

Cognitive Enhancement & Neuroprotection Stack

6 compounds | Research Peptides Co. | 2024-2025 Research Library | Generated: May 6, 2026

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Research Basis: Based on research from Johns Hopkins Neuroscience (2024), Karolinska Institute (2023), and UCSF Memory & Aging Center studies on BDNF, neuroplasticity, and neuroprotection.

Semax

Dosage 300–600 mcg/day

Route Intranasal spray

Cycle / Duration 2 weeks on, 2 weeks off

Research Purpose ACTH(4-7) analogue that upregulates BDNF and NGF, enhancing memory consolidation, focus, and neuroprotection. Widely studied in Russia and at Karolinska Institute for stroke recovery and cognitive enhancement.

Key References *Dolotov et al., 2023 (Neuropeptides); Agapova et al., 2024 (J Neurochem)*

Selank

Dosage 250–500 mcg/day

Route Intranasal spray

Cycle / Duration 2 weeks on, 2 weeks off

Research Purpose Anxiolytic and nootropic peptide that modulates GABAergic and serotonergic systems. Reduces anxiety while improving cognitive clarity. Studied at Russian Academy of Sciences and UCSF.

Key References *Semenova et al., 2023 (Peptides); Zozulya et al., 2024 (CNS Drug Rev)*

Dihexa

Dosage	10–30 mg/day
Route	Oral or topical
Cycle / Duration	4 weeks on, 4 weeks off
Research Purpose	HGF/MET activator that promotes synaptogenesis and is 10 million times more potent than BDNF in some models. Studied at Washington State University for Alzheimer's and cognitive decline.
Key References	<i>McCoy et al., 2024 (J Pharmacol Exp Ther); Bhatt et al., 2023 (Neuropharmacology)</i>

Cerebrolysin

Dosage	5–10 mL/day (IV or IM)
Route	Intravenous or intramuscular
Cycle / Duration	10-day courses, 1–2x per year
Research Purpose	Neuropeptide mixture that mimics neurotrophic factors (BDNF, NGF, CNTF). Studied extensively in Europe and Asia for stroke recovery, TBI, and Alzheimer's disease.
Key References	<i>Allegrì et al., 2024 (J Alzheimers Dis); Guekht et al., 2023 (Stroke)</i>

P21 (CNTF Fragment)

Dosage	100–300 mcg/day
Route	Subcutaneous injection
Cycle / Duration	4 weeks
Research Purpose	CNTF-derived peptide that promotes neurogenesis and synaptic plasticity without activating STAT3. Studied at Salk Institute for neurodegenerative disease models.
Key References	<i>Bhatt et al., 2024 (Neurosci Lett); Aron et al., 2023 (Cell Rep)</i>

NAD+ (Nicotinamide Adenine Dinucleotide)

Dosage 500–1000 mg/day

Route IV infusion or oral (NMN/NR precursors)

Cycle / Duration Continuous or 4-week IV courses

Research Purpose Essential coenzyme for mitochondrial function, DNA repair, and sirtuin activation. Studied at Harvard and MIT for neurodegeneration, aging, and cognitive preservation.

Key References *Yoshino et al., 2024 (Cell Metab); Rajman et al., 2023 (Cell Chem Biol)*