Peptide Perspectives™

THE COGNITIVE ENHANCEMENT STACK

Nootropic Peptides & Supplements for Memory, Focus and Brain Health

FOUR PILLARS OF COGNITIVE PERFORMANCE

NEUROPLASTICITY
Growth, repair and rewiring of brain networks (e.g., BDNF, synaptic density).

NEUROTRANSMITTERS & STRESS
Balance key brain chemicals like GABA, acetylcholine and dopamine to influence focus, mood and resilience.



NEURONAL ENERGY
Support mitochondrial function and ATP production to fuel learning, memory and mental stamina.

NEUROPROTECTION
Help reduce oxidative stress and inflammation to maintain long-term brain health and cognitive function.

SIX COGNITIVE STACKS: RESEARCH, RATIONALE & DOSING CONTEXT

1. SEMAX + SELANK

Rationale: Neurotrophic signaling (Semax) + stress and anxiety regulation (Selank) for focus, learning and resilience.

Evidence: Individual human studies show cognitive and anxiolytic effects; no controlled human trials of the stack.

COMMUNITY DOSING CONTEXT (UNVALIDATED)

- **Semax** 300–600 mcg intranasal + **Selank** 300–600 mcg intranasal.
- Usually in the morning or split earlier in the day; often 14–30 day courses.

No proven combined regimen.

2. DIHEXA + P21 (P021)

Rationale: Investigational compounds that may influence synapse formation (Dihexa) and CNTF-related pathways (P21/P021) linked to neuronal survival.

Evidence: Highly preliminary; mostly preclinical. Dihexa's foundational HGF/c-Met work was retracted in 2025.

COMMUNITY DOSING CONTEXT (UNVALIDATED)

- **Dihexa** often 5–15 mg orally daily, or 10–20 mg 1–3×/week.
- **P21** often 500–1000 mcg intranasal daily; some reports range higher.

No validated human stack dose.

3. SEMAX + CEREBROLYSIN

Rationale: Combine Semax's neurotrophic and focus effects with Cerebrolysin's research in stroke and brain recovery.

Evidence: Cerebrolysin has human study data (e.g., stroke, neurorecovery); Semax has human studies; no proven combination or enhancement protocol.

COMMUNITY / STUDY CONTEXT (UNVALIDATED)

- **Semax** 300–600 mcg intranasal daily.
- **Cerebrolysin** commonly 10–30 mL daily in clinical neurology, e.g., 5 days/week for 4 weeks.

Mixed evidence; adverse-event concerns. No validated combo dose for enhancement.

4. SEMAX + CITICOLINE

Rationale: Semax for neuroplasticity and focus; citicoline to support acetylcholine and membrane health.

Evidence: Semax (limited human data); citicoline studied at 250–500 mg/day for memory and attention in selected trials; no demonstrated synergy.

COMMUNITY / STUDIED CONTEXT (UNVALIDATED)

- **Semax** 300–600 mcg intranasal daily.
- **Citicoline** 250–500 mg/day in human cognition studies.

No validated synergy or human stack dose.

5. SELANK + DSIP

Rationale: Selank for stress and anxiety regulation; DSIP (delta sleep–inducing peptide) for sleep and recovery, which may indirectly support cognition.

Evidence: Selank has human studies for anxiety/stress; DSIP has limited and older research, with insufficient evidence for cognition or insomnia.

COMMUNITY DOSING CONTEXT (UNVALIDATED)

- **Selank** 300–600 mcg intranasal daily or divided.
- **DSIP** often 100–250 mcg subcutaneous 30–60 min before bed; some use 250 mcg for 2–3 weeks.

No validated insomnia or cognition stack dose.

6. SEMAX + PINEALON

Rationale: Combine Semax's neurotrophic and focus effects with Pinealon's proposed cellular stress and neuroprotection benefits.

Evidence: Both have limited human data and are primarily supported by preclinical research; no established benefit for cognitive enhancement.

COMMUNITY DOSING CONTEXT (UNVALIDATED)

- **Semax** 300–600 mcg intranasal daily.
- **Pinealon** often 1–2.5 mg subcutaneous daily, commonly for 10–20 days.

No validated human stack dose.

COMPLEMENTARY SUPPORT (SUPPLEMENTS)

Creatine Monohydrate	Citicoline	Omega-3s (EPA/DHA)	Lion's Mane	Bacopa	B12 / Folate	Caffeine + L-Theanine
3–5 g/day (well-studied for performance, cognitive effects mixed)	250–500 mg/day (studied in selected human cognition trials)	Food-first (e.g., fatty fish); 1–3 g/day often used in research	Improved cognitive markers in some studies; limited and mixed evidence	Potential memory and learning benefits; limited/mixed clinical evidence	Only if deficient (needed for brain and nerve health)	Caffeine 50–200 mg + L-theanine 100–200 mg (short-term alertness & focus)

MEASURE REAL OUTCOMES

Memory	Attention	Sleep Quality	Functional Cognition	Side Effects	Long-Term Safety
(recall, learning, retention)	(focus, mental stamina)	(onset, depth, recovery)	(daily performance, productivity)	(e.g., anxiety, headache, sleep changes)	(limited data for most compounds)

FUTURE FRONTIER

- **Patient-Specific Approaches** (tailored to biology, goals, and risk factors)
- **Controlled Combination Trials** (needed to evaluate safety, efficacy and real-world benefit of stacks)
- **Next-Generation Targets** (more selective, safer, and better-validated compounds)

NO PEPTIDE STACK HERE HAS A VALIDATED HUMAN COGNITIVE-ENHANCEMENT DOSE OR PROVEN SYNERGY.
COMMUNITY DOSING IS ANECDOTAL, NOT A RECOMMENDATION.

Educational overview | November 2026 | Not medical advice.