

Selank

PEPTIDES

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IMPORTANT: Read This Before Proceeding With Dosing Go to the Prep & Injection Guide for proper reconstitution, syringe sizing, and injection protocols. Mistakes here can compromise your research. the Prep & Injection Guide Selank Selank is a synthetic analog of the natural immunopeptide Tuftsin, originally developed for the treatment of generalized anxiety disorder. It has a number of additional benefits, including the ability to improve learning and memory, reduce stress, alleviate depression, and positively affect pain perception. Often nicknamed the “benzo of the peptide world,” Selank has been shown to work similarly to benzodiazepines like diazepam and phenazepam, minus the addictive potential. It even outperformed diazepam in a number of clinical studies. Selank mimics many of the effects of Tuftsin, including its immunomodulatory mechanisms. Tuftsin stimulates macrophages that have taken up residence in specific tissues like the liver, spleen, and lymph nodes, and helps mobilize other white blood cells to fight infection and cancer. A deficiency of Tuftsin has been associated with frequent infections. In studies comparing the effectiveness of Selank to recombinant interferon-A for treating the influenza virus, Selank outperformed by a substantial margin. It stimulates interferon secretion, making it effective at fighting viral and microbial infections. Selank is also a nootropic (cognitive-enhancing substance), shown to prevent or reverse damage to the brain caused by various injuries. It offers protection against memory impairment linked to elevated brain-derived neurotrophic factor in the hippocampus and frontal cortex—often observed in alcohol misuse. Selank may help preserve or restore cognitive function after ischemic stroke, traumatic brain injury, and neurotoxin-induced neurodegeneration. It can be used alongside common psychiatric drugs like SSRIs.

Possible Side Effects While rare, side effects from Selank may include: Injection site irritation (redness, swelling, and/or itching) Sinus irritation (with intranasal use) Fatigue Nausea Headaches

Dosing Considerations Administration routes : Intranasal or Subcutaneous Intranasal : Preferred for rapid onset, especially for acute anxiety; crosses blood-brain barrier quickly, but may require multiple daily doses Subcutaneous : Slower, more sustained systemic effects; best for consistent daily support or if time-release action is desired Should be taken in a fasting state whenever possible (at least 1 hour before or after eating) Stay on the lowest effective dose as long as possible. Increase only when necessary. Selank: 10 mg vial Mix with 2.5 mL (250 units) of bacteriostatic water Subcutaneous administration using 0.3 mL / 30-unit syringes Cycle: 4–6 weeks , followed by a 2–4 week washout period

Dosing for Cognitive Enhancement 6 units = 250 mcg 7 units = 300 mcg Take once daily, preferably in the morning

Dosing for Anxiety Recommended twice per day — morning and afternoon/evening 6 units = 250 mcg 7 units = 300 mcg 8 units = 350 mcg 9 units = 400 mcg 10 units = 450 mcg 11 units = 500 mcg

Stacking Suggestions Semax – often stacked with Selank to enhance

nootropic effects, mood regulation, and cognitive recovery BPC-157 – supports neuroregeneration and healing from brain injuries or stress-induced inflammation GHK-Cu – boosts neuroprotective and anti-aging effects; complements Selank's cognitive benefits L-Theanine – amplifies calming effects and anxiety relief when taken alongside Selank SSRIs or antidepressants – Selank can be used adjunctively to support mood and reduce anxiety without interfering with prescription regimens Lion's Mane mushroom – supports nerve growth factor (NGF) and works synergistically with Selank's neuroprotective profile Best results are often seen when Selank is paired with Semax , especially for anxiety, focus, or neuroinflammation.

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