

Vip-Vasoactive-Intestinal-Peptide

PEPTIDES

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Vasoactive Intestinal Peptide (VIP) is a 28-amino-acid endogenous neuropeptide hormone found throughout the central nervous system, peripheral nerves, immune system, lungs, and gastrointestinal tract. It is a potent regulatory peptide widely distributed in the brain, lungs, immune cells, gut, cardiovascular system. It exerts its effects through cAMP signaling, vasodilation, immune modulation, neuroprotection, and anti-inflammatory cytokine balance. Key cellular actions include suppression of TNF- α , IL-6, IL-12, increases IL-10 (anti-inflammatory cytokine), regulates Th1/Th2/Th17 balance, and protects endothelial and epithelial barriers. **BENEFITS** Immune Modulation and Autoimmune Regulation (VIP is one of the strongest endogenous anti-inflammatory peptides) Suppresses autoimmune-driven inflammation Downregulates overactive macrophages and T-cells Promotes immune tolerance VIP does not broadly suppress immunity like steroids Pulmonary and Respiratory Benefits (VIP is highly expressed in the lungs) Potent bronchodilator Reduces pulmonary inflammation Improves oxygen diffusion Protects alveolar epithelial cells Neurological and Cognitive Effects (acts as a neurotrophic and neuroprotective peptide) Enhances cerebral blood flow Protects neurons from oxidative stress Supports myelin integrity Improves circadian rhythm regulation Gastrointestinal and Motility Support (is essential for gut homeostasis) Relaxes smooth muscle Increases intestinal blood flow Enhances mucosal barrier integrity Reduces gut inflammation Vascular and Cardiovascular Effects Strong vasodilator Improves endothelial function Reduces platelet aggregation Enhances microcirculation Hormonal and Endocrine Effects (interacts with hypothalamic-pituitary signaling) Modulates ACTH and cortisol rhythms Influences prolactin release Support circadian hormone balance These effects are part of why VIP is often used in complex chronic illness protocols in late-stage disease Off-Label Use (when used intranasally and after inflammatory markers normalize, MARCoNS addressed, and mold/toxin exposure eliminated, VIP may be used for the following) Improved cognition Reduced fatigue Better exercise tolerance Improved oxygenation Restoration of quality of life **ADDITIONAL BENEFITS** Immune modulation: VIP helps balance immune responses, making it helpful for autoimmune conditions, chronic inflammation, and immune deficiencies Respiratory health: VIP can significantly improve lung function and reduce inflammation, which benefits those with asthma or mold-related illnesses Brain function and cognition: by promoting blood flow and reducing neuroinflammation, VIP supports cognitive function and may help with brain fog and fatigue Gut health: helps regulate gut motility and reduce intestinal inflammation Cardiovascular support: it improves circulation by dilating blood vessel **VIP HAS THERAPEUTIC VALUE IN TREATING THE FOLLOWING:** Rheumatoid arthritis Multiple sclerosis Inflammatory bowel disease IBS (especially constipation-predominant) Sarcoidosis Traumatic Brain Injury (TBI) Autoimmune lung disease Chronic

inflammation Mold toxicity Respiratory disorders Oxygen delivery Mucosal repair Alveolar protection
Asthma Gut ischemia Post-infectious dysmotility Cognitive fatigue Long COVID Osteoarthritis
Oxidative stress Tissue repair Brain fog Seasonal allergies COPD Pulmonary hypertension
Microvascular dysfunction Raynaud-like conditions ARDS Chronic fatigue Viral infections
Cardiovascular health Digestive discomfort Neuroinflammation Circadian rhythm regulation
Autoimmune disease Hormonal imbalances Free radical damage Immune deficiencies POSSIBLE
SIDE EFFECTS Flushing Headache Lightheadedness /dizziness Nausea Fatigue (during initial
adaptive period) Hypotension Transient anxiety Increased urination CONTRAINDICATIONS Active
infection Uncontrolled autoimmune flare Cancer with angiogenesis risk Severe hypotension Pregnant
or breastfeeding CYCLE LENGTH AND DOSING CONSIDERATIONS Short Cycle: 8-week cycle
followed by 2-4 week washout period Long Cycle: 3 months on followed by a 1 month washout period
Dosing 1-2 times per day: recommend administering in the morning or early afternoon to align with
VIP's natural role in regulating circadian rhythms, energy levels, and cellular function Dose daily for the
duration of the cycle Dose in a fasted state Must be conscientious about remaining well-hydrated
Subcutaneous Administration DOSING PROTOCOLS 8-Week Protocol Mix with 2.5mL (or 250 units)
of BAC water Week 1: Take 3 units (100mcg), 1x/day, 5 days/week Week 2-3: Take 4 units (150mcg),
1x/day, 5 days/week Weeks 4-8: Take 5 units (200mcg), 1x/day, 5 days/week 3-Month Protocol Mix
with 2mL (or 200 units) of BAC water Take 4 units (200mcg), 1x/day, 5 days/week

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