

SS-31

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 SS-31, also known as Elamipretide, Bendavia, or MTP-131, is a synthetic peptide that targets and improves mitochondrial function. Mitochondria generate ATP (the body's primary energy molecule), regulate cellular homeostasis, and impact nearly all physiological systems. SS-31 is a mitochondrial-targeted antioxidant with extensive therapeutic potential: mitigating oxidative stress, suppressing inflammation, maintaining mitochondrial health, and preventing cellular apoptosis. It has several advantages over natural antioxidants and plays a key role in treating mitochondrial dysfunction-related disorders. **BENEFITS** Increased energy (most potent energy-boosting peptide available) Neutralizes free radicals and reverses oxidative stress damage Anti-aging Anti-inflammatory (including neuroinflammation) Supports memory and cognition Antifibrotic Beneficial for kidney disease (activates AMPK pathway) Fights insulin resistance May prevent or mitigate symptoms of: Cardiovascular disease Neurodegenerative conditions Asthma and COPD Age-related macular degeneration Cancer Barth syndrome Primary mitochondrial myopathy Duchenne muscular dystrophy Friedrich's ataxia **POSSIBLE SIDE EFFECTS** Injection site irritation (redness, swelling, and/or itching) Gas Gastrointestinal upset Headache Dizziness Signs of an allergic reaction include: fast, erratic heartbeat; profuse sweating; shortness of breath; confusion; severe weakness; loss of coordination; stiff muscles and high fever; eye symptoms including blurred vision, tunnel vision, eye pain, swelling of the eyes, seeing halos around lights **CONTRAINDICATIONS** Do not use if pregnant or breastfeeding Do not use if hypersensitive to mitochondrial-targeted compounds **SS-31: RECONSTITUTION, DOSING, AND OTHER CONSIDERATIONS** 8-12 week cycle followed by 4-8 week washout period **Daily Dosing** Dose in the A.M.- dosing at a consistent time of day is recommended Take in a fasted state **Subcutaneous administration** *Unlike most protocols, I assigned dosing protocols appropriate to each vial size, since to attempt to use 10mg vials for even a low-end standard SS-31 protocol would be extremely expensive. So while technically you COULD use 10mg vials for any of the protocols, it makes zero sense to do so. **SS-31: 10MG DOSING PROTOCOLS** (Only recommended when running as supportive precedent to MOTS-C cycle) Mix with 1mL (100 units) of BAC water Take 10 units, 1x/day, for 10-14 days prior to start of MOTS-C cycle **SS-31: 30MG DOSING PROTOCOLS** **LOW DOSE PROTOCOL** Mix with 2mL (200 units) of BAC water **Week 1** : 7 units (1mg), 1x/day, 5 days/week **Weeks 2–5** : 14 units (2mg), 1x/day, 5 days/week **Weeks 6–8** : 21 units (3mg), 1x/day, 3 days/week **Weeks 9–12** : 28 units (4mg), 1x/day, 3 days/week **STANDARD PROTOCOL** Mix with 2mL (200 units) of BAC water Take 33 units (5mg), 3-7 days per week, for 8-12 weeks **MAXIMUM**

PROTOCOL Mix with 2mL (200 units) of BAC water Week 1 : 10 units (1.5mg), 1x/day, 5 days/week
Weeks 2–5 : 20 units (3mg), 1x/day, 5 days/week Weeks 6–8 : 30 units (4.5mg), 1x/day, 3 days/week
Weeks 9–12 : 40 units (6mg), 1x/day, 3 days/week SS-31: 50MG DOSING PROTOCOLS LOW DOSE
PROTOCOL Mix with 3mL (300 units) of BAC water Week 1 : 6 units (1mg), 1x/day, 5 days/week
Weeks 2–5 : 12 units (2mg), 1x/day, 5 days/week Weeks 6–8 : 18 units (3mg), 1x/day, 3 days/week
Weeks 9–12 : 24 units (4mg), 1x/day, 3 days/week STANDARD PROTOCOL Mix with 3mL (300 units)
of BAC water Take 30 units (5mg), 3-7 days per week, for 8-12 weeks MAXIMUM PROTOCOL Mix
with 3mL (300 units) of BAC water Week 1 : 9 units (1.5mg), 1x/day, 5 days/week Weeks 2–5 : 18 units
(3mg), 1x/day, 5 days/week Weeks 6–8 : 27 units (4.5mg), 1x/day, 3 days/week Weeks 9–12 : 36 units
(6mg), 1x/day, 3 days/week Stacking Suggestions MOTS-C – run SS-31 before a MOTS-C cycle for
maximum mitochondrial optimization. SS-31 primes the mitochondria, MOTS-C boosts cellular
adaptation and metabolic health (Follow standard protocol for 10-14 days prior to start of MOTS-C
protocol) NAD+ – supports ATP production and cellular repair when paired with SS-31 Glutathione –
enhances antioxidant defense and detoxification during oxidative stress repair CJC-1295 / Ipamorelin –
supports cellular regeneration and recovery alongside mitochondrial repair AOD-9604 – assists with fat
metabolism during energy-focused SS-31 cycles BPC-157 – promotes systemic healing and combats
inflammatory stress

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