Peptide Perspectives™

THE LONGEVITY STACK

Peptides, Mitochondrial Support & Healthy Cellular Aging



HEALTHSPAN vs. LIFESPAN



The Goal: A Longer, Healthier Life With More Years of Function

KEY AGING PATHWAYS TARGETED



Mitochondria & Cardiolipin (Energy & Cell Health)



AMPK Signaling (Metabolic Resilience)



Senescence & p53 (Cellular Aging)



Telomeres & DNA (Cellular Longevity)



Autophagy / Mitophagy (Clear Out Damaged Cells)



Circadian Rhythm (Repair & Regeneration)

FIVE EXPERIMENTAL PEPTIDE STACKS & DOSING CONTEXT

MOTS-C + SS-31



MOTS-C
- 5–10 mg, 2–3x/week (community reports)

SS-31 (Elamipretide)
- 2–5 mg daily (community reports)

⚠ *Unvalidated combination dose.*

SS-31 + HUMANIN



SS-31 (Elamipretide)
- 2–5 mg daily (community reports)

HUMANIN
- No validated human dose (research use only)

⚠ *Cancer-related cell survival effects (caution).*

EPITALON MOTS-C



EPITALON
- 5–10 mg daily (community reports; short courses, e.g., 10–20 days)

MOTS-C
- 5–10 mg, 2–3x/week (community reports)

⚠ *No validated combined regimen.*

FOXO4-DRI + SS-31



FOXO4-DRI
- No clinically established human dose (experimental)

⚠ Very high uncertainty (p53 / senescence pathway risks).

SS-31 (Elamipretide)
- 2–5 mg daily (research context only)

EPITALON + PINEALON



EPITALON
- 5–10 mg daily (community reports; short courses)

PINEALON
- 1–2.5 mg daily (community reports; short courses)

⚠ *No validated combination dose.*

COMMUNITY REPORTS ≠ RECOMMENDED DOSES

KEY EVIDENCE & REGULATORY CONTEXT



- SS-31 (elamipretide, marketed as Forzinity®) has an FDA-approved dose of 40 mg once daily, only in eligible Barth syndrome patients (≥ 30 kg). This is different from longevity use.

⚠ **None of these peptide stacks has clinical evidence for anti-aging, healthspan, or lifespan benefit in humans.**

COMPLEMENTARY SUPPLEMENTS (RESEARCHED IN HUMANS)

Creatine Monohydrate



- 3–5 g/day

Supported for strength, muscle and function.

CoQ10



- 100–200 mg/day

Commonly studied for mitochondrial support; not proven to extend lifespan.

PQQ



- 10–20 mg/day

Studied for mitochondrial biogenesis and cellular energy.

NR / NMN



- 250–500 mg/day

Commonly studied to raise NAD+ levels; biomarker changes (not proven healthspan).

Urolithin A



- 500–1,000 mg/day

Human studies show mixed results on muscle and cellular function.

Vitamins & Minerals



- Correct deficiencies

Ensure adequate levels (e.g., vitamin D, B12, magnesium, zinc) rather than megadoses).

BETTER-SUPPORTED FOUNDATION



- Resistance training (maintain muscle & function)
- Adequate protein (≈ 1.2–1.6 g/kg/day)
- Quality sleep (7–9 hours, consistent timing)
- Cardio / aerobic activity (heart & metabolic health)
- Regular health screening (early detection & risk management)

WHAT TRIALS SHOULD MEASURE



- Gait speed and physical function
- Strength and muscle mass
- Cognition and brain function
- Quality of life and daily function
- Adverse events and cancer risk
- Long-term follow-up (years, not weeks)

⚠ NO STACK HAS PROVEN HUMAN HEALTHSPAN OR LIFESPAN BENEFIT. COMMUNITY DOSING IS ANECDOTAL, NOT MEDICAL ADVICE.