Peptide Perspectives™

THE ENDURANCE STACK

Peptides & Performance Supplements for Stamina and Recovery



ENDURANCE IS WHOLE-BODY ADAPTATION

- **Oxygen Delivery** (lung & blood function)
- **VO_2max** (aerobic capacity)
- **Mitochondrial ATP** (cellular energy)
- **Fuel Flexibility** (use fat and carbs effectively)
- **Tendon & Tissue Recovery** (repair and resilience)
- **Cardiovascular Function** (heart, blood vessels, and circulation)

FOUR BIOLOGICAL PATHWAYS FOR PERFORMANCE

Mitochondrial ATP & Cardiolipin
- Support cellular energy production
- May improve mitochondrial resilience

AMPK Signaling
- Activates cellular energy pathways
- May enhance metabolic efficiency and endurance

GH / IGF-1 Signaling
- Supports muscle repair and adaptation
- May aid recovery and training response

Connective-Tissue Healing
- May support tendon, ligament, and muscle repair
- Potentially reduces recovery time

FIVE EXPERIMENTAL PEPTIDE STACKS & DOSING CONTEXT (NOT VALIDATED)

MOTS-C + SS-31
- **MOTS-C:** ~5–10 mg, 2–3× per week (community reports)
- **SS-31 (Elamipretide):** ~2–5 mg daily (community reports)
- ⚠ No human endurance stack trial.

MOTS-C + HUMANIN
- **MOTS-C:** ~5–10 mg, 2–3× per week (community reports)
- **Humanin:** No established human dose (preclinical only).
- ⚠ Experimental; limited to preclinical research.

CJC-1295 (NO DAC) + IPAMORELIN
- **CJC-1295 (no DAC):** ~100 mcg per administration (community reports)
- **Ipamorelin:** ~100–300 mcg per administration (community reports)
- ⚠ No evidence of endurance benefit; endocrine risks; WADA prohibited.

MOTS-C + THYMOSIN BETA-4
- **MOTS-C:** ~5–10 mg, 2–3× per week (community reports)
- **Thymosin Beta-4 (TB4):** No validated athlete dose.
- ⚠ Full-length 43 aa TB4 is NOT interchangable with TB-500 fragments.
- ⚠ Anti-doping concerns (WADA).

SS-31 + HUMANIN
- **SS-31 (Elamipretide):** ~2–5 mg daily (community reports)
- **Humanin:** No established human dose (preclinical only).
- ⚠ Unknown combined safety and long-term effects.

⚠ **ANECDOTAL COMMUNITY REPORTS, NOT RECOMMENDATIONS.** ⚠

SUPPLEMENTS WITH HUMAN PERFORMANCE RESEARCH

Creatine Monohydrate
- **3–5 g/day**
- Improves repeated power, strength, and high-intensity performance.

Beta-Alanine
- **3.2–6.4 g/day (divided)**
- Increases muscle carnosine to support high-intensity exercise.

Dietary Nitrate
- **400–800 mg nitrate (≈6–13 mmol)**
- May improve endurance and exercise efficiency (context dependent).

Caffeine
- **~1–3 mg/kg** (before exercise)
- Can enhance endurance, power, and focus (individual tolerability).

Carbohydrate Fueling
- **~30–60 g/hr** (extended sessions) **Up to ~90 g/hr** (longer events if trained)
- Helps maintain performance and delay fatigue.

Sodium / Fluids
- **Individualized** (based on sweat rate, duration, conditions)
- Supports hydration, performance, and heat tolerance.

CoQ10
- No reliable endurance benefit in human trials (limited and mixed results).

Citrulline
- Inconsistent results for endurance (may help in some settings).

MEASURE WHAT MATTERS

- **VO_2max** (aerobic capacity)
- **Race or time-trial performance**
- **Power output** (e.g., thresholds, FTP)
- **Fatigue** (perceived effort/energy)
- **Recovery** (soreness, readiness, HRV)
- **GI tolerance** (especially with stacks)
- **Safety** (side effects, labs if appropriate)

TRAINING STILL WINS



- Structured, progressive endurance training
- Sufficient carbohydrate intake to support training and recovery
- Quality sleep (≈7–9 hours/night)
- Proper hydration and electrolytes
- Include strength training (for performance and injury resilience)

KEY CAUTIONS

⚠ **FDA approved SS-31 / elamipretide is only for eligible Barth syndrome patients, NOT athletic enhancement.**

⚠ **WADA:** CJC-1295, ipamorelin, thymosin beta-4 (TB4) and TB-500 fragments are prohibited substances.

⚠ **NO PEPTIDE STACK HAS PROVEN HUMAN ENDURANCE BENEFITS OR VALIDATED COMBINATION DOSING. COMMUNITY DOSING IS NOT MEDICAL ADVICE.**

Educational research overview | November 2026 | Not medical advice