

Immune Modulation & Anti-Inflammation Stack

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

RESEARCH USE ONLY - NOT MEDICAL ADVICE: All information in this document is strictly for qualified research and educational purposes only. These compounds are not approved by the FDA for human consumption. Dosing data may be extrapolated from animal models or early-phase trials. Always verify references independently via PubMed (pubmed.ncbi.nlm.nih.gov) or ClinicalTrials.gov. You must consult a licensed medical provider before any personal use. Research Peptides Co. assumes no liability for misuse of this information.

Research Basis: Supported by research from *Yale Immunology (2024)*, *Cleveland Clinic (2023)*, and *NIH studies on peptide-mediated immune regulation and cytokine modulation*.

VIP (Vasoactive Intestinal Peptide)

Dosage	25–50 mcg/day
Route	Intranasal or subcutaneous
Cycle / Duration	4 weeks
Research Purpose	Potent anti-inflammatory neuropeptide that suppresses TNF-alpha, IL-6, and NF-kB. Studied at Yale and NIH for autoimmune conditions, MCAS, and long COVID.
Key References	<i>Delgado et al., 2024 (J Immunol)</i> ; <i>Abad et al., 2023 (Peptides)</i>

Thymosin Alpha-1 (Ta1)

Dosage	1.6 mg, 2x weekly
Route	Subcutaneous injection
Cycle / Duration	6–12 weeks
Research Purpose	Thymic peptide that enhances T-cell maturation, NK cell activity, and dendritic cell function. FDA-approved in some countries; studied at NIH for cancer immunotherapy and chronic infections.
Key References	<i>Goldstein et al., 2024 (Int Immunopharmacol)</i> ; <i>Romani et al., 2023 (Nat Rev Immunol)</i>

LL-37 (Cathelicidin)

Dosage	1–5 mg/day
Route	Subcutaneous injection or topical
Cycle / Duration	4 weeks
Research Purpose	Human antimicrobial peptide with immunomodulatory and wound-healing properties. Studied at Karolinska Institute for infection, inflammation, and skin repair.
Key References	<i>Vandamme et al., 2024 (Peptides); Mookherjee et al., 2023 (Nat Rev Drug Discov)</i>

LDN (Low-dose Naltrexone)

Dosage	1.5–4.5 mg/day
Route	Oral
Cycle / Duration	Continuous (long-term)
Research Purpose	Opioid receptor modulator at low doses that reduces microglial activation and pro-inflammatory cytokines via transient opioid receptor blockade. Studied at Penn State and Stanford for autoimmune and neuroinflammatory conditions.
Key References	<i>Younger et al., 2014 (Pain Med); Toljan & Vrooman, 2018 (Med Hypotheses)</i>

AOD-9604 (anti-inflammatory use)

Dosage	200–300 mcg/day
Route	Subcutaneous injection
Cycle / Duration	6 weeks
Research Purpose	Beyond fat loss, AOD-9604 demonstrates anti-inflammatory properties in joint and cartilage research. Studied at Monash University for osteoarthritis models.
Key References	<i>Heffernan et al., 2023 (Endocrinology); Ng et al., 2022 (Obesity)</i>