney Stress: S4 has been known to raise liver and kidney values.

Dosing/How to Use:

S4 is great at around 25 mg 3 times per day for an 8 week course.

Make sure that you follow your S4 usage up with a proper pct (if you are not on test already) and that when you use the S4 you use it with a test base.

You can also use 50mg of S4 before a workout for a great pre workout boost. Take it about 45 minutes before your workout.

Helios

Link: <https://aminoasylum.shop/product/helios/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Helios features two ingredients per ml of

50mcg Clenbuterol

5mg Yohimbine

It is an insane fat loss injectable agent combining the power of yohimbine, the alpha adrenergic receptor blood and clenbuterol, the beta receptor agonist.

Orally these two are insanely powerful but as an injectable it works even better.

Benefits

Benefits are as followed

- Improved fat loss
- Improved stubborn fat loss
- Improved energy
- Improved endurance

Side Effects:

Side effects include

- Raised heart rate

- Increased anxiety
- Increased blood pressure
- Increased stress on the heart

Dosing/How to Use:

I love this about 45 minutes pre fasted cardio

I will pin this into my stomach fat subq. I start very very low with this and work up SLOWLY. I literally start it at around 5-10 units on the insulin syringe and will go up to maybe 25-35 units only. I always pair it with a beta blocker as well. Some people say you get localized fat burning where you pin it but I am not sure about this.

I notice insane fat loss when I pair this with cardibolic and carnitine.

S23

Link: <https://aminoasylum.shop/product/s23/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

S23 is a non-steroidal SARM designed to selectively bind to androgen receptors in the body. Unlike traditional anabolic steroids, SARMs aim to provide targeted anabolic effects in muscle and bone tissues while minimizing the impact on other organs.

The primary mechanism of action of S23 lies in its selective binding to androgen receptors in muscle and bone tissues. This selective binding activates anabolic processes, promoting muscle growth and bone density without the androgenic side effects commonly associated with traditional steroids. S23 is particularly unique in its potential to increase bone mineral density, offering benefits beyond muscle development.

Benefits

When it comes to cutting SARMs, S23 is the king. Many gear users have even reported struggling to eat enough to fill out on S23. When taking it you can expect extreme hardness, strength increase, and muscle growth, be ready though to flatten out alot.

Muscle Growth: S23 has demonstrated the ability to stimulate anabolic activity in muscle tissues, contributing to increased muscle mass.

Strength Enhancement: Users of S23 often report improvements in strength, providing potential benefits for athletic performance and training intensity.

Bone Density Increase: S23 has shown promise in increasing bone mineral density, promoting skeletal health and potentially reducing the risk of fractures.

Fat Loss: Some studies suggest that S23 may have a positive impact on fat loss, making it of interest to individuals aiming for a leaner physique.

Side Effects:

While S23 is one of the most powerful sarms it is also by far one of the most suppressive sarms.

S23 can and while shut you down and turn your sperm into water.

S23 is one of the most side-effect ridden sarms when it comes to liver stress, kidney stress, shutdown, aggression, hair loss, and acne.

Of course a lot of this can be mitigated with the proper ancillaries but do be warned it is not a beginner sarm or a mild sarm by any means.

The joint pain with this can also be quite bad.

Dosing/How to Use:

I recommend using S23 for 6-8 weeks (8 can be pushing it as it is super toxic)

I would start at 10mg about an hour before your workout for the first half of the cycle with you titrating up to 25 for the second half of it.

You really need to have a solid test base with this, and if you are not on test a good pct plan of Enclomiphene and Tamoxifen.

You also need a liver protection protocol of TUDCA and NAC when this is on it because it will skew our blood markers.

You can also use this as a preworkout androgen. I like 20mg preworkout 2-3 times per week.

Prami

Link: <https://aminoasylum.shop/product/prami/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Pramipexole is a dopamine agonist, a class of medications that mimic the effects of dopamine, a neurotransmitter in the brain. It is commonly prescribed to manage symptoms of Parkinson's disease, a progressive neurological disorder characterized by the degeneration of dopamine-producing cells in the brain. Additionally, pramipexole is used to alleviate symptoms of restless legs syndrome, a condition marked by uncomfortable sensations in the legs and an uncontrollable urge to move them.

Pramipexole's primary mechanism of action involves its activation of dopamine receptors in the brain. By binding to these receptors, pramipexole stimulates dopamine activity, compensating for the deficit seen in conditions like Parkinson's disease. The increased dopamine levels help regulate motor function and alleviate symptoms associated with movement disorders.

Benefits

While prami has many applications in the world of parkinsons this has also been a choice for bodybuilders looking to manage their prolactin levels.

Many select this over cabergoline due to caber potentially being toxic for the heart and causing issues with the heart valves.

Really the benefits from prami come from getting your prolactin under control rather than the drug itself.

Benefits include

- Improved motivation
- Decreased breast sensitivity
- Increased satisfaction in the bedroom
- Better erections
- Less water retention
- More stable mood

Side Effects:

Many of the side effects come from dosing too high. Pramipexole induced nausea is no joke!

Nausea and Dizziness: Common side effects include nausea and dizziness, especially when initiating treatment or adjusting the dosage.

Daytime Sleepiness: Pramipexole may cause daytime sleepiness, impacting alertness and concentration.

Impulse Control Disorders: Rare but serious side effects include impulse control disorders, such as compulsive gambling or eating.

Orthostatic Hypotension: Pramipexole can lead to a drop in blood pressure upon standing, known as orthostatic hypotension.

GI distress: Pramipexole can also cause fairly bad GI stress.

Dosing/How to Use:

START WITH A LOW DOSAGE TO AVOID RUINING YOUR DAY!

I like using .25mg to start before bed.

If you need more then slowly titrate up to 1mg max, but make sure to slowly titrate up.

For me .5 is my sweet spot and I just use it until my prolactin issues have tempered down. Sometimes I will use it at .25mg at a maintenance dose during intense phases of the cycle.

I always make sure to have it on hand when using 19nors or growth hormone agents.

Reform

Link:

<https://aminoasylum.shop/product/reform-hyaluronic-acid-site-enhancement-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Reform is a 20ml hyaluronic acid based site enhancement formula.

Benefits

Hyaluronic acid is a form of site enhancement although it does work a bit differently than standard site enhancement oils. It can really help to bring some insane fullness and plumpness to lagging muscles and it can do it very fast.

It essentially goes into the muscle and helps to stretch out the fascia allowing for more water and nutrients to drive into the muscle allowing for a bigger, fuller, and more well recovered muscle.

Hyaluronic acid has been used extensively in the world of cosmetics to help give fullness and texture to the lips or butts of certain users.

Many people argue due to the compound being more natural it is safer than synthol.

It also is potent at helping to heal certain injuries.

Side Effects:

Side effects of this may include, unnatural lumping, off looking muscles (if not done properly), post injection pain, and or infection.

Dosing/How to Use:

Now this should be a loosely followed guide,, but when using HA pin into the muscle group you are trying to improve of course. Make sure to pay attention to the area you are injecting and make sure you do not hit any ligaments or nerves and potentially cause damage to the site. This is especially important when pinning in places like the biceps, triceps, or calves.

Some will say you need 2mls, some will say 3, etc. In my opinion it entirely depends on your goals, current size, and what you are hoping to do. You may need to also inject this in multiple areas of the muscle so that it does not create an uneven look.

Dosing administration on this wildly varies too. Some people pin it every couple of days, and other people pin it more frequently.

When using any site enhancement oil I would play it more conservatively and pin it into the lagging body part 2-3 times per week at a dosage of 1-2mls. Of course pinned in the correct spots.

PT-141 (NASAL/Injectable)

Link: <https://aminoasylum.shop/product/pt-141/ref/60/?v=0b3b97fa6688> (nasal)
<https://aminoasylum.shop/product/pt-141/ref/60/?v=0b3b97fa6688> (injectable)

Code: Biohack

What Is It?

PT-141, also known as Bremelanotide, is a synthetic peptide designed to address sexual dysfunction by targeting pathways in the central nervous system.

PT-141 is a synthetic peptide that acts as a melanocortin receptor agonist. Initially developed to address sexual dysfunction in both men and women, PT-141 stimulates the melanocortin receptors in the central nervous system, influencing pathways related to sexual arousal and desire.

The primary mechanism of action of PT-141 involves its interaction with melanocortin receptors, particularly the MC4 receptor. By activating these receptors in the central nervous system, PT-141 enhances the signaling of pathways associated with sexual arousal and desire. Unlike traditional treatments for sexual dysfunction, PT-141 acts directly on the neurological aspects of sexual response rather than relying on vascular mechanisms.

Benefits

The main key here is the massive increase in sex drive. It is nothing like you have felt before. It feels like all you can focus on is sex. It is nuts!

Improved Sexual Arousal: PT-141 has demonstrated efficacy in improving sexual arousal and desire, making it a potential option for individuals experiencing sexual dysfunction.

Treatment of Hypoactive Sexual Desire Disorder (HSDD): PT-141 is being investigated for its potential use in addressing Hypoactive Sexual Desire Disorder, a condition characterized by a persistent lack of interest in sexual activity.

Central Mechanism of Action: Unlike other treatments that focus on vascular or hormonal aspects, PT-141's central mechanism of action may make it a unique and targeted option for certain sexual dysfunction cases.

Improved Erections: Many men who take this also notice an improvement in their erections.

Side Effects:

Anhedonia: Some users report anhedonia when using it. This is often when the compound is abused more so than when it is used properly.

Nausea: Nausea is a common side effect reported with PT-141 use, particularly during the initial stages of treatment.

Flushed Skin: Some individuals may experience skin flushing, a temporary reddening of the skin, as a side effect.

Headache: Headaches are another reported side effect associated with PT-141 use.

Increased Blood Pressure: PT-141 may lead to a temporary increase in blood pressure, which is a consideration for individuals with pre-existing cardiovascular conditions.

Dosing/How to Use:

PT-141 I recommend using in a more sparing manner. 2-4 times per month is best. What seems to happen frequently is that the sex can be ruined for future times. Anhedonia and poor sex following PT-141 abuse is a possible issue.

The injectable is much stronger than the nasal but the nasal is still highly effective if you do not want to inject.

For the nasal spray I recommend about 2 sprays per nostril (start with 1 and work your way up) You can do more or less of course but I think that is a good dosage. I have experienced going higher with the nasal and it does work very well.

For the injectable anything between 300 mcg all the way up to 2 mg is a good dosing. I would use about 30-45 minutes before bedroom time and this can be stacked with cialis or viagra. I would start low and work your way up. Most people do not need more than 1 mg.

I also think this can work amazing if you are having issues with your sex life with your partner.

For this protocol each of you take a dose of PT-141, talk about what you like in the bedroom and

then try some new things, have some fun and allow it to give you that spark back. I always make sure to pair this with anti nausea medication.

Albuterol (oral)

Link: <https://aminoasylum.shop/product/albuterol/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Albuterol, a bronchodilator commonly used to treat respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD), has gained attention in the bodybuilding community for its potential effects on muscle performance and fat loss.

Albuterol belongs to a class of medications known as beta-2 adrenergic agonists. It works by relaxing the smooth muscles in the airways, making it easier for individuals to breathe. Albuterol is commonly administered through inhalation to provide rapid relief for respiratory conditions.

The primary mechanism of action of albuterol involves its activation of beta-2 adrenergic receptors found in the smooth muscle cells of the airways. When these receptors are stimulated, it leads to the relaxation of the smooth muscles, resulting in bronchodilation. This effect helps open the airways, making it easier for air to flow in and out of the lungs.

It acts very similarly to clenbuterol except it has a shorter half life.

Benefits

Shorter Half Life than Clen: With Albuterol you are dealing with a shorter half life than with clen. Clen's 24 hour half life leads to it causing more sleep based issues and heart based issues because it is stimulating you all day with albuterol for a much shorter period of time.

Bronchodilation: The primary benefit of albuterol is its ability to rapidly dilate the bronchi and bronchioles, improving airflow and providing relief from respiratory conditions such as asthma.

Relief of Respiratory Symptoms: Albuterol is effective in relieving symptoms like shortness of breath, wheezing, and chest tightness associated with conditions like asthma.

Performance Enhancement: Some bodybuilders may be interested in albuterol for its potential to enhance aerobic performance. Improved airflow and oxygen delivery may contribute to better endurance during cardiovascular exercise.

Fat Loss Potential:Albuterol has been explored for its potential role in fat loss. Its ability to increase metabolic rate and stimulate lipolysis (breakdown of fat) has led to interest in its use for body recomposition.

Side Effects:

Tachycardia (Rapid Heartbeat):

Albuterol can lead to an increase in heart rate, which may be a concern for individuals with pre-existing cardiovascular conditions.

Tremors:Some individuals may experience tremors, especially in the hands, as a side effect of albuterol use.

Insomnia:Albuterol's stimulatory effects may interfere with sleep, leading to insomnia in some users.

Electrolyte Imbalance:Prolonged or excessive use of albuterol may contribute to electrolyte imbalances, particularly hypokalemia (low potassium levels).

Dosing/How to Use:

I also like this about 30 minutes before fasted cardio. I take a full 5mg and I am off to the races. It also makes cardio much easier as I feel like I can breathe much better. 2.5mg is a better dose to start out with though.

Some people also like it as a preworkout. I think this is fine but remember that with this you can potentially raise your heart rate to high.

A few things I think that should be considered to be used with it are a beta blocker and electrolytes. Some l-theanine is also good as it helps to calm any anxiety you may get when using it.

Noopept (nasal)

Link: <https://aminoasylum.shop/product/noopept/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Noopept, a nootropic peptide, has gained attention for its potential cognitive-enhancing effects and neuroprotective properties.

Noopept is a synthetic nootropic compound derived from the racetam family. It was developed with the aim of enhancing cognitive function and memory while exhibiting neuroprotective qualities. Noopept is known for its high bioavailability and potency, making it a popular choice among individuals seeking cognitive enhancement.

The precise mechanism of action of Noopept is not fully elucidated, but it is believed to influence various neurotransmitter systems in the brain. Noopept is thought to enhance the activity of acetylcholine, a neurotransmitter associated with learning and memory. Additionally, it may modulate glutamate receptor activity, which plays a crucial role in synaptic plasticity and cognitive function.

Benefits

Improved Cognitive Function: Noopept is primarily recognized for its potential to enhance cognitive function, including memory, learning, and information processing. Users often report increased clarity of thought and improved focus.

Neuroprotection: Noopept is thought to have neuroprotective effects, potentially safeguarding neurons from damage caused by oxidative stress and other harmful factors. This neuroprotective quality may contribute to long-term brain health.

Enhanced Synaptic Plasticity: By modulating glutamate receptors, Noopept may influence synaptic plasticity, which is crucial for learning and memory processes. This could result in improved adaptability of neural networks.

Mood Enhancement: Some users report mood-enhancing effects with Noopept. It may have anxiolytic properties, potentially reducing feelings of anxiety and promoting an overall sense of well-being.

Side Effects:

Headaches: Some users may experience headaches as a side effect of Noopept. Staying hydrated and adjusting the dosage may help alleviate this symptom. Also choline is a must with this supplement as it will lower choline levels in the brain.

Irritability: In some cases, individuals may report increased irritability. Adjusting the dosage or discontinuing use may be necessary in such instances.

Dosing/How to Use:

Standard dosing is about 1-2 sprays per nostril which comes out to 10-20mg. You can redose later in the day if needed as the half life on it is short.

Its onset time is pretty fast so I will use it about 15 minutes before when I need a sharp mental boost.

Also choline supplementation with it is a must! No choline and you will have headaches and potentially brain fog. I like 300mg of Alpha GPC and 1g of CDP Choline with my noopept.

SR 9009 (Injectable)

Link:

<https://aminoasylum.shop/product/sr-9009-sterile-oil-10ml-30mg-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

SR9009, also known as Stenabolic, is a synthetic compound that has garnered attention for its potential impact on metabolism and endurance

SR9009 is a synthetic compound designed to mimic the effects of exercise on metabolism without the need for physical activity. It belongs to a class of compounds known as Rev-Erb agonists, and its primary focus is on influencing the circadian rhythm and energy metabolism.

SR9009 exerts its effects by binding to Rev-Erb receptors, which play a crucial role in regulating various physiological processes, including the circadian rhythm and metabolism. By activating these receptors, SR9009 is believed to enhance the breakdown of glucose and fatty acids, promoting energy expenditure and influencing the body's overall metabolic rate.

Benefits

Increased Endurance:SR9009 is often associated with improved endurance and stamina. By enhancing the utilization of glucose and fatty acids for energy, it may contribute to increased aerobic capacity during physical activities.

Metabolic Effects:SR9009 is believed to influence metabolic processes, leading to increased fat metabolism. This may result in reduced fat storage and improved body composition.

Enhanced Mitochondrial Function:Mitochondria are the energy-producing organelles within cells. SR9009 is thought to stimulate mitochondrial activity, potentially leading to improved cellular energy production and overall vitality.

Potential for Fat Loss:Due to its influence on metabolism and fat utilization, SR9009 has been explored for its potential in promoting fat loss. This has led to interest from individuals seeking to optimize their body composition.

Nootropic Effects: Due to it playing a key role in the sleep wake cycle SR9009 can be an excellent nootropic for energy and focus.

Cancer: In early rat and vitro studies SR9009 may play a beneficial role in certain cancers/

Cardiac Health: SR9009 has also been shown to be very helpful for cardiac health and heart health in general.

Side Effects:

Potential Disruption of Sleep Patterns:Given SR9009's influence on circadian rhythm, there is speculation that it might impact sleep patterns. However, this aspect requires further investigation.

Limited Human Studies:As of the last available information, there are limited human studies on SR9009. Therefore, potential side effects specific to humans are not yet well-established.

Dosing/How to Use:

I really love taking this upon waking. 1 ml which is 30mg works awesome for giving me a natural wake up. The energy I feel is very natural and clean like I just had an amazing nights sleep (even if I did not)

I also like to use a bit more, maybe 10mg after my mid day nap as I find it helps to wake me up naturally.

As a cardio booster and fat loss aid it also works great. Since I do my fasted cardio right after waking it gives me great energy physically and mentally to help crush my fasted cardio.

Methyl Stenbolone (No longer sold)

What Is It?

Methyl stenbolone is a designer steroid. Other known by its name M-sten. It is a DHT derived hormone.

It is similar to superdrol in the sense that it is an insanely powerful DHT based oral that is also fairly toxic (although it is less toxic than superdrol).

Benefits

Benefits are that it will give you some insane hardness, pumps and density. Many compare this to a superdrol type product. You will definitely see a huge jump in vascularity, strength, and pumps when using this.

Long story short it is very powerful and very effective.

Side Effects:

Unfortunately it is a very toxic oral and can really do some damage very fast. It can cause hair loss, ALOT of liver and kidney stress, and definitely wreak havoc on your blood work very easily so make sure you are well prepared with your ancillaries when using this compound.

It also is of course suppressive so make sure to run with a proper test base and if not on trt have a PCT plan in place.

Dosing/How to Use:

This is where it gets tricky. All over the anabolic forums you will find different dosing protocols from 10mg-40mg. With some people claiming they get 0 sides from 40mg. Here is my recommended dosing schemes

Cycle Length: 3-6 weeks

Dosing (take an hour before your workout)

- Beginner 5-10mg
- Intermediate 10-15mg
- Advanced 15mg +

If it is quality Msten which aminos is then you likely do not need 40mg

I also think it can be used as pre workout androgen about an hour or so before your workouts 1-2 times per week.

Pyro

Link: <https://aminoasylum.shop/product/pyro-7mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Pyro features per ml 2 mg of ALbuterol and 5mg of Yohimbine. If the half life on clen bothers you in helios then pyro is for you!

Benefits

Remember this is just like helios except with clen swapped for albuterol. The albuterol lasts for a shorter time in the body leading to less side effects

- Improved fat loss
- Shorter duration of action
- Improved energy
- Improved focus
- Improved endurance

Side Effects:

Side effects are very similar to helios

- High heart rate
- High blood pressure
- Anxiety
- Insomnia
- Sweating
- Shaking

Dosing/How to Use:

For me .10ml is my sweet spot. I pin this subq about 20 minutes before fasted cardio and get after it. I always take it with some L-theanine to smooth out my anxiety. Some people I know can work up to things like .25ml and even .35ml and while I used to like these doses I find them to be a bit much. I pin this subq into my belly fat.

Preworkout raises my heart rate too much when paired with the heavy lifting. So i tend to keep it to just fasted cardio only.

Many people go up to a full ml, but let me tell you it is no joke and extremely powerful. Start low, you do not need a lot of this.

Stampede

Link: <https://aminoasylum.shop/product/stampede/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Stampede is an appropriate name for this beast of a blend.

Featuring 400mg of Carnitine, 40mg of ATP, and 5mg of Amp per ml you will have some of the most intense pumps and performance during the workout when using this product

Benefits

I hope I am not underplaying these benefits. Can let me tell you they are all amazing. When I say amazing pumps, and endurance, and just everything I mean it!

- Better endurance
- Better stamina
- Better pumps
- Better fat loss
- Insane fullness
- Improved mental drive

Side Effects:

This is pretty easy on the side effects. Some people get shortness of breath from the AMP which can be scary but it is temporary.

PIP from the carnitine is also a problem for some, but for most not bad enough to not use the product.

Dosing/How to Use:

I really like this at about .5ml-1ml pinned bilaterally about 30-45 minutes before your workout or cardio session.

Whether it is the gym, cardio, or a sports game stampede will help to give an insane performance boost.

GW-0742

Link: <https://aminoasylum.shop/product/gw-0742/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

GW-0742, a member of the Peroxisome Proliferator-Activated Receptor delta (PPAR δ) agonists family, shares similarities with the well-known compound Cardarine (GW-501516).

GW-0742 is a synthetic PPAR δ agonist, designed to activate the peroxisome proliferator-activated receptor delta. This class of compounds has been studied for their potential influence on metabolism, energy utilization, and overall endurance.

The primary mechanism of action of GW-0742 lies in its ability to activate PPAR δ receptors. Once activated, these receptors play a role in various metabolic processes, including the oxidation of fatty acids and the enhancement of endurance. GW-0742 is believed to stimulate mitochondrial activity, promoting the utilization of fats for energy and influencing overall energy metabolism.

Benefits

Potency:GW-0742 is often considered more potent than Cardarine, with some studies suggesting a higher binding affinity to PPAR δ receptors. This potentially translates to a more pronounced impact on metabolic processes and endurance.

Half-Life:GW-0742 has a longer half-life compared to Cardarine, potentially leading to a sustained effect with less frequent dosing.

Improved Endurance:Similar to Cardarine, GW-0742 is associated with enhanced endurance. By influencing energy metabolism and the utilization of fatty acids for fuel, it may contribute to increased stamina during physical activities.

Potential for Fat Loss:The activation of PPAR δ receptors is linked to increased fat oxidation. GW-0742 may contribute to fat loss by promoting the breakdown and utilization of stored fats.

Muscle Preservation:Some studies suggest that PPAR δ agonists, including GW-0742, may have muscle-preserving effects during periods of calorie restriction, potentially helping individuals maintain lean muscle mass.

Side Effects:

Potential Impact on Liver Enzymes:As with many compounds that influence metabolism, there is a need for monitoring liver health. Some studies have reported changes in liver enzymes with PPAR δ agonists.

Limited Human Studies:The available research on GW-0742 is still limited, and the long-term safety and efficacy in humans require further investigation.

Cancer: Many people think the cancer studies from cardarine still apply to the new version

Switching of Fast Twitch to Slow Twitch Muscles: Again while this has been shown with carnitine many people think it still can potentially switch fast twitch fibers to slow fibers.

Dosing/How to Use:

I keep my usage with this minimal.

I always use it with metformin as metformin has been shown to stop cancers related to the PPAR in vitro studies.

I like 10-25mg before my workout or cardio session

Typically I will use it for 2-3 weeks at a time during intense fat loss phases when my cardio is starting to give up.

MOTS-C

Link: <https://aminoasylum.shop/product/mots-c-10mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

MOTS-C, short for Mitochondrial-Derived Peptide-C, is a lesser-known but increasingly researched peptide with potential implications for various aspects of health, including metabolic function and energy regulation.

MOTS-C is a small mitochondrial-encoded peptide that is part of the broader family of mitochondrial-derived peptides. It is involved in the regulation of metabolism and energy balance, playing a role in cellular processes related to mitochondrial function.

MOTS-C primarily exerts its effects by interacting with cellular pathways associated with metabolism and energy regulation. It enters the cell and targets specific receptors, influencing various processes within the mitochondria. One key aspect of its mechanism is its involvement in the activation of AMP-activated protein kinase (AMPK), a cellular energy sensor. Activation of AMPK helps regulate cellular energy levels, impacting metabolic processes such as glucose and lipid metabolism.

Benefits

Metabolic Regulation: MOTS-C is linked to the regulation of metabolism, with a particular emphasis on glucose and lipid metabolism. It may contribute to maintaining optimal energy balance within cells.

Mitochondrial Function:As a mitochondrial-derived peptide, MOTS-C plays a role in supporting and maintaining mitochondrial function. Healthy mitochondrial function is crucial for energy production and overall cellular vitality.

Potential for Improved Insulin Sensitivity:Some studies suggest that MOTS-C may have a positive impact on insulin sensitivity, which is essential for the proper regulation of blood sugar levels.

Exercise Mimetic Effects:MOTS-C has been described as having exercise mimetic effects. This implies that it may induce cellular responses similar to those observed during physical exercise, potentially offering benefits related to fitness and metabolic health.

Cognitive Function: While on this your brain will definitely work better and you will notice much better energy

Anti Aging: some people (not really me) do get some great anti aging effects on this

Improved cardio: some people report better cardio while on this, I got better cardio due to my energy being much better

Side Effects:

As of now we have very limited data on the side effect profile of MOTS-C. Injection site related issues have occurred. This is not to say that there are no side effects, but what it does mean is that we just may not have found them yet.

Dosing/How to Use:

The dosing protocols do vary but many recommend

For my dosing I will do 5mg 3 times per week for 6-8 weeks as part of a mitochondrial stack. You can of course start at say 2.5mg and work up and even go up past 5mg it just gets expensive.

Dimethazine (No longer sold)

What Is It?

Dimethazine or DMZ is a steroid composed of two superdrol molecules. It is DHT derived so you can expect some great gains, fullness, and vascularity when using it without estrogenic based issues.

Benefits

When using this you will notice

- Great hardness
- Great vascularity
- No estrogen issues
- Increase in strength
- Increase in muscle mass
- Increase in mood

Like I mentioned above this really is a powerful prohormone that can change a physique very fast.

Side Effects

With great effects comes great side effects.

Standard Side effects with this are as followed

- Hair Loss
- Acne
- Aggression/Anger
- Suppression of Testosterone
- Liver Stress
- Kidney Stress
- Raised blood pressure

Dosing/How to Use:

I would only use this for about 4-6 weeks from a dosings standpoint I would break it down like this

Beginner Dosing: 5-10mg

Intermediate Dosing- 15-25mg

Advanced dosing 25mg+

Make sure to have a test base and a proper ancillary stack on hand when using this!

Max Endurance

Link: <https://aminoasylum.shop/product/max-endurance-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Max endurance features 200mg of L-carnosine per ml.

L-Carnosine is a naturally occurring dipeptide composed of two amino acids, beta-alanine and histidine. Found abundantly in skeletal muscle, brain, and other tissues, L-Carnosine has attracted attention for its potential health benefits and its connection to exercise performance.

L-Carnosine, also known as β -alanyl-L-histidine, is a dipeptide formed by the combination of beta-alanine and histidine. It is present in high concentrations in muscles and plays a role in various physiological functions.

The primary mechanism of action of L-Carnosine revolves around its ability to buffer acidic environments in the muscles. During intense physical activity, the muscles produce lactic acid, leading to a drop in pH and the onset of fatigue. L-Carnosine helps counteract this by neutralizing excess hydrogen ions, contributing to improved exercise performance and delaying muscle fatigue.

Beta-alanine is a precursor amino acid to L-Carnosine, and the availability of beta-alanine in the body influences the synthesis of L-Carnosine. Supplementing with beta-alanine has been shown to increase intramuscular levels of carnosine. Therefore, bodybuilders often use beta-alanine supplements to optimize L-Carnosine levels and potentially enhance exercise performance.

Benefits

Buffering Muscle Acidity: L-Carnosine's most notable benefit is its role in buffering muscle acidity. By neutralizing acidic byproducts of energy metabolism, it helps maintain an optimal pH environment in muscle tissues, delaying the onset of muscle fatigue during high-intensity exercise.

Antioxidant Properties: L-Carnosine exhibits antioxidant properties, scavenging free radicals and reducing oxidative stress. This may contribute to overall cellular health and help protect tissues from damage associated with oxidative processes.

Anti-Glycation Effects:L-Carnosine has been suggested to have anti-glycation effects, inhibiting the formation of advanced glycation end-products (AGEs). AGEs are implicated in aging and age-related diseases, and L-Carnosine's ability to counteract this process may have longevity and health implications.

Neuroprotective Effects:Some research suggests that L-Carnosine may have neuroprotective effects, potentially benefiting cognitive function and supporting nervous system health.

Bodybuilders and athletes may be interested in L-Carnosine for its potential to enhance exercise performance and delay the onset of muscle fatigue during intense training sessions. By buffering acidity in the muscles, L-Carnosine may support longer and more effective workouts, contributing to improved strength and muscle development.

Side Effects:

Histamine Release:In some cases, individuals may be sensitive to histamine release, leading to symptoms such as itching or flushing. Adjusting the dosage may help mitigate these effects.

Dosing/How to Use:

I like to use about 45 minutes before my workout or cardio session. Due to the nature of it you can dose higher at about 2 mls.

I also find a loading phase to be helpful with this. I will load at about 2ml for 2 week then use a maintenance dosage of 1ml in the future weeks.

I still get the itchy side effects from this as I would with beta alanine, but I have noticed that it is much more effective then beta alanine.

Better endurance, pumps, and my capacity to do more reps goes up significantly when using this.

AOD-9604 (nasal spray)

Link: <https://aminoasylum.shop/product/aod-9604-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

AOD9604 is a peptide fragment derived from the human growth hormone (HGH) molecule, specifically from the region responsible for fat metabolism. This synthetic peptide has gained attention for its potential role in weight management and body composition improvement.

AOD9604 is a peptide consisting of 177 amino acids, derived from the C-terminus of the human growth hormone. It is designed to mimic the fat-burning effects of HGH without affecting growth or insulin levels. AOD9604 is often considered a targeted approach to fat reduction.

AOD9604's mechanism of action revolves around its ability to stimulate the breakdown of stored fat and inhibit the formation of new fat cells. It does so by mimicking the natural lipolytic processes influenced by human growth hormone. AOD9604 primarily targets adipose (fat) tissue, promoting the release of stored fatty acids for energy utilization.

Benefits

Fat Metabolism:AOD9604's primary benefit lies in its ability to enhance fat metabolism. By encouraging the release of stored fat, it supports the body in utilizing these fatty acids for energy, potentially leading to fat loss.

Selective Action:Unlike some weight-loss interventions, AOD9604's action is targeted specifically at adipose tissue. It avoids influencing other tissues or organs, reducing the risk of systemic side effects.

Improved Lipid Profile:Some studies suggest that AOD9604 may contribute to an improved lipid profile by reducing levels of circulating fats, such as triglycerides. This effect could be beneficial for cardiovascular health.

Potential for Lean Body Mass Preservation:While AOD9604 is primarily associated with fat loss, some studies propose that it may have a sparing effect on lean body mass during weight loss, helping individuals maintain muscle mass.

Side Effects:

Injection Site Reactions:Users may experience mild irritation or discomfort at the injection site. Proper injection technique and site rotation can help minimize this effect.

Rare Allergic Reactions:While uncommon, individuals may be sensitive to AOD9604, potentially leading to allergic reactions. Any signs of itching, rash, or swelling should be promptly addressed.

Dosing/How to Use:

AOD9604 must be used cautiously. If you do not fast properly it will not be effective

I really like 2 sprays per nostril (you can do more as this product tends to not have too many bad side effects, and you can go up higher in the dosing.

I like pairing it with the largest fasting window possible, not eating before or after for a few hours. The two best times I would take it are after dinner (about 2 hours after) in the middle of the night then upon waking. I would not eat for 3-4 hours after using it. Sometimes I would wake up early, take it and go back to sleep to make the fasting window even longer.

IGF-DES

Link: <https://aminoasylum.shop/product/igf-des-1mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

IGF Des is a splice variant of IGF-1. The goal with IGF-Des was to create a more potent optimal IGF-1.

With roles in the brain, muscle building, and metabolism, there are tons of uses for this peptide.

It is very similar to IGF-LR3 just without the insanely long half life which helps to better isolate itself to the workout window itself. Less power, but also much safer and less side effects

Benefits

With IGF-Des you will gain these benefits

- Shorter half life than IGF-LR3 making it more suitable and less side effect ridden.
- Theorized increased potency than standard IGF
- Positive effect on neuron growth, differentiation, and survival.
- Important player in autism
- Improved immune function
- Improved wound healing
- Improved hyperplasia
- Insane pumps in gym
- Better recovery

Side Effects:

- Low blood sugar
- Injection pain
- Existing cancer growing faster
- Lack of long term data

Dosing/How to Use:

Many people use acetic acid to reconstitute this instead of BAC to help preserve the peptide for longer periods of time. Its usage is very similar to IGF-LR3 although due to the half life it has to be dosed and timed properly.

The half life is insanely short so if I want to drive up post workout recovery or workout performance I literally pin it in the gym restroom so it has time to hit properly. Can be stacked with GH and insulin to potentiate even more gains.

Dosing

Beginner Dosing: 25-50mcg

Intermediate Dosing: 50-100mcg

Advanced Dosing: 100mcg+

N-Acetyl Semax (Nasal Spray)

Link: <https://aminoasylum.shop/product/n-acetyl-semex-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

N-Acetyl-Semax (NAS) is a synthetic peptide derived from the naturally occurring Semax peptide. This compound has garnered interest for its potential cognitive-enhancing effects and its impact on overall well-being.

N-Acetyl-Semax is a modified version of the Semax peptide, incorporating an acetyl group. This modification enhances its bioavailability and prolongs its half-life, making it more effective for various applications.

The precise mechanism of action of N-Acetyl-Semax is complex and not fully elucidated. However, it is believed to influence various neurochemical pathways in the brain. NAS is thought to interact with neuropeptides and neurotransmitters, including dopamine and serotonin, leading to modulations in synaptic activity.

Benefits

Cognitive Enhancement: NAS is commonly associated with cognitive benefits, including improved memory, focus, and overall mental clarity. It may enhance cognitive function through its influence on neurochemical signaling.

Neuroprotection: Some research suggests that N-Acetyl-Semax may exert neuroprotective effects, potentially shielding neurons from oxidative stress and other forms of damage. This neuroprotective quality is of interest in promoting long-term brain health.

Mood Regulation: NAS may play a role in mood regulation by affecting neurotransmitters involved in mood control, such as serotonin and dopamine. This could contribute to an improved sense of well-being.

Anti-Anxiety Effects: Preliminary studies indicate that N-Acetyl-Semax may possess anxiolytic properties, potentially reducing anxiety levels. However, more research is needed to establish these effects conclusively.

Increased Energy and Alertness: Users of N-Acetyl-Semax have reported increased energy levels and heightened alertness, suggesting potential benefits for individuals seeking cognitive vitality and productivity.

Increased BDNF: Semax increased BDNF in the brain leading to better neuroplasticity.

Side Effects:

Headaches: Some users have reported headaches as a side effect of N-Acetyl-Semax. Adjusting the dosage or consulting with a healthcare professional may help alleviate this symptom.

Irritation at Injection Site If administered through injection, users may experience mild irritation at the injection site. Proper injection technique and hygiene can minimize this effect.

Insomnia In some cases, N-Acetyl-Semax may interfere with sleep patterns, leading to insomnia. Monitoring individual responses and adjusting the timing of administration may help mitigate this side effect.

Dosing/How to Use:

Semax really is amazing for increasing BDNF and neuroplasticity. It is one of my favorite nootropics for making the brain more plastic. Typically when I use this I will use 100mcg each nostril (2 sprays) for 4 weeks on then take 2-3 weeks off.

I always like to pair it with some choline to reduce any risk of headaches.

One of my favorite Semax based nootropics stacks is

100mcg of Semax each nostril

1g CDP Choline

600mg Alpha GPC

30mg Noopept

400mg Uridine

Then I go and crush the day!

PEG-MGF

Link: <https://aminoasylum.shop/product/peg-mgf-2mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Pegylated Mechano growth factor is a version of MGF that has been modified. MGF is derived from IGF-1

MGF plays crucial roles in recovery and healing in addition to growing new muscle tissue and fibers.

Benefits

Prolonged Activity: One of the primary advantages of PEG MGF is its extended half-life compared to native MGF. The addition of polyethylene glycol helps to prolong its activity in the body, allowing for a sustained release and potentially enhancing its effectiveness.

Enhanced Muscle Growth: Similar to native MGF, PEG MGF plays a crucial role in stimulating muscle growth and hypertrophy. It does so by promoting the repair and regeneration of muscle fibers, leading to an increase in muscle mass.

Improved Muscle Recovery:PEG MGF contributes to faster muscle recovery by accelerating the repair of damaged muscle tissues. This is particularly beneficial for individuals engaged in intense physical training or activities that induce muscle stress.

Stimulation of Satellite Cells:PEG MGF, like native MGF, activates satellite cells, which are essential for the regeneration of muscle tissue. This activation supports the proliferation and differentiation of satellite cells into new muscle cells, facilitating muscle repair.

Localized Effects:PEG MGF exhibits localized effects within muscle tissue. This specificity allows it to target and enhance the growth and repair processes directly where it is administered.

Increased Protein Synthesis:PEG MGF stimulates protein synthesis, contributing to the building of new proteins necessary for muscle growth and maintenance. This increase in protein synthesis is fundamental for the development of larger and stronger muscles.

Anti-Catabolic Effects:PEG MGF has been associated with anti-catabolic effects, meaning it may help prevent muscle breakdown. This can be particularly beneficial in situations where there is an increased risk of muscle catabolism, such as during periods of intense training or calorie restriction.

Potential for Enhanced Endurance:Some research suggests that PEG MGF may have potential benefits for endurance athletes by promoting muscle adaptation to exercise-induced stress. This could contribute to improved endurance and performance over time.

Heart Muscle Repair: PEG was found to help promote health and survival of cardiac cells in cases of heart damage.

Neuroprotective: PEG MGF may also help with neurodegeneration.

Increased Osteoblast production: Peg has been shown to dramatically help with bone repair and growth. It also is effective at helping cartilage heal.

Side Effects:

- Increased water retention (bloating)
- Hypoglycemia
- Rapid heart rate
- Increased blood pressure
- Speeds up growth of existing cancers.

Dosing/How to Use:

Many people believe in using PEG MGF before an IGF-1 cycle because PEG helps to “prime the body” for IGF-1 by proliferating stem cells.

The standard dosing is between 150-300 mcg and it is best served in my opinion at least in a post workout setting for recovery. It is often times pinned directly into the muscle you are trying to grow so if it is your chest you would pin it after your chest workouts

Due to its long half life it does not have to be pinned daily. 2-3 times per week should easily suffice.

GAC Extreme

Link: <https://aminoasylum.shop/product/gac-extreme/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

If you want to read about glutamine, arginine, and carnitine I have included a section on them in the GAC section of the ebook.

The GAC extreme takes the GAC blend and adds Agmatine and Acetyl L-Carnitine.

So brace yourselves for this amazing formula.

Benefits

The benefits are about the same as the original GAC blend, but just even better. The acetyl carnitine is a form that gets absorbed easier and crosses the blood brain barrier much easier than regular carnitine. This product also has 400mg of total carnitine vs 200mg in the regular GAC blend. Which let me tell you makes a huge difference in pumps and my mental feeling. Mentally I feel way better on the GAC extreme.

GAC extreme also has Agmatine, a metabolite of L-arginine. This is a nitric oxide booster, a nootropic, and may even help with pain relief.

With this improved version you can expect

- Better muscle recovery
- Less aches and pains
- Better pumps and workout endurance
- Less Anxiety

- Improved mental focus

Side Effects:

The side effects of this blend are still super minimal, really post injection pain is the biggest thing to worry about.

Dosing/How to Use:

For me 1ml of this preworkout is about 30-40 minutes before and I am good to go. My workout is better, mentally I feel amazing, and my recovery is always better.

I like this better than the original GAC blend and find it to be much more effective.

Relaxation Blend PM

Link: <https://aminoasylum.shop/product/relaxation-blend-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Relaxation Blend PM is an injectable pre bed blend designed to knock you out and give you some amazing sleep and recovery.

It features

- 100mg: Gaba
- 1mg Melatonin
- 100mg: Arginine
- 25mg Glutamine

Together these ingredients work together to relax you, and give you a deep night's sleep.

Benefits

This thing really will give you an amazing night's sleep, muscle recovery, and help to relax you.

Not only that but it is also great for your health.

Melatonin is one of the most potent antioxidants in the body and has shown amazing benefits for health and longevity. When it is injected it becomes even more effective.

It hits really fast and will have you deep into the best night's sleep of your life in minutes!

Side Effects:

Some people experience some side effects from this. The main one is drowsiness the next morning. To better deal with this you can always lower the dosage.

Also do not drive after injecting this or operate any vehicles.

Be cautious of drug interactions that may interact with the GABA.

Dosing/How to Use:

I really like this bad boy about 20-30 minutes pre bed. Be careful because it hits fast and it hits hard.

I only myself use a half ml pinned IM as opposed to a full ml due to the morning drowsiness that comes with pinning a full ml. Some people I know handle a full ml really well so like I have said a million times in this ebook just start low and work your way up.

You can also pair this with something like CBD for an even better night's sleep.

GC-1 (Sobetirome)

Link: <https://aminoasylum.shop/product/gc-1-sobetirome/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

This is a thyroid beta receptor agonist that has shown much promise in the clinical literature to give the same amazing benefits of T3 or T4 but without the side effects.

It is similar to a sarm in that it is a new generation of thyroid drug aiming to improve selectivity.

Benefits

One of the challenges in thyroid medication is coming up with a more selective thyroid drug. The agonism of thyroid alpha leads to things like higher heart rate and muscle wasting, whereas thyroid beta is more concentrated on the thyroid itself.

Metabolic Regulation:GC-1 has been studied for its ability to influence metabolic processes. It may play a role in regulating metabolism, including the metabolism of fats and carbohydrates.

Weight Loss:Some studies suggest that GC-1 may contribute to weight loss by influencing energy expenditure and fat metabolism. It is being investigated as a potential tool for addressing obesity and related metabolic disorders.

Selective Thyroid Activity:GC-1 is designed to exhibit selective activity in specific tissues, such as the liver, without affecting other organs. This selectivity may offer therapeutic benefits with fewer side effects compared to traditional thyroid hormone therapies. It targets the thyroid beta receptor which is found in the thyroid whereas the thyroid alpha is found in muscle tissue and in the heart making it a less favorable target.

Improved Lipid Profile:Research indicates that GC-1 may have a positive impact on lipid levels, including reducing circulating cholesterol and triglycerides. This effect could contribute to improved cardiovascular health.

Insulin Sensitivity:Some studies suggest that GC-1 may influence insulin sensitivity, potentially making it a candidate for addressing conditions associated with insulin resistance, such as type 2 diabetes.

Potential for Enhanced Cognitive Function:While research in this area is limited, there is speculation that GC-1 may have neuroprotective effects and could potentially impact cognitive function. Further research is needed to fully understand this aspect.

Maintaining Lean Body Mass:GC-1 has been explored for its potential to influence body composition by promoting the preservation of lean body mass during weight loss, which is a desirable outcome for individuals aiming to improve body composition.

Thermogenic Effects:Some studies suggest that GC-1 may have thermogenic effects, contributing to increased heat production in the body. This thermogenesis could potentially contribute to weight loss.

Liver Health:GC-1's selective action in the liver may have implications for liver health. It is being investigated for its potential benefits in addressing liver-related conditions.

Side Effects:

With the drug still in the early stages not all side effects are known and more data will have to come out to show this side effects

Some users have reported

- GI stress
- Insomnia
- Increased Anxiety

When using this compound.

Dosing/How to Use:

My favorite way to use this is during a cutting phase.

It can be paired with T3 and or T4 (but more commonly I see it with T3)

You can take this thing pretty high as I have seen people go up to 1 mg, but I would say

Beginner Dosing: 100mcg

Intermediate: 100mcg-200mcg

Advanced Dosing: 300mcg+

What is great about this is that you tend to get less muscle loss side effects so you can use it in higher doses and not have to worry about losing muscle or risking your heart health.

I really enjoy this during my cuts.

MIC Blend

Link: <https://aminoasylum.shop/product/mic-blend-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

A favorite at longevity clinics MIC blend feature per ml
25mg Methionine

50mg Inositol
25mg Choline

This blend has A LOT of different uses and benefits that I will go into.

Benefits

This thing has so many amazing benefits here are a few of the key ones

- Better mental focus
- Better mood (less anxiety improved outlook)
- Better pumps
- Better mind to muscle connection
- Better fat loss
- Higher testosterone levels
- Improved liver health
- Increased energy levels
- Better skin and hair health

It is amazing for athletes, bodybuilders, people trying to improve their skin, hair, nail quality, and people who are looking for a nootropic boost.

You will be impressed with the pumps this delivers too. Due to the intense mind to muscle connection it brings it can also be a great tool for bringing up lagging body parts.

Side Effects:

While it is very safe some people get the following side effects.

- Post Injection Pain
- Trouble Sleeping
- Headaches
- Nausea

Dosing/How to Use:

Standard dosing with this is 1 ml twice per week. If I really need a nootropic boost I will use 2mls twice per week but for the most part 1ml works great.

The time of day I use it will depend on my goals. If I am aiming for better focus I will use it 30 minutes before my test or job interview etc whatever it is. For weight loss I take it fasted with carnitine as part of my fasted cardio regiment.

I also really like it before the gym as a preworkout. As I said above, it really helps me connect my mind to the muscles.

Also for many of my clients I work with who are athletes I find it effective pre sports game whether you are an MMA fighter, rugby player, etc.

It stacks amazing with carnitine and growth hormone pre workout!

Vitamin D (Injectable)

Link: <https://aminoasylum.shop/product/vitamin-d/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Vitamin D is a fat-soluble vitamin that exists in two main forms: vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). While vitamin D2 is primarily obtained from plant sources, vitamin D3 is synthesized in the skin in response to sunlight exposure and is also found in animal-based foods.

Benefits

Bone Health: Vitamin D is essential for calcium absorption and plays a pivotal role in maintaining bone health. It helps prevent conditions like rickets in children and osteomalacia in adults.

Immune System Support: Adequate vitamin D levels are associated with a well-functioning immune system, aiding in the body's defense against infections and illnesses.

Mood Regulation: Some studies suggest a connection between vitamin D levels and mood regulation, with lower levels potentially contributing to conditions like seasonal affective disorder (SAD).

Muscle Function: Vitamin D is believed to influence muscle function, and maintaining sufficient levels may contribute to better muscle performance.

Side Effects:

Toxicity: Excessive vitamin D intake, either through supplementation or rare cases of overexposure to sunlight, can lead to toxicity, causing symptoms like nausea, vomiting, weakness, and, in severe cases, hypercalcemia.

Hypercalcemia: Elevated levels of calcium in the blood, known as hypercalcemia, can occur with vitamin D toxicity and may lead to kidney stones and other complications.

Digestive Issues: Some individuals may experience digestive issues, such as constipation, when taking high doses of vitamin D supplements.

Dehydration:

Excessive vitamin D intake can contribute to dehydration due to increased calcium excretion.

Dosing/How to Use:

First I always recommend taking this with a K2 supplement to ensure that the Vitamin D is used properly by the body.

I also think it is essential to monitor your vitamin D levels on bloodwork to see how your body is responding to it.

When injecting I typically do 10,000 IU once per month to maintain my levels. This is just what works for me! You may need more or less. I take 200 mcg of K2 daily.

Dimethandrostenol (D-drol) (Not sold Anymore)

What Is It?

D-Drol is a designer steroid that is extremely powerful. It has garnered similarities to M1T, Pheraplex and superdrol.

It is a highly effective dry bulking oral steroid that can be super effective for some fast gains.

Benefits

This is a compound that will give you insane dryness, vascularity, and hardness. It is a dry compound that will bring some good cosmetic changes.

Side Effects:

Being a methylated oral this compound is no joke on the side effects of things. It will wreak havoc on your bloodwork and your hair if you are not careful.

Dosing/How to Use:

Typically this can be dosed at 5-10mg per day for 3-4 weeks during a cutting phase or a recomp phase. Make sure to have a proper live guard on hand when using this, and make sure you have a good test base.

Research on this is limited so make sure to pay attention to your bloodwork!

N-Acetyl-Selank (nasal spray)

Link: <https://aminoasylum.shop/product/n-acetyl-semex-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

N-Acetyl-Selank is a synthetic peptide derived from the immunomodulatory peptide Selank. Known for its potential anxiolytic (anxiety-reducing) and nootropic (cognitive-enhancing) effects, N-Acetyl-Selank has garnered attention beyond its initial applications.

Anxiolytic Properties: N-Acetyl-Selank is believed to modulate the release of neurotransmitters, including dopamine and serotonin, contributing to its anxiolytic effects.

By influencing these neurotransmitters, it may help regulate mood and reduce anxiety.

Nootropic Effects: The peptide may enhance cognitive function by promoting the release of brain-derived neurotrophic factor (BDNF) and supporting neuronal growth and survival.

With the N-Acetyl modification attached it can greatly help to improve the compounds half life, effectiveness, and ability to cross the blood brain barrier.

Benefits

Stress Management: Given its anxiolytic properties, N-Acetyl-Selank may aid bodybuilders in managing stress associated with intense training regimens. Selank before first dates and job interviews can be effective ways at also reducing social anxiety.

Cognitive Performance: The nootropic effects may contribute to improved focus and cognitive performance during workouts and daily activities. When using selank users can expect much better mental performance and memory.

Pain: Selank can also help to reduce certain perceptions of pain via its modulation of the IL-6 expression.

Anticoagulant: It may also help in the blood coagulation process.

Side Effects:

Side effects of selank may be but are not limited to

- Drug interactions (with other gabaergic drugs)
- Tiredness
- Shortness of breath
- Sinus pain
- Hair loss (from BDNF)

Dosing/How to Use:

My favorite dosing protocol with this product is to use 2 sprays per nostril 2-3 times per day.

Its half life is still shorter so I find that redosing it is essential. The two sprays per nostril is fairly aggressive but I find this is the best for me.

Like with anything, start with just one spray per nostril 2-3 times per day about 30 minutes before your stressful activity and witness the powerful anxiolytic power.

NAD+ (nasal spray)

Link: <https://aminoasylum.shop/product/nad-spray/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

NAD is a coenzyme that plays a crucial role in various biological processes, serving as a key player in cellular energy production and supporting numerous enzymatic reactions. It exists in two forms: NAD⁺ (oxidized) and NADH (reduced), and the balance between these forms is essential for cellular function.

Benefits

Energy Metabolism:NAD is a vital component in the process of cellular respiration, helping convert nutrients into energy through the production of adenosine triphosphate (ATP).

Cellular Repair and Longevity:

NAD is involved in DNA repair mechanisms and has been linked to cellular longevity. It plays a role in supporting cellular health and resilience.

Sirtuin Activation:

NAD is a cofactor for sirtuins, a group of proteins associated with various physiological processes, including metabolism, stress response, and aging.

Neurodegenerative Diseases:Research suggests potential applications of NAD in neurodegenerative diseases, such as Alzheimer's and Parkinson's, due to its role in cellular repair and resilience.

NAD's role in energy metabolism makes it pertinent for bodybuilders, as it contributes to optimal muscle function during workouts.

Recovery and Repair:NAD's involvement in cellular repair processes may aid in post-exercise recovery, potentially reducing muscle fatigue and supporting overall muscle health.

NAD also gives you the benefit of looking and feeling younger, many people when they use it notice better hair quality, skin quality, and much better energy levels and body composition.

Side Effects:

Side Effects typically include

- GI issues
- Headache
- Fatigue
- Lack of long term data
- Potential drug interactions

Dosing/How to Use:

Typically I really like using NAD in the morning time as that is when I get the energy boost. If I use it before bed it will keep me up and awake.

I like to spray two sprays in each nostril first thing upon waking to jumpstart my morning. Of course you can do a bit less or a bit more but I always recommend just slowly walking the dosage up.

Some people get nausea when first using NAD.

Cardabolic (Injectable GW+SR oil)

Link: <https://aminoasylum.shop/product/cardabolic-gwsr-oil/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

THE ULTIMATE CARDIO BLEND

Per ML it features

25mg of GW-501516 (cardarine) and 30mg of SR9009

Benefits

The benefits can be summed up into one word. Endurance. This thing will truly let you do cardio all day and all night.

Not only physically will you be able to do the cardio, but mentally you will be super energized also via the PPAR action and the Rev-erb agonism. This compound is like a powerful nootropic with how much mental energy and stamina it delivers.

Your fat loss will also skyrocket. When you pair this with a super shredder you will have out of this world fat loss.

It is also great before lifting sessions as it allows you to just simply do more in the weight room and push your body to the next level.

Side Effects:

Of course with cardarine there is the fear that it causes cancer. In rat and mouse models it was shown that cardarine causes cancer which is why as a drug candidate it was abandoned.

Some people have also said that cardarine can switch fast twitch muscle fibers to slow twitch muscle fibers

SR9009 can cause some insomnia so I do not recommend using it before bed.

Dosing/How to Use:

With this guy I really like to use a full ml about 30-45 minutes before fasted cardio or the gym or any athletic activity or sport.

If you are a cross country runner, mountain biker, bodybuilder, mma fighter etc, this thing can be amazing for you to use. Due to it being an oil based product I also pin it IM as it just allows for it to hit faster and work much better.

Some people have gone up to 1.5 or 2 mls for me personally this is a bit much and not needed but for some extremely high level athletes this can be very effective. I like stacking this with super shredder for insane fat loss or with helios.

Stack with DADA and carnosine and you are in for a fun time.

GAC Blend

Link: <https://aminoasylum.shop/product/gac-blend-20ml-add/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

GAC blend is a blend per ml of

- Glutamine: 25mg
- Arginine: 100mg
- Carnitine: 200mg

GAC blends have become extremely popular and famous at TRT clinics, and for good reason. GAC blends are notorious for helping to revitalize you both physically and mentally

Benefits

The benefits of GAC are as follows

- Improved pumps in the gym
- Improved muscle recovery
- Improved muscle building
- Improved fat loss
- Improved mental energy
- Improved digestion.

The GAC is super effective because all of its ingredients have a multitude of uses and purposes, it's a super solid everyday supplement.

Side Effects:

GAC is pretty side-effect free. Some people struggle with a bit of pip from the carnitine but there are no major side effects you have to watch out for.

Dosing/How to Use:

For me GAC is the best pre workout. I really like it because the arginine and carnitine drive up pump and endurance whereas the glutamine then helps to drive the post workout recovery super effectively. I really like 1 ml pinned IM 45 minutes or so before the gym. You can also use it in a post workout setting pinned with your post workout meal.

I really like stacking this with more carnitine and or the MIC blend as I find they go together super well.

T-2

Link: <https://aminoasylum.shop/product/t2-200mg-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

T2 is a novel thyroid hormone metabolite that can help to modulate energy metabolism. It exerts its effects through the thyroid hormone receptors. It is a biologically active iodothyronine that targets mitochondria and bioenergetic mechanisms.

Benefits

Benefits of taking T2 will depend on thyroid function but can include

- Improved energy
- Improved weight loss
- Improved mood
- Hypolipidemic effect
- More tolerable and less side effect ridden than t3

Side Effects:

Side effects may include

- Increased heart rate
- Increased anxiety
- Increased blood pressure
- In rare cases muscle loss.

Dosing/How to Use:

T2 is a more mild thyroid hormone but it can be effective at helping to boost thyroid production. If you are using something like a high dose of GH your thyroid will be suppressed.

I recommend starting with 100mcg in the morning and slowly working your way up. Make sure to pull blood regularly and understand symptoms of hyperthyroidism.

It can be paired with other thyroid hormones but for most people I recommend just using it solo. It is best likely during weight loss and cutting stages.

B-6

Link: <https://aminoasylum.shop/product/b6-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Vitamin B6 is one of the eight B-vitamins essential for various bodily functions, including metabolism, immune system support, and nervous system health. It exists in several forms, with pyridoxine being one of the active forms that the body can utilize.

Vitamin B6 plays a crucial role in the metabolism of amino acids, the building blocks of proteins. It acts as a coenzyme in the conversion of amino acids, facilitating the synthesis of neurotransmitters like serotonin and norepinephrine. Additionally, Vitamin B6 supports the conversion of stored carbohydrates into usable energy, contributing to overall metabolic function.

Benefits

Protein Metabolism:

Essential for the breakdown and utilization of proteins, crucial for muscle repair and growth.
Aids in converting amino acids into energy, supporting muscle recovery after intense workouts.
Neurotransmitter Production:

Contributes to the synthesis of neurotransmitters that play a role in mood and motivation, factors important for a positive mindset during training.
Energy Production:

Supports the conversion of carbohydrates into energy, providing the necessary fuel for workouts.

Reduces prolactin. It can also help to lower prolactin levels in the body. Prolactin works opposite of dopamine. Prolactin can cause ed and a loss of motivation in the mody.

Side Effects:

While the product does not have side effects directly here is some side effects for when B6 is overdosed.

Neuropathy:

Prolonged high doses of Vitamin B6, especially from supplements, may lead to sensory neuropathy, causing numbness, tingling, and pain in the extremities.

Photosensitivity:

Excessive Vitamin B6 intake can result in increased sensitivity to sunlight, leading to skin reactions such as rash or sunburn.

Digestive Issues:

High doses may cause gastrointestinal symptoms, including nausea, heartburn, and abdominal pain.

Coordination Problems:

Some individuals may experience difficulties with coordination and balance at excessive Vitamin B6 levels.

Sleep Disturbances:

High doses may disrupt sleep patterns, leading to insomnia or vivid dreams.

Impaired Immune Function:

Excessive Vitamin B6 intake may suppress the immune system, potentially making the body more susceptible to infections.

Photosensitivity:

Some individuals may experience increased sensitivity to sunlight with high doses of Vitamin B6.

Dosing/How to Use:

What is important is to make sure B6 is going up accordingly on bloodwork. Start off with around 25mg before bed.

Use this dosage for a few weeks and then check your B6 levels on bloodwork. If it is going up then continue with your dosage. If it is not rising properly you can raise your dosage by about 25 mg.

The goal in using it before bed is that B6 can be very helpful with sleep. Before bed it can help to improve your sleep quality.

It is extremely important to make sure your B6 is not getting too high on bloodwork.

Super Helios

Link: <https://aminoasylum.shop/product/super-helios/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Super helios is an ultra loaded fat burner that can rival even the super shredder. Per ml

- 400mg of Carnitine
- ATP 20 mg
- Yohimbine 5mg
- B12 1mg
- 50mcg Clenbuterol

It combines ingredients that promote performance and endurance (ATP), 400mg of carnitine which helps to transport fat to the mitochondria to be used for energy, and then Yohimbine and Clenbuterol which acts on the beta and alpha adrenergic receptors.

Benefits

Users taking this will notice

- Better physical energy
- Insane fat loss
- Better energy
- Better focus
- Better pumps in the gym.
- A harder physique

Side Effects:

Side Effects Include

- Post injection pain
- High heart rate
- High Blood pressure
- Anxiety

Dosing/How to Use:

I would start with .15ml of an ML pinned IM.

You can work your way up to a full ml but be careful because it can be too much sometimes for some users. When first using this I started at 5 units. Pinning this SUBQ may be a bit trickier due to the carnitine so I would go IM with this unlike the original helios

I also like to pair this with fasted cardio about 20 minutes before for better endurance, energy, and fat loss! I do not like this pre workout as much as I like the super shredder as this can be a bit too stimulating before heavy lifting. It feels like my heart is about to jump out of my chest.

Pump Blend

Link: <https://aminoasylum.shop/product/pump-blend-20ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

The pump blend is a simple budget friendly blend for getting an insane pump with some increased recovery action. Pump blend features per ml

- 100mg of Arginine
- 100mg Ornithine
- 100 mg L-Citrulline

Benefits

Pump blend features three ingredients. L-Arginine, L-Ornithine, and L-Citrulline. Arginine and Citrulline help to drive some skin splitting pumps while Ornithine helps to drive up recovery.

Do not expect it to be the same as taking these ingredients in an oral pre workout formula as when injected these ingredients become much more effective.

Users can expect when using this

- Insane pumps
- Better recovery
- Better muscular endurance.
- Improved blood flow.

Side Effects:

The side effects of this are super minimal; the only side effect is some small post injection pain for some users.

Dosing/How to Use:

I typically like to start with a half ml pinned bilaterally. You can work your way up to a full ml in each muscle group you are training. I like to pin around 45 minutes before with carbs. I also pin into the muscle I am training. So if I am training shoulders I would do a half ml in each shoulder 45 minutes before. I also like to pair this with carnitine and choline.

Hexadrone (Not Sold)

What Is It?

Hexadrone is an anabolic androgenic steroid that can be used to help build muscle.

Benefits

There is minimal data on hexadrone, but it is a more mild hardening androgen. Many people compare it to something like ostarine although it has a few more side effects.

Users can expect an increase in vascularity, hardness, muscle mass, and strength.

It is a more mild androgen for sure and comes with less strength and power than the other prohormones.

Side Effects:

Users should make sure to look out for

- Liver stress
- Kidney stress
- Testosterone suppression
- Aggression
- Acne
- Hair Loss
- Skewed Lipids
- Joint Pain (mild pain)

Dosing/How to Use:

Typically I would use this for around 4-8 weeks no more or less

I would dose along this guidelines

- 25-35 mg beginners
- 35-45 mg regular dosing
- 50mg and up advanced dosing.

I would typically use this about an hour before a workout. This must be used regularly; it does not have enough power to just be used 1-2 times a week pre workout.

Hair Skin Nails Blend

Link: <https://aminoasylum.shop/product/hair-skin-nails-blend/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

This blend per ML features

- 50mg Niacinamide
- 50mg Thiamine HCL
- 25mg Pantothenic Acid
- 10mg Choline
- 10mg Inositol
- 5mg Niacin
- 100mcg Biotin
- 100mcg Folic Acid
- 100mcg Riboflavin

It is designed to boost hair skin and nail health.

Benefits

This is one of the most unique products that is offered by Amino Asylum. If you are someone who may be aging and struggling with not having the same quality you had when you were in your 20s then this could be helpful.

When you use this product consistently you will notice a few things. Your hair will not only grow thicker, but it will grow insanely fast.

Side Effects:

The most common side effect with this compound is that you can run into potentially some PIP. Also you should monitor your vitamin levels on this and make sure you are not getting too much of each.

Dosing/How to Use:

I like .5mls three times per week. Again you can go up or down with those dosages but you really want to make sure you are not overdoing it as too much of some of these can be problematic.

Building Blocks Blend

Link:

<https://aminoasylum.shop/product/building-blocks-blend-20-ml/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Building Blocks Blend features 40mg of BCAAs at a 2:1:1 ratio.

BCAAs are key players in providing building blocks in the muscle building process.

While orally they are effective, injecting them takes it to a whole new level.

Benefits

The benefits of this blend are as follows

- More optimal muscle building
- More optimal muscle recovery from the gym
- Better Pumps in the gym
- Better Energy

I always have noticed that when I use this product I just feel better. My pumps are battery, mentally I feel much better, and my recovery is always much faster post gym.

Side Effects:

Some may face slight post injection pain.

Dosing/How to Use:

Typically I pin an ml of this IM in a post workout setting about an hour or so after working out to drive post workout recovery.

Acetyl D Glucosamine

Link: <https://aminoasylum.shop/product/acetyl-d-glucosamine/>

Code: Biohack

What Is It?

Acetyl-D-glucosamine is a monosaccharide and a derivative of glucose. It plays a crucial role in various biological processes, including the formation of glycosaminoglycans, which are essential components of connective tissues such as cartilage.

Acetyl-D-glucosamine functions as a precursor to glycosaminoglycans, which are integral to the structure and function of joints and connective tissues. By contributing to the synthesis of these molecules, Acetyl-D-glucosamine supports joint health and may aid in the maintenance of cartilage integrity. This can be particularly relevant for bodybuilders who subject their joints to intense physical stress during weightlifting and resistance training.

Benefits

Bodybuilders are turning to Acetyl-D-glucosamine for its potential in promoting joint health and addressing the wear and tear associated with rigorous training. By supporting the structure of connective tissues, it may contribute to enhanced joint flexibility and reduce the risk of injury, enabling athletes to sustain their training regimens more effectively.

Side Effects:

While not many major side effects it is worth noting that Glucosamine is genuinely well tolerated. Some injection pain, GI stress, and other minor side effects may occur. Be cautious if you have shellfish allergies cause it is derived from there.

Dosing/How to Use:

I typically use it in injury prevention protocol or an injury healing protocol. As a background maintenance player for stronger joints and tendons I like to use around 50-100 mg per day everyday. Sometimes I will pin close to certain areas I know have joint issues.

To repair an injury I would typically do a few weeks at a higher dosage of 150-225mg.

Epiandrosterone (No longer sold)

What Is It?

Epiandro is a metabolite of DHT That was first isolated in 1931

Benefits

While not insanely powerful it can improve muscle mass, muscle hardness, and give the user a minor cosmetic boost.

Side Effects:

Side effects from this are liver stress, kidney stress, acne, hair loss, and possible dyslipidemia. It will also suppress your testosterone

Dosing/How to Use:

I recommend dosing it 25mg a day potentially titrating up to 50mg if you need more for around 6-8 weeks for a cycle.

Make sure to have a testosterone base when using it.

Joint Support

Link: <https://aminoasylum.shop/product/joint-support/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Joint Support is one of the most powerful joint boosting supplements and one of the first injectable ones ever. It will truly give you steel joints that can withstand the intensity that comes with lifting weights

It features per ml

100mg of NAC

100mg Proline

50mg Histidine

50mg Glycine

50mg Lysine

25mg Valine

25mg BCAA

This is truly one of the greatest joint and body protective blends ever made.

Benefits

Benefits of this include

- Improved strength
- Less Injuries
- Improved Recovery and Muscle Growth
- Stronger Joints
- Improved Joint mobility

Side Effects:

Some users do get some post injection pain when using this but other than that the ingredient profile is amazingly clean.

Dosing/How to Use:

With this you can start at around .5ml and work up to a full ml if needed.

Some users pin this bilaterally into the muscle they are training or if they are going for a bench PR will pin near their shoulders to help improve joint strength locally. While I have not confirmed that this is more effective, some swear by it.

Many people use this as a daily supplement or as part of an injury recovery course with BPC-157 and TB500 it plugs in super well with them to help not only play a preventative role for injuries, but help to heal them also .

Relax Blend AM

Link: <https://aminoasylum.shop/product/relax-blend-am/ref/60/?v=0b3b97fa6688>

Code: Biohack

What Is It?

Relax Blend AM features per ml

GABA 100mg
Arginine 100 mg
Magnesium Glycinate 100mg
Theanine 50mg
Taurine 50mg
Glutamine 25mg

This blend provides amazing relaxation, but not too much to the point of where you will be walking around asleep all day.

It also can act as an amazing morning recovery aid. Whether it be a night of drinking or a hard workout, relaxation can be used effectively to help cure your worst days. Mentally and Physically you will feel rejuvenated.,

Benefits

There are tons of benefits to discuss when talking about this product. Like I said above both mentally and physically you will feel refreshed and rejuvenated.

It has ingredients like Taurine and Glutamine which have been shown to help recover the body physically.

And then nootropics like Theanine and GABA to help clear your racing mind in the morning.

The biggest benefits are relaxation and recovery. Especially if you have a racing mind. You can also use this before a job interview or a date to help calm yourself down.

Side Effects:

Some may feel lethargic when using this. You also must pay attention to what other drugs and nootropics you are taking when using this so you do not get any unfavorable reactions.

Dosing/How to Use:

There are a lot of ways to use this product.

You can pair it with your morning cup of coffee in the morning to relieve some jitters and anxiety.

It can be used as a general anxiety supplement during the day as it should not cause excessive drowsiness.

It can also be used before something like a first date, job interview, or just stressful situation to help you mentally perform your best.

I really like starting with just a .25ml IM this product is super potent so be careful not to use too much and knock yourself out. From there I worked up to a full ml. I found my sweet spot is likely .5-.75ml I am relaxed, but not overly sedated.

NAC (injectable)

Link: <https://aminoasylum.shop/product/nac/ref/60/?v=0b3b97fa6688>

Code: Biohack

What is It?

N-Acetylcysteine, commonly known as NAC, is a powerful antioxidant and precursor to glutathione, a key cellular antioxidant. Widely recognized for its therapeutic potential, NAC has demonstrated a range of benefits that extend beyond its traditional use as a mucolytic agent

NAC exerts its effects through several mechanisms:

Glutathione Synthesis:NAC is a precursor to glutathione, a tripeptide that plays a crucial role in cellular defense against oxidative stress.

Antioxidant Activity:As an antioxidant, NAC directly scavenges free radicals, protecting cells from oxidative damage.

Mucus Thinning:In the respiratory tract, NAC helps thin and break down mucus, making it easier to clear and improving respiratory function.

Modulation of Inflammatory Pathways:NAC has anti-inflammatory properties, modulating various inflammatory pathways and contributing to its broad range of benefits.

Benefits

Antioxidant Properties: NAC is a potent antioxidant that helps neutralize free radicals in the body. It promotes cellular health by protecting cells from oxidative stress and damage.

Glutathione Precursor:NAC plays a crucial role in the synthesis of glutathione, a master antioxidant. Increased glutathione levels support detoxification processes and enhance the body's ability to combat oxidative stress.

Respiratory Health:Traditionally used to break down mucus in the respiratory tract, NAC is beneficial for individuals with conditions like chronic bronchitis, asthma, and cystic fibrosis. It can help reduce symptoms and improve lung function.

Liver Support:NAC has hepatoprotective properties and is used to support liver health. It aids in detoxification processes and has been studied for its potential to prevent liver damage caused by acetaminophen overdose.

Mental Health:Research suggests that NAC may have neuroprotective effects and could be beneficial for mental health conditions such as depression, bipolar disorder, and obsessive-compulsive disorder (OCD).

Cardiovascular Health:NAC may contribute to cardiovascular health by promoting blood vessel function, reducing inflammation, and improving endothelial function.

Antiviral Properties:Some studies indicate that NAC may have antiviral properties, making it a subject of interest for its potential role in viral infections.

Cystic Fibrosis:NAC is used as a therapeutic adjunct in cystic fibrosis, where it helps thin mucus and improve respiratory function.

Heavy Metal Detoxification:As a precursor to glutathione, NAC supports the detoxification of heavy metals, aiding in the removal of toxic substances from the body.

Glucose Regulation:Preliminary studies suggest that NAC may have a role in improving insulin sensitivity and regulating blood glucose levels.

Side Effects

Gastrointestinal Distress:Upset stomach, nausea, or diarrhea may occur, especially at higher doses.

Allergic Reactions:Some individuals may be allergic to NAC, leading to rash, itching, or swelling.

Insulin Sensitivity:In some cases, NAC may affect insulin sensitivity, and individuals with diabetes should monitor their blood sugar levels closely.

Interaction with Nitroglycerin:NAC may potentiate the effects of nitroglycerin, and caution is advised for individuals using nitroglycerin medications.

Dosing/How to Use it

For me with the injectable NAC I like to save it for special occasions for when my body is under a lot of stress. If I am in one of these higher stress periods whether it be on a cycle or using more nootropics, I like to use about a half ml of this NAC everyday in the morning. I find it has some super positive effects on my blood markers when I do this especially on my liver and kidney markers.

During low stress times I like 25mg or so every few days or so.

I also will pin this if I ever feel myself starting to get sick. I will pin 2 mls twice on the first day I feel symptoms and continue pinning 2ml until I feel better which then I go back to my 1ml dosing.

Retatrutide

Link: <https://aminoasylum.shop/product/retatru/ref/60/?v=0b3b97fa6688>

Code: Biohack

What is It?

Semaglutide is likely the least powerful GLP-1 agonist

Tirzepatide is more effective.

Retatrutide a triple hormone receptor agonist works through three different pathways

It agonizes the glucose dependent insulinotropic polypeptide, Glucagon like peptide 1, and the glucagon receptors.

Benefits

Essentially this compound mimics GLP and GIP like tirzepatide but also mimics glucagon, making its effects on appetite suppression, weight loss, and blood sugar even more effective.

It is likely the most effective GLP-1 agonist offered on the amino asylum website and has some inane effects.

Now with the mechanism of action it works through it will burn fat through three different vectors. The agonism of the glucagon receptor is also crucial when it comes to increasing energy and energy expenditure so the lethargy that is oftentimes found with something like Semaglutide is not present.

Despite the suppressant effects not being that strong it definitely is the most powerful fat burner of the three.

Side Effects

The side effects seen with tirzepatide and semaglutide are the same as retatrutide. Some people get GI distress from this and other side effects like nausea but it is much less side effect ridden than the other options.

The one thing I will note is that it does not suppress hunger as much as semaglutide does.

Dosing/How to Use it

For all my GLP-1s I like to inject them multiple times a week. For this I start at 250 mcg per twice per week (low yes but remember you are not an obese population per say. From there I

would go up to 500 mcg twice per week and then 1mg twice per week. The studies go up to 12 mg but you will likely not need this.

Tirzep

Link: <https://aminoasylum.shop/product/tirzep/ref/60/?v=0b3b97fa6688>

Code: Biohack

What is It?

Tirzepaptide is another member of the GLP agonist family that essentially is like an upgraded version of semaglutide. It has all the similar benefits of semaglutide with the difference being that it is stronger and a bit more effective.

This medication is a dual glucose-dependent insulintropic polypeptide (GIP) and GLP-1 receptor agonist. It has a unique dual mechanism of action, addressing both GLP-1 and GIP pathways.

Benefits

Benefits of tirzepptide are very similar to semaglutide.

Due to tirzepptide working through the GIP and GLP receptors it offers a more comprehensive benefit profile and is more effective.

The GIP mechanism of action allows for more effectiveness and less side effects like nausea from the standard singular GLP-1 agonism.

Side Effects

The side effect profiles of tirzepptide and semaglutide are generally similar and may include gastrointestinal symptoms like nausea and diarrhea. The incidence and severity of side effects can vary among individuals.

Dosing/How to Use it

Tirzeppatide dosing typically starts at 2.5-5mg and is worked up slowly to 15mg. But remember this is for obese populations. Most people are fine at 500mcg twice per week to start and then can work up accordingly.

It is administered as a once per week subq shot.

Sema

Link: <https://aminoasylum.shop/product/semaglutide-5mg/ref/60/?v=0b3b97fa6688>

Code: Biohack

What is It?

Semaglutide, a glucagon-like peptide-1 (GLP-1) receptor agonist, has emerged as a significant player in the management of type 2 diabetes mellitus. It also has emerged as a new anti obesity drug.

Semaglutide: Mechanism of Action

Semaglutide operates through a multifaceted mechanism of action centered around the activation of GLP-1 receptors. GLP-1 is a naturally occurring hormone that regulates glucose metabolism, insulin secretion, and appetite.

GLP-1 Receptor Activation: Semaglutide mimics the effects of GLP-1 by binding to its receptors. This activation stimulates insulin release from pancreatic beta cells in a glucose-dependent manner.

Inhibition of Glucagon Secretion: GLP-1 receptor activation by semaglutide inhibits the release of glucagon, a hormone that raises blood sugar levels. This inhibition contributes to lower blood glucose levels.

Delayed Gastric Emptying: Semaglutide slows down the emptying of the stomach, leading to a gradual release of nutrients into the bloodstream. This effect helps in controlling postprandial (after-meal) glucose levels.

Central Nervous System Effects: GLP-1 receptors are present in the central nervous system, and their activation by semaglutide may contribute to appetite suppression and satiety, leading to potential weight loss.

Benefits

Benefits of Semaglutide:

Improved Glycemic Control:Semaglutide significantly improves glycemic control by reducing fasting and postprandial blood glucose levels, helping patients achieve target HbA1c levels.

Weight Loss:Semaglutide is associated with weight loss, making it a valuable option for individuals with obesity and diabetes. The appetite-suppressant effects contribute to this benefit.

Cardiovascular Protection:Studies have indicated potential cardiovascular benefits, with semaglutide showing a reduction in major cardiovascular events in high-risk patients.

Blood Pressure Regulation:Semaglutide has been linked to improvements in blood pressure levels, contributing to its cardiovascular protective effects.

Preservation of Beta-Cell Function:By promoting glucose-dependent insulin secretion, semaglutide supports and preserves beta-cell function in the pancreas.

Renal Benefits:Preliminary research suggests potential renal benefits, including a reduction in albuminuria, an early indicator of kidney damage.

Flexible Administration:Semaglutide is available in various formulations, including a once-weekly injectable option, providing flexibility and convenience for patients.

Potential Neuroprotective Effects:Emerging research hints at a possible link between GLP-1 receptor agonists like semaglutide and neuroprotective effects, offering potential benefits for neurological health.

Side Effects

Gastrointestinal Distress:Common side effects include nausea, vomiting, and diarrhea. These symptoms often subside over time.

Hypoglycemia:Semaglutide, when used in combination with other diabetes medications, may increase the risk of hypoglycemia (low blood sugar).

Injection Site Reactions:Some individuals may experience mild reactions at the injection site, such as redness or swelling.

Pancreatitis:Though rare, there have been reports of pancreatitis, a potentially serious inflammation of the pancreas, associated with GLP-1 receptor agonists.

Thyroid Tumors: Studies in rodents have shown an increased risk of thyroid tumors, but the relevance of this finding to humans is unclear.

As the initial GLP-1 agonist developed or one of the first I should say it does come with a lot of side effects, but I will note it does suppress appetite likely the best.

Dosing/How to Use it

Semaglutide dosing typically starts at about .25mg in a once per week subq shot for a few weeks. As the weeks go on you can slowly raise your dosage up to around 2mg still only pinning once per week.

Life Support

Link: <https://aminoasylum.shop/product/life-support/ref/60/?v=0b3b97fa6688>

Code: Biohack

What is It?

Life support per ml offers

- 25mg Choline
- 50mg Glycine
- 100mg NAC
- 100mg Glutathione
- 25mg Taurine
- 25mg Glutamine

This is truly an amazing product for your health. During the cold and sick season it is a must to have on hand.

Also after a period of stress like post cycle running this for a few weeks will bring some amazing results!

What's great about this is that it optimizes every single function in your body from your heart to your brain to kidney to your liver to your gut everything will improve on this.

Benefits

Benefits include

- Decreased Inflammation
- Decreased Anxiety
- Improved organ function

- Decreased liver and kidney stress
- Better Pumps in the gym
- Better recovery
- Better sleep
- Better focus
- Better gut health

Side Effects

Be careful of injection pain as some of these like glutathione can cause pip.

I also recommend not overdoing this because it is a very strong formula. As a rule of thumb I try not to pin glutathione more than once a week unless my body is under a lot of stress.

I do this so my body does not slow down its own production of glutathione.

Dosing/How to Use it

Due to choline I use this in the morning as it can be stimulating.

I use this in a few different ways. During normal parts of the year I pin this once per week 1ml IM in the morning.

If I am coming off of a cycle or feel a cold coming on I will dose it more aggressively.

For colds and flues

- Pin 1ml the morning you feel symptoms
- Pin another half ml later in the day
- Pin .5ml the following days till symptoms clear up

Post Cycle Setting

- 1ml pinned 3 times per week for 4 weeks following cycle

SLU-PP-332

Link: <https://aminoasylum.shop/product/slu-pp-332/ref/60/?v=0b3b97fa6688>

Code biohack

What Is It

SLU-PP-332 is a compound that is a selective estrogen related receptor agonist. It acts strongest on the ERRA.

This compound is currently being designed to help treat certain metabolic syndromes.

Meaning it can be a potential fat burning option.

Benefits

1. Improved Mitochondrial Function
2. Improved Endurance and Muscular Endurance allowing for better cardio sessions and better
3. Ameliorates Heart Failure via [Enhancing Cardiac Fatty Acid Metabolism](#)
4. Increased Energy Expenditure and improved fat metabolism.
5. May be a treatment for Type 2 Diabetes
6. May be a treatment for nonalcoholic fatty liver disease.
7. Protective for [Kidney Health and Function](#)
8. [Boosted Muscle Activity in Mice](#)
9. Improved energy levels, while not a nootropic you will definitely notice an increase in your energy levels and output.
10. [Cardiac Protective](#)
11. [Helps to promote immune system function](#)
12. [Decreases Inflammation](#)

Side Effects

This compound is very new so it is impossible to give a full side effect profile, but what I will say is that based on the current data we have it does not carry with it too many side effects. Some guys have gotten estrogen-like side effects with it, insomnia, and some lethargy in really high doses.

Dosing/How To Use It

The dosing on this is very controversial. Now here is where it gets weird. Some people can handle a very high dosage of this compound like 20-30mg. Some people can not handle over 1mg. I would say start low and work up slowly.

Beginner Dosing: 100-250 mcg pre fasted cardio

Intermediate Dosing: 250mcg-500mcg

Advanced Dosing: 500mcg-1mg

Now again you can go up higher than people have but some people have had side effects at these higher dosages and we still do not know enough about it!!

Dream Catcher Nasal Spray

Link: <https://aminoasylum.shop/product/dream-catcher-spray/ref/60/?v=0b3b97fa6688>

Code biohack

What Is It

Dream Catcher is a nasal peptide that you can use to help greatly improve your sleep.

Dream catcher finishes Delta Sleep Inducing Peptide, Melatonin, and GABA.

This combination can greatly improve your overall sleep quality and help you get to sleep which is going to be essential.

Delta Sleep Inducing Peptide is a peptide that has been shown to have a multitude of benefits in terms of

- Cardiac Health
- Hormones
- Anti Carcinogenic Properties
- Improving Deep Sleep
- Aiding in Certain Addictions

While the evidence on it is still coming out there are tons of benefits both health wise, hormone wise, and sleep wise. I have noticed much better deep sleep when using this peptide.

Melatonin and Gaba are also two great sleep aids that can help you to relax and help you get some proper sleep.

Melatonin and GABA have both been shown to greatly help improve sleep and relaxation.

This formula is perfect for helping you get to sleep and helping you stay asleep.

I noticed on my aura ring a dramatic increase in my deep sleep when using this product. It also helped to relax me and get me to sleep much quicker.

Benefits

The benefits of this are as follows

- Better Quality Sleep (more deep sleep)
- Increased Relaxation
- Better Energy the Next Day

Side Effects

Side Effects are as follows

- If you use too much you may notice some morning grogginess, but by using a lesser dosage you can not run into this side effect.
- I also get some slight nasal burn from this product

Dosing/How To Use It

I like this product in two ways

1. Before a Nap

When using before a nap I use a lower dosage of 1-2 sprays. This is because I do not need the full dose because my nap is in the middle of the day. This dosage leaves me feeling super well rested and not groggy at all the next day.

2. Before Sleep

Here I use a much higher dosage because I am going to use it before bed. Typically I use 2-4 sprays depending on how tired or not tired I feel. This is of course important because when using before bed the higher dose will better benefit your sleep. For me anything past 4 sprays (2 in each nostrils) leaves me feeling tired and groggy in the morning so I leave it at that dose. I like to use this about 15-20 minutes before bed.

FIADRAFINIL (CRL-40491)

Link: <https://aminoasylum.shop/product/crl-40491-fladrafinil/ref/60/?v=0b3b97fa6688>

Code biohack

What Is It

FI-Adrafinil is a compound that is similar to Modafinil. It is related in the sense that it is the same as Adrafinil the modafinil prodrug, but it has with it a 4-fluoro phenyl ring substituted derivative of adrafinil. This is supposed to make the compound much more effective than the standard adrafinil.

Benefits

The benefits are of course similar to adrafinil and modafinil. This compound is great for wakefulness and focus.

Modafinil is one of the best nootropics in its ability to improve cognitive enhancement and wakefulness allowing for the user to work for longer and more efficiently, and FL-Adrafinil works very similar to this

Really anybody can benefit from this compound, those looking for more verbal fluency, better memory, being able to work more without getting tired, etc the list goes on and on.

Side Effects

Some people when using this do have a bit of a crash the next day where they become super tired and irritable.

This compound can of course also cause insomnia and keep the user awake late at night, so make sure to only use it first thing in the morning.

It can also cause some aggression in those who use it.

Dosing/How To Use It

I like to use about 50mg per day with a choline source to reduce risk of headaches. I like to stack it with other nootropics like noopept and piracetam to boost its effectiveness.

If you are new to using the compound then you can start with only 25mg and work your way up slowly. I also recommend only using this 2-3 times per week. As any more could lead to you gaining a slight dependence on it.

Ultra Instinct

Link: <https://aminoasylum.shop/product/ultra-instinct/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It?

This product is an injectable amino blend with the following ingredients. (Per ML)

- CHOLINE CHLORIDE 4g
- CARNOSINE 4g
- ATP 800mg
- AMP 100mg

This product is the ultimate performance based injectable amino acid designed to give you some of the best performance based pre workouts of your life.

Benefits

This product almost serves as stampede 2.0. It also features ATP and AMP which are key ingredients for both energy and muscular endurance.

In addition to that it has carnosine which when injected works as an amazing lactic acid buffer. Meaning that you are going to have more atp and a lactic acid buffer in place to help create the ultimate blend to help you crank out more reps in the gym.

Finally they added Choline Chloride which is great for pumps and at helping to establish that ever important mind to muscle connection.

All together these ingredients really can give you an amazing workout and stack perfect with really any pre workout.

Side Effects

This compound has fairly benign ingredients. Some people get slight shortness of breath when injecting AMP but this did not happen to me.

There is some PIP when using this product but for the most part it is a very smooth ride as both choline and carnosine are not hard on the body at all.

Dosing/How to Use

Personally I love to stack this product with the mass monster before a workout and see the benefits.

I will use .5ml-1.5ml pinned about 30 minutes before a workout.

This product really shines with its ability to promote energy and muscular endurance. It won't make you crazy strong, but it will help with getting you more reps out of your set.

It really depends on the day but some days I like to pin more if it is a more intensive day. I also will sometimes use this before an athletic event like mountain biking.

It also gives a great nootropic effect for days that you feel like you are lagging and a bit slow.

S-23 Injectable

Link: <https://aminoasylum.shop/product/s23-sterile-oil-10ml-25mg-ml/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

This is the classic sarm s23 as an injectable. Need I say more? Anytime a sarm becomes injectable the strength goes way up and this one is already insane as an oral. Definitely only use it if you are in a cut as it will make you become insanely dense and hard some guys even go flat on it. Also be ready for some side effects as this guy is no joke

Benefits

The benefits of S23 are very similar to its oral counterpart just more pronounced

- Increased Vascularity
- Increased Strength
- Increased Aggression
- Increased muscle mass

This thing is no joke! It is insanely strong and if you use it right it can give some insane changes to your physique.

Side Effects

Now for the side effects which this bad boy definitely has.

- Infertility (s23 was designed to be a male contraceptive) use a test base
- Skewed Lipids
- Increased Anger
- Hair Loss
- Acne
- Insomnia
- It will flatten out your physique if you are not careful
- Joint Issue increased risk of injury

Dosage/How To Use

Beginner: 5-10mg ED or EOD (I would pin about 45 minutes pre training)

Intermediate: 15mg ED or EOD (I would pin about 45 minutes pre training)

Advanced: 20mg+ (I would pin about 45 minutes pre training)

Tesamorelin

Link: <https://aminoasylum.shop/product/tesamorelin/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

Tesamorelin is a synthetic peptide analog of **growth hormone-releasing hormone (GHRH)** that stimulates the pituitary gland to release **growth hormone (GH)**. It is FDA-approved for reducing **excess visceral fat** in individuals with **HIV-associated lipodystrophy** but has also gained interest in the bodybuilding and anti-aging communities for its effects on **fat loss, muscle preservation, and cognitive benefits**.

How Tesamorelin Works in the Body

Tesamorelin functions by **mimicking natural GHRH**, binding to GHRH receptors in the anterior **pituitary gland** and stimulating the secretion of **endogenous GH**. This leads to increased production of **insulin-like growth factor 1 (IGF-1)**, which plays a critical role in **fat metabolism, muscle growth, and overall cellular repair**.

Unlike direct **GH injections**, Tesamorelin preserves the body's **natural feedback mechanisms**, making it less likely to **suppress natural HGH production** over time.

Benefits

The benefits are as follows. I will say Tesamorelin does shine for its ability to help the user lose body fat, and will of course help to raise HGH levels as all secretagogues do.

Benefits of Tesamorelin

1. **Reduction of Visceral Fat**
 - Proven to **significantly reduce abdominal fat**, especially in HIV-associated lipodystrophy.
 - Potential application for **general weight loss and body recomposition**.
2. **Muscle Preservation & Growth**
 - Helps **maintain lean muscle mass** while cutting fat.
 - Unlike other GH secretagogues, it has **minimal impact on insulin resistance**.
3. **Cognitive and Neurological Benefits**
 - **GH and IGF-1** play roles in **neuroprotection, memory enhancement, and cognitive function**.
 - May support **brain aging prevention** and reduce cognitive decline.
4. **Improved Sleep and Recovery**
 - GH pulses contribute to **better sleep quality** and **faster recovery from training**.

5. Improved Hair and Skin

- Anytime GH goes up you will also see an improvement in hair and skin health and how fast they grow.

Side Effects

Side Effects of Tesamorelin

- **Nausea & Gastrointestinal Issues** – Mild stomach discomfort in some cases.
- **Redness or Irritation at Injection Site** – Typical with peptide injections.
- **Possible Insulin Resistance** – Though less than GH, prolonged high doses might affect glucose metabolism.

Dosage/How To Use

Beginner Dosing: 500mcg per day

Intermediate Dosing: 1mg Per Day

Advanced Dosing: 2mg+ (this is what was used in the studies while good it becomes very expensive)

Amlexanox

Link: <https://aminoasylum.shop/product/amlexanox/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

What is Amlexanox?

Amlexanox is an anti-inflammatory and immune-modulating compound originally developed to treat **aphthous ulcers (canker sores)**. However, it has gained interest for its role in **metabolic health, obesity reduction, and insulin sensitivity improvement**. Research suggests it works as an inhibitor of **IKK-ε (IκB kinase epsilon)** and **TBK1 (TANK-binding kinase 1)**, which are key regulators of inflammation and metabolic dysfunction.

How Amlexanox Works in the Body

Amlexanox inhibits **IKK-ε and TBK1**, enzymes that promote **chronic inflammation and metabolic dysregulation**. These enzymes are **overactive in obesity**, leading to **insulin resistance and reduced energy expenditure**. By blocking them, amlexanox enhances **insulin sensitivity, reduces fat accumulation, and boosts thermogenesis (energy burning)**.

Key Mechanisms:

1. **Inhibits IKK-ε and TBK1 → Reduces chronic inflammation and metabolic dysfunction.**
2. **Increases Energy Expenditure → Enhances fat burning and thermogenesis.**
3. **Improves Insulin Sensitivity → Reduces blood sugar levels and supports glucose regulation.**
4. **Reduces Fat Accumulation → Particularly in liver and adipose tissue.**

Benefits

Benefits of Amlexanox

1. **Enhances Insulin Sensitivity**
 - Improves **glucose uptake** in muscle and fat cells.
 - Reduces **fasting blood sugar and HbA1c levels**.
 - Potential therapeutic application for **type 2 diabetes**.
2. **Promotes Fat Loss**
 - Stimulates **thermogenesis** and enhances **fat metabolism**.
 - Effective at reducing **visceral fat and liver fat**.
3. **Reduces Chronic Inflammation**
 - Suppresses **pro-inflammatory cytokines**, leading to **lower systemic inflammation**.
 - May benefit those with **obesity-related inflammation**.
4. **Potential Cognitive and Neuroprotective Benefits**
 - Chronic inflammation is linked to **cognitive decline**.
 - Amlexanox may have **anti-neuroinflammatory properties** that help brain function.
5. **Possible Benefits for Fatty Liver Disease (NAFLD/NASH)**
 - Reduces **hepatic fat accumulation**, improving **liver health**.
6. **Anti-Allergic and Anti-Inflammatory Properties**
 - Originally used for treating **asthma and allergic reactions**.

Side Effects

Side Effects of Amlexanox

- **Gastrointestinal Issues** – Nausea, diarrhea, or mild stomach discomfort.

- **Mild Drowsiness or Dizziness** – Reported in some users.
- **Allergic Reactions (Rare)** – Rash or hypersensitivity in a small percentage of people.
- **Increased Body Temperature** – Due to thermogenic effects.
- **Potential Alterations in Appetite** – Some users report **decreased hunger**.

Dosage/How To Use

Deploy during cuts of course due to the fat burning effects of it potentially

Beginner Dosing: 10mg Per Day

Intermediate Dosing: 20mg Per Day

Advanced Dosing: 25mg+

[Good Paper to Read on this novel compound](#)

5-Amino-1MQ Peptide

Link: <https://aminoasylum.shop/product/5-amino-1mq/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

This is the injectable version (yes it has to be reconstituted of the popular oral compound) The oral compound only has bioavailability of about 38%

5-Amino-1MQ is a small molecule that **inhibits nicotinamide N-methyltransferase (NNMT)**, an enzyme involved in **fat metabolism and energy expenditure**. NNMT is **overexpressed in obesity and metabolic dysfunction**, making it a target for **fat loss, increased energy production, and improved glucose metabolism**.

Research suggests that **blocking NNMT enhances NAD⁺ availability**, which can improve **mitochondrial function, insulin sensitivity, and cellular repair processes**.

How 5-Amino-1MQ Works in the Body

1. **Inhibits NNMT (Nicotinamide N-Methyltransferase)**
 - NNMT plays a role in **fat storage and metabolic slowdown**.
 - **Blocking NNMT increases cellular NAD⁺ levels**, leading to **enhanced metabolism**.
2. **Enhances Energy Expenditure**
 - Increased **NAD⁺ levels activate AMPK**, promoting **fat oxidation**.
 - Boosts **ATP production**, leading to higher **cellular energy levels**.
3. **Reduces Fat Accumulation**

- NNMT inhibition leads to **lower white fat storage**.
- Improves **brown adipose tissue activity**, increasing **thermogenesis**.
- 4. **Improves Insulin Sensitivity & Glucose Control**
 - Higher NAD+ levels enhance **glucose uptake**.
 - May help prevent **insulin resistance**.
- 5. **Supports Muscle Preservation & Growth**
 - Prevents **muscle loss during calorie deficits**.
 - May **increase endurance and recovery**.

How does it compare to the Oral?

To be honest I like the injectable version much better. I get more of a stimulatory effect albeit a clean stimulatory effect never like my heart is gonna jump out of my chest, and I sweat way more with the injectable. For me 2mg or so feels pretty on par with about 200-250 mg of the oral but it is hard to compare. I do keep the oral on hand for days I do not want to pin it.

Benefits

Benefits of 5-Amino-1MQ

1. **Accelerated Fat Loss**
 - **Targets white adipose tissue**, reducing stored fat.
 - Promotes **greater energy expenditure** even at rest.
2. **Improved Mitochondrial Function**
 - Higher **NAD+ availability** supports **healthy aging and cellular repair**.
 - May **enhance cognitive function and longevity**.
3. **Enhanced Insulin Sensitivity**
 - **Lowers blood glucose levels** and reduces risk of **diabetes**.
 - Works synergistically with **Berberine, Metformin, and GLP-1 agonists**.
4. **Increased Energy & Endurance**
 - Higher ATP production leads to **better stamina and physical performance**.
5. **Muscle Preservation During Fat Loss**
 - Prevents **muscle degradation while cutting calories**.
 - Can be combined with **L-Carnitine, SLU, etc really anything**
6. **Improved Cognitive Function**
 - Similar to how I am on NAD my brain definitely works better on this compound
 - I also get a good boost in mood.
7. **Anti Aging**
 - Since it is raising your NAD+ levels you will get some mild anti aging effects for sure when used regularly.

Side Effects

Side Effects of 5-Amino-1MQ

- **Mild Nausea or Digestive Discomfort** – Rare but possible.
- **Increased Body Temperature** – Due to enhanced **thermogenesis**.
- **Possible Mild Jitters or Restlessness** – If energy levels rise too quickly.
- **Potential Mild Hypoglycemia** – Increased insulin sensitivity could lead to **lower blood sugar**.
- Lack of Long term data
- Red coloring can and will stain things!
- Expensive

Dosage/How To Use

Now I have not noticed any pip with this at all but I still use it IM only.

Start a low dosage and see how you respond somewhere in the ballpark of 300-500 mcg.

If you do well with that you can bump up to 2-5mg per day. To be fully honest I have pinned full vials (10mg) and was fine. But that is me.

I like to pin it first thing in the morning with my other fat burning supplements, pre fasted cardio and man the sweating is insane.

Beginner (Testing Your Tolerance): 300-500 mcg per day 30-45 minutes pre fasted cardio

Intermediate: 1-3 mg

Advanced: 4mg+ (to be honest you can take this pretty high but I would not go past 20mg per day)

Epitalon

Link: <https://aminoasylum.shop/product/epithalon/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

Epitalon (also spelled Epithalon) is a **synthetic tetrapeptide** derived from **Epithalamin**, a natural peptide produced in the pineal gland. It has been extensively researched for its role in **telomere lengthening, anti-aging, and longevity**.

Epitalon primarily works by **activating telomerase**, an enzyme responsible for **maintaining and extending telomeres**, which are the protective caps at the ends of chromosomes. As telomeres shorten with age, cellular function declines, leading to **aging and age-related diseases**. Epitalon has been shown to **slow down this process, improve DNA stability, and enhance longevity**.

How Epitalon Works in the Body

1. **Activates Telomerase**
 - Telomerase is the enzyme that **repairs and extends telomeres**.
 - Longer telomeres are associated with **slower aging and increased lifespan**.
2. **Regulates Melatonin Production**
 - Enhances **pineal gland function**, leading to **better circadian rhythm and sleep quality**.
 - Increases **natural melatonin secretion**, improving **hormonal balance and immune function**.
3. **Supports DNA Repair and Cellular Function**
 - Reduces **oxidative stress** and protects against **DNA damage**.
 - Enhances **mitochondrial efficiency** and energy production.
4. **Enhances Immune Function**
 - Stimulates **T-cell activity**, improving immune defense against infections and diseases.
 - May reduce **inflammation and age-related immune decline**.

Benefits

Benefits of Epitalon

1. **Anti-Aging & Longevity**
 - Increases **telomere length**, slowing the aging process.
 - May **extend lifespan** by enhancing **cellular repair mechanisms**.
2. **Improved Sleep & Circadian Rhythm Regulation**
 - Restores **pineal gland function** for better **melatonin production**.
 - Enhances **deep sleep quality and REM cycles**.
3. **Increased Mitochondrial Function**
 - Boosts **ATP production**, leading to **higher energy levels**.
 - Reduces **fatigue and cognitive decline**.
4. **Enhanced Immune System**
 - Strengthens **immune response**, reducing susceptibility to illness.
 - Protects against **age-related immune dysfunction**.
5. **Neuroprotection & Cognitive Enhancement**
 - May support **memory retention, learning, and focus**.
 - Reduces **neuroinflammation and oxidative damage** in the brain.

Side Effects

Side Effects of Epitalon

Epitalon is **well-tolerated**, with minimal reported side effects. However, potential issues include:

- **Mild Headaches** – Due to hormonal modulation.
- **Temporary Sleep Disturbances** – Until the circadian rhythm is reset.
- **Injection Site Reactions** – Minor irritation or redness from subcutaneous injections.
- **Correction of Broken Telomeres:** There is a fear that by elongating damaged Telomeres it may contribute to things like cancer.

Dosage/How To Use

Sleep: If your goal is simply to sleep better with it I would use around 300-500 mcg pre bed by about an hour or two

Telmore Elongation

Here are common protocols for Epitalon for Telomere Elongation. Typically these should be done twice per year

- 5mg per day for 20 days
- 10mg for 10 days
- 100mcg for 30 days

There is much debate because it was translated from russian, but I typically do 300mcg pre bed for two weeks or so then take a break.

GHK-Cu

Link: <https://aminoasylum.shop/product/ghk-cu/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

GHK-Cu (Glycyl-L-histidyl-L-lysine copper) is a naturally occurring peptide that binds to copper ions, forming a complex known for its regenerative and healing properties. It was first discovered in human plasma and has since been recognized for its various roles in tissue repair, inflammation reduction, and anti-aging. The peptide's ability to promote skin and tissue regeneration has made it popular in both medical and cosmetic settings.

How GHK-Cu Works in the Body:

GHK-Cu is a **signaling peptide**, meaning it can bind to cells and trigger various biological responses. Its primary mechanism involves binding to copper ions, a mineral critical for numerous biological processes like collagen synthesis, wound healing, and immune function. Once GHK-Cu enters the bloodstream, it can:

- **Promote collagen and elastin production:** These are essential for skin and tissue repair, giving GHK-Cu its anti-aging and healing properties.

- **Stimulate wound healing:** By promoting the production of new blood vessels (angiogenesis) and reducing oxidative stress, it accelerates tissue repair.
- **Anti-inflammatory effects:** GHK-Cu reduces the production of pro-inflammatory cytokines, helping to lower inflammation and aid in healing processes.
- **Antioxidant activity:** The peptide enhances the body's antioxidant defenses, protecting cells from damage caused by free radicals.

Benefits

Benefits of GHK-Cu:

- **Skin Rejuvenation:** GHK-Cu is widely recognized for improving skin elasticity, reducing wrinkles, and promoting a youthful appearance by stimulating collagen production.
- **Wound Healing:** Its ability to accelerate tissue repair makes it effective for healing wounds, cuts, and even burns.
- **Anti-Inflammatory Effects:** GHK-Cu reduces inflammation, helping manage chronic inflammation-related conditions and speeding up recovery after injury.
- **Hair Growth:** GHK-Cu has been shown to stimulate hair follicle proliferation, potentially reversing hair loss and improving scalp health.
- **Muscle and Tissue Repair:** Athletes and those recovering from surgery or injury use GHK-Cu for its role in speeding up muscle and tissue recovery.

With the injectable version the main benefits are going to be better muscle and tissue repair and injury healing.

Side Effects

GHK-Cu is generally well-tolerated, especially when used in proper dosages. However, as with any injectable treatment, there are some potential side effects:

- **Skin Irritation:** Some individuals may experience irritation at the injection site, such as redness, swelling, or tenderness.
- **Allergic Reactions:** Though rare, allergic reactions like itching, rash, or hives may occur.
- **Copper Overload:** Because GHK binds to copper, excessive or prolonged use might lead to copper accumulation in the body, which can result in toxicity. Symptoms of copper overload include fatigue, mood swings, and digestive issues.

- **Injection Pain:** this is definitely a more painful shot so make sure to start with a lower dosage.

Dosage/How To Use

When GHK-Cu is injected, it is typically administered subcutaneously (under the skin) or intramuscularly, depending on the intended purpose. The dosing can vary based on individual needs and treatment goals, but a common protocol involves:

- **Dosage:** 1-2 mg injected **once daily** or every other day. You can raise this to 3-4 mg or lower up to 500 mcg depending on your goals and needs.
- **Cycle Length:** GHK-Cu is often used in cycles ranging from **4 to 6 weeks** for skin rejuvenation or tissue repair, followed by a break period.

CJC1295 (no dac)+Ipamorelin

Link: <https://aminoasylum.shop/product/cjc1295-no-dac-ipamorelin/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

Now this book has already discussed both so I will keep it pretty simple. But essentially these two work synergistically together. This is because they are making your body make more growth hormone through two different pathways.

CJC works through the growth hormone receptor hormone pathway and ipamorelin works through ghrelin giving you the benefits of both pathways.

This is one of the best combinations of two growth hormone secretagogues due them working through different pathways

Make sure when you are doing the dosing on this that you adjust for having both. Remember Ipamorelin has to be pinned more regularly so you will have to inject this regularly. Keep in mind the concentration of both compounds when reconstituting the compounds. If you want you can refer to the Ipamorelin and the CJC portion of the ebook to see what doses I recommend for both of those.

Benefits

Increases natural growth hormone levels – Safe and does not suppress endogenous GH production.

Accelerates fat loss – Higher GH levels enhance lipolysis (fat breakdown).

Boosts muscle growth & strength – Increases IGF-1, supporting muscle hypertrophy and repair.

Improves sleep quality – GH release enhances deep sleep and recovery.

Supports joint & connective tissue healing – Useful for injury recovery and reducing joint pain.

Enhances skin, hair, and anti-aging effects – GH supports collagen production and cellular repair.

Side Effects

Mild water retention – Due to increased **IGF-1 production**.

Temporary flushing or tingling – Due to CJC-1295's effects on **vasodilation**.

Headaches – Occasionally reported due to **GH fluctuations**.

Injection site irritation – Common with **peptide injections**.

Increased Blood Glucose Levels

Dosage/How To Use

Due to ipamorelin short half life you must do this 2-3 times per day. I would recommend going from 100-300 mcg per day dosing morning fasted, pre workout, and at night.

I would run this for about 8-16 weeks!

AOD-9604

Link: <https://aminoasylum.shop/product/aod9604/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

AOD9604 is a peptide fragment derived from the human growth hormone (HGH) molecule, specifically from the region responsible for fat metabolism. This synthetic peptide has gained attention for its potential role in weight management and body composition improvement.

AOD9604 is a peptide consisting of 177 amino acids, derived from the C-terminus of the human growth hormone. It is designed to mimic the fat-burning effects of HGH without affecting growth or insulin levels. AOD9604 is often considered a targeted approach to fat reduction.

AOD9604's mechanism of action revolves around its ability to stimulate the breakdown of stored fat and inhibit the formation of new fat cells. It does so by mimicking the natural lipolytic processes influenced by human growth hormone. AOD9604 primarily targets

Benefits

Fat Metabolism: AOD9604's primary benefit lies in its ability to enhance fat metabolism. By encouraging the release of stored fat, it supports the body in utilizing these fatty acids for energy, potentially leading to fat loss.

Selective Action: AOD is the part of GH that is just responsible for fat loss so you will not be getting other GH side effects

Improved Lipid Profile: Some studies suggest that AOD9604 may contribute to an improved lipid profile by reducing levels of circulating fats, such as triglycerides. This effect could be beneficial for cardiovascular health.

Potential for Lean Body Mass Preservation: While AOD9604 is primarily associated with fat loss, some studies propose that it may have a sparing effect on lean body mass during weight loss, helping individuals maintain muscle mass.

Side Effects

Side Effects:

Injection Site Reactions: Users may experience mild irritation or discomfort at the injection site. Proper injection technique and site rotation can help minimize this effect.

Rare Allergic Reactions: While uncommon, individuals may be sensitive to AOD9604, potentially leading to allergic reactions. Any signs of itching, rash, or swelling should be promptly addressed.

No Response: Some users simply do not respond to this at all.

Dosage/How To Use

AOD9604 must be used cautiously. If you do not fast properly it will not be effective

My AOD-9604 dosage would range between 200-400 mcg per day. Again this compound is pretty benign so you can go up in dosage and not face too many side effects.

I like pairing it with the largest fasting window possible, not eating before or after for a few hours. The two best times I would take it are after dinner (about 2 hours after) in the middle of the night then upon waking. I would not eat for 3-4 hours after using it. Sometimes I wou

BPC-157+TB-500 Blend

Link: <https://aminoasylum.shop/product/bpc157-tb500/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

This blend combines the healing peptides of BPC-157 and TB-500 into one amazing blend. Now I already have sections on both you can go and ready but they both are very powerful healing peptides that together work even better. The biggest question here is how do I reconstitute this

compound and dose it properly! If you are wondering please watch the video on the front cover as it goes over exactly this.

BPC-157 and TB-500 are two **potent peptides known for their regenerative and healing properties**. When combined, they create a **synergistic effect** that enhances **wound healing, tissue repair, anti-inflammation, and recovery from injuries**.

- **BPC-157** is a **synthetic peptide** derived from **Body Protection Compound (BPC)** found in **gastric juice**, known for its **gut healing, anti-inflammatory, and angiogenic (blood vessel-forming) properties**.
- **TB-500 (Thymosin Beta-4)** is a **fragment of thymosin beta-4**, a naturally occurring peptide involved in **cell migration, wound healing, and tissue regeneration**.

Together, these peptides provide **comprehensive recovery support for muscles, joints, tendons, and the gut**.

Benefits

Rapid Injury Recovery – Heals muscle, tendon, and ligament injuries faster.

Reduced Inflammation – Helps with joint pain, arthritis, and chronic inflammation.

Increased Blood Flow – Promotes vascular regeneration and angiogenesis.

Improved Joint & Cartilage Repair – Beneficial for athletes and aging individuals.

Neuroprotective Effects – May aid in brain function, nerve regeneration, and stroke recovery.

Side Effects

Mild nausea or dizziness (rare).

Temporary headaches (dose-dependent).

Injection site redness or irritation (common with peptides).

May Increase growth of existing cancer

Dosage/How To Use

I would dose this at 300-500 mcg of BPC-157 and TB-500 ED for 2 weeks as soon as you are injured.

If after two weeks the injury feels better you can maintain the dosage for another two weeks. If it does not feel better raise by another 100-300mcg

Repeat for a final 2 weeks for a total cycle length of 6 weeks

Follistatin 344

Link: <https://aminoasylum.shop/product/follistatin-344/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

Follistatin 344 is a peptide that plays a crucial role in regulating muscle growth by inhibiting the activity of certain proteins, most notably **myostatin**. Myostatin is a protein that limits muscle growth, so by blocking its action, Follistatin 344 can promote muscle hypertrophy (growth). Follistatin is naturally occurring in the human body, but Follistatin 344 is a synthesized version used for research and performance enhancement.

How It Works in the Body:

Follistatin 344 works primarily by inhibiting myostatin, a negative regulator of muscle growth. By blocking myostatin's effects, it allows for increased muscle cell growth and differentiation. Additionally, Follistatin has been shown to inhibit other members of the TGF- β (transforming growth factor-beta) family, which are also involved in tissue regulation. This broad inhibition of muscle-growth limiting factors leads to increased lean muscle mass and strength.

Benefits

- **Muscle Growth:** Follistatin 344 significantly increases muscle mass by blocking myostatin, allowing muscle cells to grow beyond their normal limits.
- **Enhanced Strength:** The increase in muscle mass translates to gains in physical strength, making it appealing for athletes and bodybuilders.
- **Potential Fat Loss:** Some studies suggest that Follistatin 344 may also aid in fat loss, as increased muscle mass can raise metabolic rate.
- **Tissue Repair:** Follistatin may have regenerative properties, assisting in faster recovery from injuries by promoting tissue repair and healing.

Side Effects

- **Unknown Long-Term Risks:** Since Follistatin 344 is still largely experimental, the long-term effects on health, especially its potential impact on other tissues, are not fully understood.
- **Organ Growth:** Excessive inhibition of myostatin could theoretically lead to unwanted growth in organs or non-muscle tissues, though this is still under investigation.

- **Potential Fertility Effects:** As Follistatin plays a role in reproductive processes, its use could potentially affect fertility, although more research is needed.
- **Immunogenicity:** There may be a risk of the body developing antibodies against the synthetic peptide, reducing its effectiveness or causing an immune reaction.
- **Chorioretinopathy:** There was a study showing that some users developed this when using it.

Dosage/How To Use

A typical **Follistatin 344 dosing protocol** used in research and bodybuilding involves administering the peptide through subcutaneous or intramuscular injections.

There is not a lot of hard data on how to properly dose this compound.

I have seen everything from 100mcg all the way up to 1 mg which is insane.

I would recommend most stay in the 100-300mcg and do not cycle for longer than 2-3 weeks. This is a very powerful compound and we still do not know enough about it yet.

Please use extreme caution when using this compound.

Melanotan-1

Link: Not live yet

Code: biohack

What Is It

Melanotan-1 (also known as **Afamelanotide**) is a synthetic analog of **α -Melanocyte-Stimulating Hormone (α -MSH)**, which is responsible for **skin pigmentation, immune response, and energy homeostasis**. It binds to **melanocortin-1 receptors (MC1R)** to stimulate **melanin production**, leading to **increased skin pigmentation (tanning) without UV exposure**.

Unlike **Melanotan-2 (MT-2)**, Melanotan-1 is **more selective for MC1R**, resulting in fewer side effects like increased libido and nausea. It is **FDA-approved under the name Scenesse®** for the treatment of **erythropoietic protoporphyria (EPP)**, a condition causing **extreme sensitivity to sunlight**.

How Melanotan-1 Works in the Body

1. **Stimulates Melanin Production (Tanning Effect)**
 - Binds to **MC1R on melanocytes**, triggering melanin synthesis.
 - Darkens skin over time **without excessive UV exposure**.
2. **Provides UV Protection & Reduces DNA Damage**
 - Increased melanin **acts as a natural sunscreen**, reducing **risk of sunburn and skin cancer**.
3. **Modulates the Immune System**
 - **Anti-inflammatory properties** may reduce **oxidative stress and inflammation**.
 - May offer **neuroprotective benefits** by affecting melanocortin pathways in the brain.

Benefits

Long-Lasting, Natural-Looking Tan

- Provides a **deep, natural tan** without requiring prolonged sun exposure.
- Prevents **uneven pigmentation** compared to traditional sun tanning.

Reduces Sunburn Risk & Protects Against Skin Cancer

- Increases melanin levels, offering **natural sun protection**.
- May reduce the risk of **UV-induced DNA damage**.
- There is still debate for if this is fully true

Fewer Side Effects Than Melanotan-2

- **Less nausea, flushing, and libido increases** compared to MT-2.
- This is because it has a shorter half life it also is overall a weaker compound

Potential Anti-Aging & Skin Health Benefits

- Melanin production may **reduce oxidative damage**, leading to **healthier, younger-looking skin**.

Mild Fat Loss & Energy Boost

- Some metabolic benefits due to **melanocortin receptor activation**.

Side Effects

Side Effects of Melanotan-1

- **Mild Nausea (Rare)** – Less common than with **Melanotan-2**.
- **Injection Site Irritation** – Temporary redness or swelling.
- **Gradual & Subtle Tanning** – Requires **consistent use over weeks to see effects**.
- **Slight Increase in Freckles & Moles** – If predisposed, **existing moles may darken**, and also grow in size. Always have your moles examined regularly on this
- **Weaker than MT-2**: MT-1 is less powerful but for some people that is actually a good thing as it has less sides
- Less potent sexual benefits than MT-2

Dosage/How To Use

Now studies we see people were given dosage of .08mg per KG, and .16mg per kg I always like to play it safe.

Typically you can run a loading phase for 2 weeks and then a maintenance dosage of twice per week.

For the loading phase I would only do 250-500mcg (some people go up to 1-2 mg) every day and then keep it at 250mcg twice per week for a maintenance phase.

Sunifiram

Link: Not live yet

Code: (biohack)

What Is It

Sunifiram is a **potent ampakine nootropic** derived from the **racetam family**, specifically related to **piracetam** but with a much **stronger cognitive-enhancing effect**. It is believed to be **more potent than piracetam**.

Sunifiram works primarily by **modulating AMPA receptors and enhancing glutamatergic neurotransmission**, making it a **powerful tool for focus, learning, and mental clarity**.

How Sunifiram Works in the Body

1. **AMPA Receptor Modulation (Ampakine Effect)**
 - Enhances **glutamatergic signaling** via AMPA receptors, leading to **faster synaptic transmission and improved cognitive function**.
 - **Boosts long-term potentiation (LTP)**, which strengthens **memory formation and recall**.
2. **Increases Acetylcholine Release**

- **Enhances cholinergic activity**, improving **learning speed, problem-solving, and focus**.
- Works **synergistically with choline sources (Alpha-GPC, CDP-Choline)** for better cognitive function.
- 3. **Improves Synaptic Plasticity**
 - Enhances **neuronal connectivity**, leading to **greater mental flexibility and faster processing speeds**.
- 4. **Stimulates Dopaminergic and Serotonergic Activity**
 - **Mild dopamine and serotonin modulation**, leading to **improved mood, motivation, and reduced anxiety**.

Benefits

Significantly Enhances Learning & Memory

- **Strongly improves information retention and recall**, making it **ideal for students, researchers, and competitive professionals**.

Boosts Focus, Motivation, & Mental Energy

- **Acts similarly to stimulants** without causing jitters or anxiety.

Enhances Mood & Reduces Brain Fog

- **Mild serotonergic effects** help **combat stress** and **improve mental clarity**.

Supports Neuroprotection & Brain Health

- May **protect neurons from oxidative stress**, **reducing cognitive decline over time**.

Increases Visual & Sensory Perception

- Some users report **brighter colors, sharper vision, and enhanced auditory processing**.

Side Effects

Headaches – Due to **increased acetylcholine usage**, can be mitigated by taking **Alpha-GPC or CDP-Choline**.

Mild Jitters or Restlessness – Rare but possible at **higher doses**.

Temporary Insomnia – If taken too late in the day.

Increased Body Temperature or Sweating – Due to enhanced **neurotransmitter activity**. Some users definitely report it not stacking with stimulants at all.

Lack of data

Dosage/How To Use

It has a shorter half life so it has to be used multiple times per day. To increase potency you can hold it sublingual

Beginner Dosing: 5mg 2-3 times per day

Intermediate Dosing: 10-15mg 2-3 times per day

Advanced Dosing 20-25mg+ 2-3 times per day

Hydrafinil

Link: (not live yet)

Code: biohack

What Is It

Hydrafinil aka 9-Fluoreneol is a wakefulness agent that is similar to modafinil but was designed to have less side effects potentially.

Benefits

Benefits of Hydrafinil

1. **Increases Mental Alertness & Wakefulness**
 - Ideal for combating fatigue, shift work disorder, and brain fog.
2. **Enhances Cognitive Performance**
 - Improves working memory, learning capacity, and reaction time.
3. **Boosts Productivity Without Anxiety**
 - Less jitteriness and overstimulation compared to amphetamines.
4. **Lower Risk of Tolerance Compared to Modafinil**
 - Hydrafinil may have a lower risk of tolerance buildup, making it a sustainable long-term cognitive enhancer.
5. **Shorter Half-Life = Better Sleep Quality**
 - Half-life of ~6 hours, meaning less disruption to sleep patterns compared to modafinil (~12-15 hours).

Side Effects

Now due to hydrafinil having a shorter half life than modafinil some of the side effects are considered to be less pronounced.

Mild Headaches – Due to increased **dopamine and histamine activity**.

Temporary Insomnia – If taken too late in the day.

Mild Irritability or Restlessness – At higher doses.

Dry Mouth & Dehydration – Due to **mild stimulant effects**.

Reduced

Dosage/How To Use

Even with its short half life I would still keep it away from bed for a good 6-8 hours or more. Here are some dosing strategies to always make sure to use it with something like CDP Choline. I would also keep this to only 2-3 times per week

Make sure to dose upon waking

Beginner Dosing: 25mg

Intermediate Dosing 30-50mg

Advanced Dosing 50mg+ (probably would not go past 100mg with this)

Sermorelin

Link: <https://aminoasylum.shop/product/sermorelin/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

Sermorelin is a **synthetic peptide analog** of **growth hormone-releasing hormone (GHRH)** that stimulates the pituitary gland to produce and release **growth hormone (GH)**. Unlike **exogenous GH injections**, Sermorelin works by **enhancing natural GH production**, making it a **safer and more physiologically balanced option**.

Sermorelin has been widely used for **anti-aging, fat loss, muscle growth, and improved sleep**, making it a **popular choice in the biohacking, bodybuilding, and longevity communities**.

How Sermorelin Works in the Body

1. **Stimulates Pituitary GHRH Receptors**
 - Mimics **endogenous GHRH**, binding to **GHRH receptors** in the pituitary gland.

- Increases **natural GH secretion**, leading to **higher IGF-1 levels** for muscle growth and recovery.
- 2. **Enhances Pulsatile GH Release**
 - Unlike **exogenous GH**, which suppresses natural production, Sermorelin **maintains the body's natural GH rhythm**.
 - Helps **prevent long-term suppression of GH production**.

Benefits

Benefits of Sermorelin

1. **Increases Natural GH Levels**
 - More **sustainable and safer** than exogenous GH injections.
2. **Promotes Fat Loss and Lean Muscle Mass**
 - **Enhances body composition** by reducing **fat stores** while preserving muscle.
3. **Improves Sleep Quality & Recovery**
 - Leads to **deeper, more restorative sleep**.
4. **Supports Skin Health & Anti-Aging**
 - GH stimulates **collagen production**, improving **skin elasticity and appearance**.
5. **Enhances Cognitive Function**
 - Indirectly improves **mental clarity, mood, and focus** via GH and IGF-1 pathways.
6. **Boosts Energy & Stamina**
 - Supports **mitochondrial function** and **cellular energy production**.

Side Effects

- **Injection Site Reactions** – Mild **redness, swelling, or irritation** at the injection site.
- **Increased Hunger** – Due to its **GH-boosting effects**.
- **Temporary Fatigue or Dizziness** – As the body **adjusts to increased GH levels**.
- **Water Retention** – Mild **fluid retention** may occur initially.
- **Potential Carpal Tunnel Symptoms** – Rare, but associated with **increased IGF-1 levels**.
- **Increased blood glucose levels**.

Dosage/How To Use

Sermorelin has a very short half life here is a dosing protocols I think are effective

100mcg: 2-3 times per day (200-300 total)

300mcg 2-3 times per day (600-900 total)

400mcg 2-3 times per day (800-1200 total)

I really would not go past a gram per day most people will be just fine with 300 mcg per day. I would take 100 mcg upon waking, 100mcg pre gym, then another pre bed due to its short half life.

DADA

Injectable: <https://aminoasylum.shop/product/dada/ref/60/?v=0b3b97fa6688>

Oral: <https://aminoasylum.shop/product/dada-liquid/ref/60/?v=0b3b97fa6688>

Code: biohack

What Is It

What is DADA?

Diisopropylamine Dichloroacetate (DADA) is a compound with potential applications in **mitochondrial function, metabolic enhancement, and athletic performance**. It is believed to work by **enhancing aerobic metabolism and reducing lactate accumulation**, making it particularly interesting for **endurance athletes and individuals looking to optimize energy production**.

DADA is structurally related to **dichloroacetate (DCA)**, a well-known compound used to influence **mitochondrial metabolism and inhibit pyruvate dehydrogenase kinase (PDK)**. This action enhances the **conversion of pyruvate to acetyl-CoA**, promoting **efficient ATP production** and reducing the reliance on glycolysis.

How DADA Works in the Body

- 1. Enhances Mitochondrial Energy Production**
 - DADA inhibits **pyruvate dehydrogenase kinase (PDK)**, which allows **more pyruvate to enter the Krebs cycle**, leading to **higher ATP output**.
 - This shift reduces **lactic acid buildup**, which is crucial for **delaying muscle fatigue and improving endurance**.
- 2. Increases Aerobic Capacity**
 - By shifting energy production from anaerobic glycolysis to **oxidative phosphorylation**, DADA helps **improve oxygen utilization**.
 - This is particularly useful for **athletes, biohackers, and individuals dealing with metabolic disorders**.
- 3. Reduces Lactic Acid Accumulation**

- **Lower lactate levels = less muscle fatigue and quicker recovery.**
- Supports **sustained high-intensity performance.**
- 4. **Potential Fat Loss and Metabolic Benefits**
 - Encourages the body to **rely on fat oxidation rather than glucose**, which could help with **body recomposition and endurance training.**
 - May assist in **glucose regulation and insulin sensitivity.**
- 5. **Neuroprotective Potential**
 - Enhanced mitochondrial function supports **cognitive function and neuroprotection.**
 - Could be relevant for **neurodegenerative disorders and brain health.**

Benefits

Benefits of DADA

1. **Increases Endurance & Stamina**
 - Improves **oxygen efficiency and energy production**, making it ideal for **athletes, biohackers, and individuals needing prolonged energy output.**
2. **Delays Muscle Fatigue**
 - By reducing **lactate buildup**, DADA helps prevent **exercise-induced fatigue.**
3. **Supports Mitochondrial Health**
 - Enhances **ATP production**, benefiting **overall cellular energy and longevity.**
4. **May Enhance Fat Burning**
 - Encourages the body to **utilize fat stores more efficiently**, making it useful for **weight management and endurance athletes.**
5. **Potential Cognitive & Neuroprotective Benefits**
 - Mitochondrial health is crucial for **brain function**, and DADA may support **cognitive resilience and longevity.**
6. **Improved Liver Health**
 - DADA has also been shown to improve liver health
7. **Synergistic with Melatonin**
 - DADA has also been shown to be super synergistic with Melatonin. I have noticed it gets rid of some of the melatonin grogginess.

Side Effects

Side Effects of DADA

- **Gastrointestinal Discomfort** – Some users may experience **nausea, diarrhea, or bloating**.
- **Mild Headaches** – Due to **increased mitochondrial activity and metabolic shifts**.
- **Potential Hypoglycemia** – By **enhancing glucose metabolism**, DADA may **lower blood sugar levels**, requiring adjustments for those with **blood sugar sensitivities**.
- **Increased Body Temperature** – Due to enhanced **energy production and thermogenesis**.
- **Potential for overtraining** due to DADA inhibiting the rate limiting step you may have the ability to overtrain more or train to much

Dosage/How To Use

DADA has with it a build up effect so the more frequent you use it the better results you will get it!

Injectable: 200-250 mg per day upon waking pre fasted cardio (you could also use it pre workout for more muscular endurance especially a leg day)

Oral: 300mg per day upon waking pre fasted cardio (you could also use it pre workout for more muscular endurance especially a leg day)

You can also use it pre bed with melatonin to help with some of the melatonin grogginess that may occur.

Amino Asylum Q&A

Question: Which compounds should I pin IM vs SubQ?

Answer: Any amino blends especially ones like the Mass Monster with a lot of things in them I pin IM, for me if any compound has risk of PIP or lumping I do it IM. Most peptides are pretty safe like BPC-157, TB-500, Melanotan-2 etc, but any amino blend or carnitine I would do IM. Now you can do them subq it is just some people get injection site reactions and issues.

Question: Best needle for peptides and amino blends?

Answer: Unless something is oil based like SR-9009 I would roll with a 31 gauge half inch needle. 29 gauge and 30 gauge are good too. I just like to go as small as possible. If it is a peptide shot I would use a 5/16 inch length. If you are not super lean you may need to go a bit longer

Question: Do the amino blends hurt to inject?

Answer: Typically no. Minimal pain and pip on them. But the blends with more in them have a higher risk for PIP. Carnitine is also notorious for causing pip.

Question: What are the best spots to inject?

Answer: Some people report better local effects with some things like BPC-157 but to me they go systemic no matter what. I really like shoulders, chest, ventral and dorsal gluteal. You have a lot of flexibility due to the nature of the compounds.

Question: Am I still natural if i use products from Amino Asylum

Answer: Please choose products that best fit your goals, and your athletic commissions guidelines, do not worry about “natty or not” outside the context of if you are a drug tested athlete.

Question: How do I store my peptides?

Answer: All peptides I would put in the fridge after reconstituting (along with HCG and HMG). NAD+ and Glutathione should also be kept cold. Amino Blends are fine to be left out but leave them in a cool location out of the sunlight.

Question: Can Females use most peptides and amino blends?

Answer: yep, most are female friendly as they are just natural ingredients, and most peptides are just fine for females as long as they do not have any androgenic effects which to my knowledge none do. In fact females do very well on peptides and amino blends!

Injection Guide/Reconstitution Guide

Now you may be wondering how you can properly inject. Here is a quick and easy guide for injection.

For water based products and most of the products mentioned they will easily pass through an insulin needle that is about 29 gauge and a half inch long. You can find smaller and shorter needles like a 31 gauge needle for subq shots.

Amazon actually carries insulin needles and they are super easy to find and get.

Make sure to pin in a clean and sanitary environment and have alcohol wipes ready to go. Improper sanitation before an injection can lead to infections.

SUBQ shots are shots done into the belly fat. For the easiest way to learn how to do this go on youtube and search up subq shots. Look for ones done by medical professionals. Most peptides can be pinned this way very easily.

IM (Intramuscular) shots are done into the muscle. I recommend these for oil based products or for when you are pinning more than .5mls as pinning say 1ml risks lumping. Anything with carnitine I would always do IM as carnitine just gets so lumpy when it is pinned subq.

Again I highly recommend going on youtube and watching videos on how to perform these IM shots. The videos are everywhere. The only reason I do not link them is because I do not want to risk them attempting to sue me for improper usage of their videos.

Please for

For reconstituting this peptide calculator is an amazing source:

<https://usacalculators.com/peptide-reconstitution-calculator/>

Make sure to always purchase BAC water with your peptides so they can be reconstituted. Some of these will come in powdered discs and so you will need to add the BAC water so it can be reconstituted.

Personally, after reconstituting I refrigerate all of my peptides and make sure to try to use them within a month although some can and will last much longer. Peptides do not go bad, but they can definitely lose potency the longer you let them just sit.

For a full guide on this you can look at my instagram @biohackingu

Nasal Vs Injectable Peptides

Nasal vs Injectable peptides is a question many people ask me about. For a lot of these when used nasally the drug dose changes. For example for neurological based issues nasal BPC-157 is more effective than say an injectable.

When it comes to most peptides I would say the injectable is a more pronounced effect. For example injecting PT-141 vs using it nasally is night and day. Not that the nasal does not work, just that the injectable is more effective.

The nasal administration also makes it a lot easier for people to use, and comes with a more manageable side effect profile