

SELANK

Overview

Selank is a synthetic peptide developed by the Institute of Molecular Genetics of the Russian Academy of Sciences. It is an analog of tuftsin, a naturally occurring peptide involved in immune function. Selank has garnered attention for its potential anxiolytic (anti-anxiety) and nootropic (cognitive-enhancing) effects.

What Does SELANK Do?

Selank is believed to influence the central nervous system by modulating neurotransmitters such as serotonin and dopamine, which play crucial roles in mood regulation and cognitive processes. Additionally, it may affect the GABAergic system, contributing to its anxiolytic properties. Selank has also been shown to elevate the expression of brain-derived neurotrophic factor (BDNF), which supports neuron growth and survival.

Potential Benefits of SELANK

Selank is a synthetic peptide with a range of potential benefits, particularly for cognitive and emotional health. Here are some of its primary benefits:

- 1. Anxiolytic (Anti-Anxiety) Effects:**
Selank has been shown to reduce anxiety symptoms without the sedative side effects associated with many traditional anxiolytics, making it a potential option for managing anxiety without impacting alertness.
- 2. Cognitive Enhancement:**
Research suggests that Selank may enhance cognitive functions, including memory, learning, and concentration. It is often considered a nootropic due to these cognitive-enhancing effects.
- 3. Mood Stabilization:**
Selank influences the levels of neurotransmitters like serotonin and dopamine, which play a role in mood regulation. This modulation can help alleviate mood swings and may have potential benefits for depressive symptoms.
- 4. Immune System Support:**
Derived from tuftsin, a naturally occurring peptide involved in immune function, Selank may support immune health, though this area of research is less developed.
- 5. Increased Brain-Derived Neurotrophic Factor (BDNF):**
BDNF supports neuron growth and survival, aiding in brain plasticity. By increasing BDNF, Selank may support brain health and resilience to stress.

6. **Reduced Stress Response:**

Selank has been found to help reduce stress responses and support a calmer, more relaxed state, which may benefit overall well-being and mental clarity.

7. **Non-Addictive and Low Side-Effect Profile:**

Compared to traditional anxiolytics, Selank is thought to be non-sedative and non-addictive, with few reported side effects, making it appealing for long-term use in some cases.

Potential Side Effects

Selank is generally considered to have a low side-effect profile, especially compared to traditional anxiolytic and nootropic medications. However, potential side effects may still occur, and it's important to approach its use with caution. Here are some of the possible side effects:

1. **Mild Irritation:**

Since Selank is often administered as a nasal spray, some users report mild nasal or throat irritation after use.

2. **Headaches:**

Some users have experienced mild headaches, which may be related to its influence on neurotransmitter systems.

3. **Drowsiness or Insomnia:**

While Selank is not typically sedative, individual responses vary, and some users have reported feeling drowsy, while others may experience insomnia.

4. **Dizziness:**

A few users report mild dizziness, though this is generally rare.

5. **Mood Swings or Restlessness:**

Due to its effects on neurotransmitters like dopamine and serotonin, Selank may, in rare cases, cause mood swings or feelings of restlessness.

6. **Potential Allergic Reaction:**

As with any substance, there's a risk of allergic reactions, which could manifest as rashes, itching, or breathing difficulties.

7. **Interaction with Other Medications:**

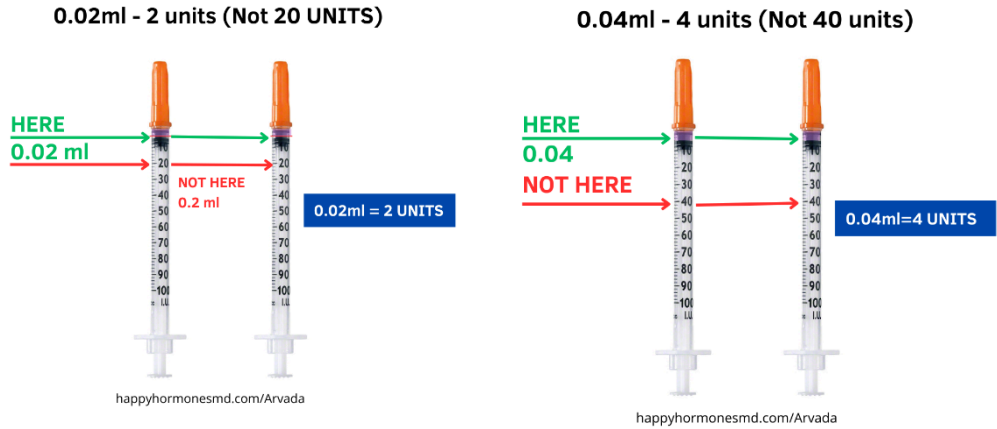
While interactions are not well-documented, Selank's effects on neurotransmitters may theoretically interfere with other medications that affect the central nervous system, such as antidepressants or anti-anxiety drugs.

Dosage Information

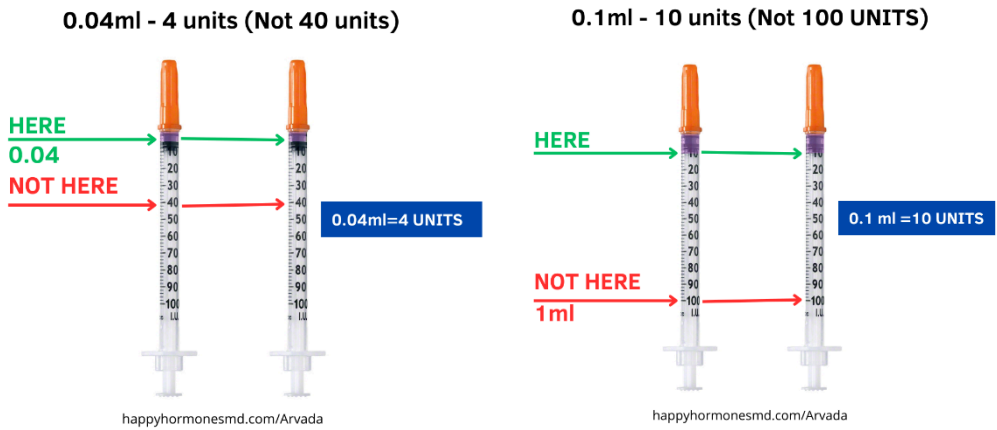
Start at lowest dosage. Cycle length is generally 4-6 weeks with at least 2-4 weeks break in between cycles.

Selank 5mg/ml

Cognitive Enhancement: 0.1mg - 0.2mg (0.02ml – 0.04ml or 2-4 units) SQ every morning (in a fasted state if possible) for 4-6 weeks. One vial = 50-100 days.



Anxiety: 0.2mg - 0.5mg (0.04ml – 0.1ml or 4-10 units) SQ every morning and afternoon (in a fasted state if possible) for 4-6 weeks. One vial = 10-25 days.



Cost

SELANK is currently only available as a research peptide. Please see document titled “Research Peptide Information” in the Education Folder under Records in the patient portal.

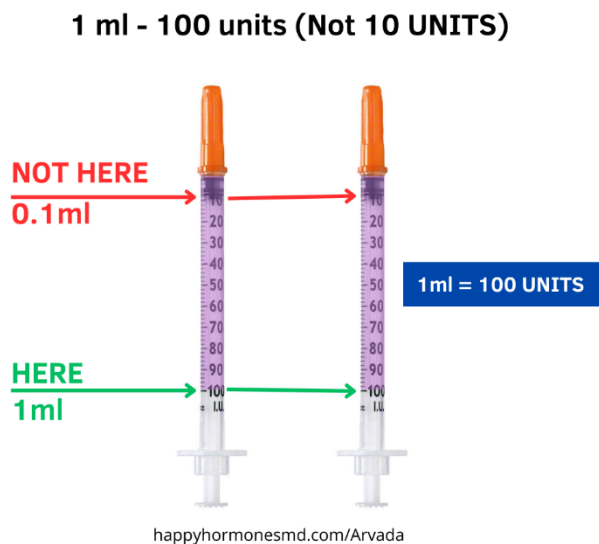
Selank 10mg Vial (5mg/ml): \$98.50 (Includes shipping and bacteriostatic water for reconstitution).

Reconstitution Instructions

IMPORTANT:

- Follow the instructions below regarding the amount of bacteriostatic water to use when reconstituting the peptide. **DO NOT** follow the instructions that come with the peptide.
- **Do NOT** throw away the vial of bacteriostatic water!!! It is a multiuse vial and can be used for your next order!

Inject **2ml of bacteriostatic water** into the vial of powder (2ml = 200 units). You will need to inject 2 full 1ml syringes of water into vial.



- See the **document** titled “*Reconstituting Medications in Powder Form*” in the Education Folder in the patient portal.
- See the following **Instructional videos** in the Education Folder in the patient portal:
 - “*Reconstituting Powdered Medications*”
 - “*Injection Video – Introduction*”
 - “*Injection Video – Drawing Up the Medication*”
 - “*Injection Video – Administering the Medication*”

Storage and Stability

- Vials are shipped as lyophilized powder, requiring no refrigeration during shipping.

- In Lyophilized Form:
 - Stable for up to 3 years in the freezer and 2 years in the refrigerator.
 - Protect from light.
 - Once Reconstituted:
 - Stable for 6 weeks.
 - Must be refrigerated and kept away from light.
 - Avoid placing vials in the refrigerator door to prevent degradation from frequent temperature changes.
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Important Disclosures

- These statements have not been evaluated by the US Food and Drug Administration (FDA).
 - SELANK is not intended to diagnose, treat, cure, or prevent any disease.
 - Compounded drugs and research peptides are not FDA-approved but are produced under strict quality control measures.
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Quality Assurance

- All peptides are subjected to third-party testing with publicly available Certificates of Analysis (COA).
- Testing includes:
 - RP-HPLC (Reversed-Phase High-Performance Liquid Chromatography)
 - Mass Spectrometry (MS)
 - Sterility Testing
 - Additional tests meeting or exceeding U.S. Pharmacopeia (USP) and USP-National Formulary (NF) regulations.

The manufacturer ensures quality, safety, and efficacy, complying with regulatory standards.
