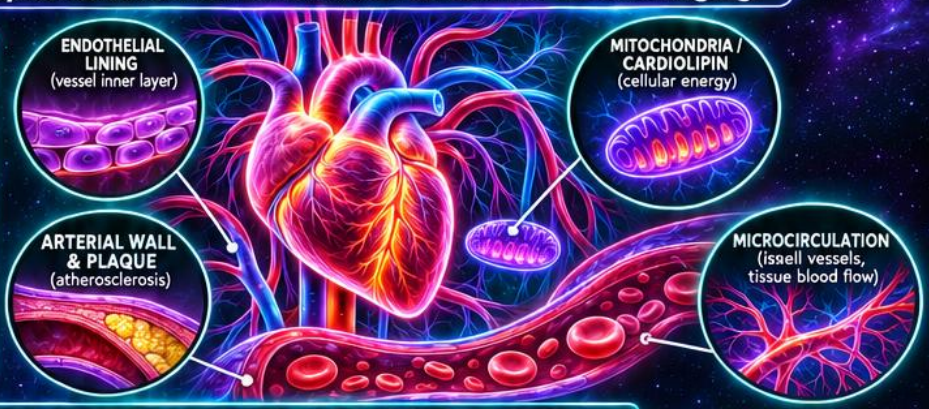
PEPTIDE PERSPECTIVES®
SCIENCE • LONGEVITY • HUMAN PERFORMANCE

THE CARDIOVASCULAR PROTECTION STACK

Peptides and Supplements for Heart Health, Circulation & Vascular Aging

HEART HEALTH IS MORE THAN ONE NUMBER

- Cardiovascular health includes the heart muscle, blood vessels, mitochondria, metabolism, inflammation, and circulation.
- Lowering blood pressure, improving endothelial function, reducing lipids, and preserving exercise capacity are related but different outcomes.
- Mitochondrial peptide ideas are intriguing, but established cardiovascular outcomes still matter most.
- Experimental stacks should be compared against therapies that already have human cardiovascular benefit data.



FOUR KEY BIOLOGICAL PATHWAYS

ENDOTHELIAL FUNCTION

- Nitric oxide (NO) signaling
- Vessel relaxation
- Improved circulation
- Vascular resilience

MITOCHONDRIAL / CARDIOLIPIN HEALTH

- ATP production
- Oxidative stress protection
- Cardiac cellular energy

METABOLIC RISK

- Insulin sensitivity
- Glucose control
- Visceral fat
- Inflammation
- Overall cardiometabolic burden

INFLAMMATION & VASCULAR AGING

- Oxidative stress
- Arterial stiffness
- Endothelial wear (cumulative stress)
- Recovery capacity (vascular repair)

FOUR RESEARCH STACKS & DOSING CONTEXT

1. SS-31 + MOTS-c

WHAT IT IS: Mitochondrial support + metabolic signaling.

RESEARCH INTEREST: Cardiac energy, cardiolipin protection, metabolic flexibility.

EVIDENCE: Theoretical / preclinical rationale, no validated human cardiovascular stack trial.

DOSING CONTEXT (community-reported):
- SS-31: ~2–5 mg daily.
- MOTS-c: ~5–10 mg, 2–3x/week.

COMMUNITY-REPORTED / NOT VALIDATED

2. CARDIOGEN + VESUGEN

WHAT IT IS: Experimental cardiac and vascular bioregulator pairing.

RESEARCH INTEREST: Tissue-specific bioregulation concepts for heart and vessel aging.

EVIDENCE: Exploratory / limited human-quality evidence.

DOSING CONTEXT (marketed):
- Cardiogen: commonly marketed as 1–2 oral capsules daily for 10–20 day cycles.
- Vesugen: commonly marketed as 1–2 oral capsules daily for 10–20 day cycles.

BIOREGULATOR-STYLE REGIMEN / NOT VALIDATED

3. SS-31 + VESUGEN

WHAT IT IS: Mitochondrial protection combined with vascular bioregulator concept.

RESEARCH INTEREST: Cell protection plus vascular aging support.

EVIDENCE: Theoretical combination only; no verified human stack regimen.

DOSING CONTEXT:
- SS-31: ~2–5 mg daily (community reports).
- Vesugen: 1–2 oral capsules daily for 10–20 day cycles.

EXPERIMENTAL CONCEPT

4. MOTS-c + HUMANIN

WHAT IT IS: Mitochondrial-derived peptide pairing.

RESEARCH INTEREST: Metabolic stress resistance, cellular protection, mitochondrial signaling.

EVIDENCE: Preclinical / theoretical, no validated cardiovascular stack data.

DOSING CONTEXT:
- MOTS-c: ~5–10 mg, 2–3x/week (community reports).
- Humanin: no established human cardiovascular dose; community reports vary and are unvalidated.

NO VERIFIED HUMAN REGIMEN

MEDICINES WITH STRONGER HUMAN OUTCOME DATA

SEMAGLUTIDE
(INDIVIDUAL COMPARATOR)

- GLP-1 medicine with cardiometabolic benefits (e.g., weight, glucose, and cardiovascular risk).
- Approved weekly dose escalation: 0.25 mg weekly, then stepwise escalation to 2.4 mg weekly depending product/indication.

NOTE: Not a peptide stack recommendation, shown as an evidence benchmark.

TIRZEPATIDE
(INDIVIDUAL COMPARATOR)

- GIP/GLP-1 medicine with cardiometabolic benefits (e.g., weight, glucose, and cardiometabolic risk factors).
- Approved weekly escalation: 2.5 mg weekly, increasing by 2.5 mg every 4 weeks up to 15 mg weekly depending product/indication.

NOTE: Shown as comparator, not to be combined with other GLP-1 therapies.

SHOWN INDIVIDUALLY AS EVIDENCE COMPARATORS — NOT AS A MULTI-GLP-1 STACK.

SUPPORTIVE SUPPLEMENTS WITH BETTER HUMAN DATA

CoQ10
DOSE: 100–300 mg/day

BENEFITS: Supports cardiac energy (mitochondria), may help blood pressure and endothelial function.

OMEGA-3s (EPA + DHA)
DOSE: ~1–4 g/day (depending goals, especially triglycerides)

BENEFITS: Lowers triglycerides, supports vascular function, and cardiovascular risk reduction.

SOLUBLE FIBER / PSYLLIUM
DOSE: ~5–10 g/day

BENEFITS: Lowers LDL and ApoB, supports glucose control, and cardiometabolic health.

MAGNESIUM
DOSE: ~200–400 mg/day (if tolerated and clinically appropriate)

BENEFITS: Supports normal blood pressure, vascular function, and cardiac rhythm in appropriate individuals.

PLANT STEROLS
DOSE: ~1.5–2 g/day

BENEFITS: Lowers LDL cholesterol (typically ~5–15%), supporting cardiovascular risk reduction.

MEASURE WHAT ACTUALLY MATTERS

- Blood pressure and resting heart rate
- ApoB / LDL / triglycerides
- HbA1c / glucose and waist size
- Exercise capacity and symptoms
- Inflammation markers where useful
- Safety, side effects, and medication interactions

EVIDENCE HIERARCHY

- Strongest: outcome trials / approved medicines
- Moderate: supplement trials
- Early: preclinical peptide mechanisms
- Weakest: anecdotal stack reports

WHERE SCIENCE IS HEADING

- Better mitochondrial-targeted cardiovascular therapies
- Combining metabolic risk reduction with vascular protection
- More precise endpoints beyond 'better labs' alone
- Separating symptom improvement from true outcome reduction
- Personalized cardiovascular aging strategies

BETTER MITOCHONDRIA, BETTER LABS, BETTER BLOOD PRESSURE, AND FEWER CARDIOVASCULAR EVENTS ARE DIFFERENT OUTCOMES. EXPERIMENTAL STACK DOSING IS NOT VALIDATED.