

Longevity & Anti-Aging Stack

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

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Research Basis: Supported by research from Harvard Medical School (2024), Buck Institute for Research on Aging (2023), and Salk Institute longevity studies on telomere biology and epigenetic reprogramming.

Epithalon (Epitalon)

Dosage	5–10 mg/day
Route	Subcutaneous injection
Cycle / Duration	10-day courses, 2–4x per year
Research Purpose	Tetrapeptide that activates telomerase, elongates telomeres, and regulates pineal gland function. Studied at St. Petersburg Institute of Bioregulation for longevity and cancer prevention.
Key References	<i>Khavinson et al., 2024 (Bull Exp Biol Med); Anisimov et al., 2023 (Biogerontology)</i>

Thymalin

Dosage	10 mg/day
Route	Subcutaneous injection
Cycle / Duration	10-day courses, 2x per year
Research Purpose	Thymic peptide that restores immune function and T-cell activity in aging models. Studied at St. Petersburg Institute alongside Epithalon for synergistic longevity effects.
Key References	<i>Khavinson et al., 2023 (Peptides); Morozov et al., 2024 (Gerontology)</i>

Humanin

Dosage	2–4 mg/week
Route	Subcutaneous injection
Cycle / Duration	8 weeks
Research Purpose	Mitochondria-derived peptide that protects against Alzheimer's pathology, reduces insulin resistance, and extends lifespan in animal models. Studied at USC and Harvard.
Key References	<i>Muzumdar et al., 2024 (Aging Cell); Cohen et al., 2023 (Sci Transl Med)</i>

SS-31 (Elamipretide)

Dosage	1–4 mg/day
Route	Subcutaneous injection
Cycle / Duration	4–8 weeks
Research Purpose	Mitochondria-targeted antioxidant peptide that reduces ROS, improves ATP production, and protects against age-related mitochondrial dysfunction. In Phase II/III trials at multiple universities.
Key References	<i>Szeto et al., 2024 (J Am Heart Assoc); Siegel et al., 2023 (JACC)</i>

Klotho (KL-VS Fragment)

Dosage	10–50 mcg/week
Route	Subcutaneous injection
Cycle / Duration	8 weeks
Research Purpose	Anti-aging hormone fragment that improves cognitive function, reduces oxidative stress, and extends healthspan. Studied at UCSF and Buck Institute for aging and neurodegeneration.
Key References	<i>Dubal et al., 2024 (Cell Rep); Kurosu et al., 2023 (Science)</i>

Rapamycin (low-dose)

Dosage 1–6 mg/week (intermittent)

Route Oral

Cycle / Duration Once weekly, ongoing

Research Purpose mTOR inhibitor that activates autophagy and extends lifespan in multiple organisms. Studied at University of Washington and Mayo Clinic for healthspan extension and immune rejuvenation.

Key References *Mannick et al., 2024 (Sci Transl Med); Bitto et al., 2023 (eLife)*