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NEW BLUE HEALTH
SOLDIERFIT

THE PEPTIDE PROTOCOL GUIDE

A complete, no-hype
field manual to peptide
therapy for people who
want to **feel better**,
live well, and **perform**
at their best.



OPTIMIZE
HEALTH



BOOST
ENERGY



SHARPEN
FOCUS



ENHANCE
WELL-BEING



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CONTENTS

WHAT'S INSIDE

- 00** | **INTRODUCTION**
What peptides are, who they're for, the honest disclaimer
- 01** | **THE FOUNDATION COMES FIRST**
Sleep, nutrition, training, stress, labs, the Peptide Pyramid
- 02** | **UNDERSTANDING PEPTIDE CATEGORIES**
The full landscape at a glance
- 03** | **GROWTH HORMONE & BODY COMPOSITION**
Tesamorelin • Sermorelin • CJC-1295
Ipamorelin • MK-677
- 04** | **FAT LOSS PEPTIDES**
Semaglutide • Tirzepatide • Retatrutide
AOD-9604
- 05** | **RECOVERY & INJURY PEPTIDES**
BPC-157 • TB-500 • KPV
- 06** | **METABOLIC HEALTH & LONGEVITY**
MOTS-c • SS-31 • Humanin • Epitalon
- 07** | **MUSCLE GROWTH & PERFORMANCE**
IGF-1 LR3 • IGF-1 DES • PEG-MGF
- 08** | **BRAIN HEALTH & COGNITIVE PEPTIDES**
Selank • Semax • Dihexa
- 09** | **IMMUNE & SYSTEMIC HEALTH**
Thymosin Alpha-1 • LL-37
- 10** | **SAFETY & RISK DISCUSSION**
Cancer, blood sugar, and the long-term unknowns
- 11** | **BLOOD WORK GUIDE**
What to run before, during, and after
- 12** | **FREQUENTLY ASKED QUESTIONS**
The nine questions everyone asks
- 13** | **PRACTICAL USE CASES**
Four real member scenarios
- 14** | **OUR PHILOSOPHY ON PEPTIDES**
Why this fits SOLDIERFIT



SECTION 00

INTRODUCTION

READ THIS FIRST. IT FRAMES EVERYTHING THAT FOLLOWS.

The peptide conversation has gotten loud, confusing, and crowded with people selling things they don't understand. This guide does the opposite. It gives **SOLDIERFIT** members a straight, educational breakdown: what these compounds are, what the research actually supports, where the real risks sit, and how to think about them like an adult instead of chasing hype.



WHAT ARE PEPTIDES?

Peptides are short chains of amino acids, the same building blocks that form proteins. When a chain is short, roughly 2 to 50 amino acids, we call it a peptide. Functionally, most therapeutic peptides are signaling molecules: they bind a receptor and tell a cell to do one specific thing, like release growth hormone, calm inflammation, or turn appetite down.

HOW PEPTIDES DIFFER

FROM HORMONES, SUPPLEMENTS, AND DRUGS



VERSUS HORMONES: many peptides trigger your own hormone release rather than being the hormone. That distinction matters for safety.



VERSUS SUPPLEMENTS: supplements are loosely regulated nutrients. Peptides have real receptors and real pharmacology.



VERSUS TRADITIONAL DRUGS: peptides tend to be highly targeted, which can mean cleaner effects but also less long-term data.

WHY PEOPLE ARE INTERESTED

Most members arrive for one of a handful of reasons. Be honest about which is yours, because it drives every decision downstream.



Fat loss that finally moves



Healing a stubborn injury



Holding muscle while leaning out



Better sleep and steady energy



Faster recovery between sessions



Healthy aging and long-term performance

“

THE GOAL ISN'T TO FIND A MAGIC PILL. IT'S TO STACK THE ODDS IN YOUR FAVOR SO YOUR HARD WORK FINALLY PAYS OFF.

”



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THE TRUSTED STANDARD

EDUCATION YOU CAN RELY ON.

This guide is for educational purposes only and is not medical advice. Always work with a licensed New Blue Health provider.



FDA-APPROVAL STATUS VARIES

A few of these are approved medications, many are prescribed off-label or compounded, and several are sold only as research chemicals.



QUALITY & SOURCING MATTER

Purity, testing, and proper storage are critical. The molecule is only as good as where it comes from.



RESULTS ARE INDIVIDUAL

Not everyone responds the same. Your protocol should be personalized, monitored, and adjusted over time.



LAB WORK & PROVIDER FIRST

Every protocol here begins with lab work and a licensed New Blue Health provider. No exceptions.



USE KNOWLEDGE.
TRAIN WITH PURPOSE.
MAKE SMARTER CHOICES.

THAT'S THE SOLDIERFIT STANDARD.



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SECTION 01

THE FOUNDATION COMES FIRST

EARN THE RIGHT TO USE PEPTIDES
BEFORE YOU SPEND A DOLLAR ON THEM.

“

THE UNCOMFORTABLE TRUTH

The people who get spectacular results almost always had their basics handled first. Peptides are a multiplier.

**Multiply a small number and
you still get a small number.**



BUILD THE BASE. THEN OPTIMIZE.

Peptides don't replace discipline.
They enhance a system that's already working.

THE FIVE THINGS THAT COME FIRST



01

SLEEP

7–9 hours of quality sleep is non-negotiable. Growth hormone, recovery, appetite hormones, and insulin sensitivity all hinge on it. Many GH-pathway peptides exist mostly to improve the same deep sleep you could be getting for free.



02

NUTRITION

Adequate protein (roughly 0.7–1g per lb of goal bodyweight), whole foods, and a calorie intake that matches your goal. Without this, nothing else moves the needle.



03

TRAINING

Progressive overload, smart programming, and consistency. Peptides enhance adaptation—they don't create it.



04

STRESS MANAGEMENT

Chronic stress elevates cortisol, increases appetite, and blunts recovery. Manage it or it will manage you.



05

LABS & HEALTH MARKERS

Know your baseline. Labs reveal what's helping, what's hurting, and where to focus first.



THE PEPTIDE PYRAMID

*Peptides sit at the top for a reason.
The base has to be solid.*

4

PEPTIDES

Advanced optimization.

3

HORMONE OPTIMIZATION

Dial in what's already there.

2

SUPPLEMENTS

Fill the gaps.

1

SLEEP • NUTRITION • TRAINING • STRESS • LABS

The foundation.

If Level 1
is broken,
Levels 2–4
don't matter.

////



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SECTION 02

UNDERSTANDING PEPTIDE CATEGORIES

THE FULL LANDSCAPE AT A GLANCE

Peptides aren't one-size-fits-all. Each category targets different systems and outcomes in the body. Understanding the landscape is the first step to making smart decisions.



PEPTIDES ARE SIGNALING MOLECULES.

They bind a receptor and tell a cell to do one specific thing.

THE 9 CORE CATEGORIES

01

GROWTH HORMONE & BODY COMPOSITION



Support growth hormone release, reduce visceral fat, and improve overall body composition.

Tesamorelin • Sermorelin •
CJC-1295 • Ipamorelin • MK-677

02

FAT LOSS PEPTIDES



Target appetite, blood sugar, and fat metabolism to help create a calorie deficit and preserve muscle.

Semaglutide • Tirzepatide •
Retatrutide • AOD-9604

03

RECOVERY & INJURY PEPTIDES



Reduce inflammation, promote tissue repair, and accelerate recovery from injury.

BPC-157 • TB-500 • KPV

04

METABOLIC HEALTH & LONGEVITY



Support mitochondrial function, cellular energy, and markers of healthy aging.

MOTS-c • SS-31 • Humanin •
Epitalon

05

MUSCLE GROWTH & PERFORMANCE



Promote muscle growth, strength, and performance by targeting the IGF-1 pathway.

IGF-1 LR3 • IGF-1 DES •
PEG-MGF

06

BRAIN HEALTH & COGNITIVE PEPTIDES



Support cognition, focus, neuroprotection, and overall brain function.

Selank • Semax • Dihexa

07

IMMUNE & SYSTEMIC HEALTH



Modulate immune function and support overall systemic resilience.

Thymosin Alpha-1 • LL-37

08

SAFETY & RISK DISCUSSION



Understand potential risks, side effects, and the long-term unknowns.

Cancer • Blood Sugar •
Long-Term Unknowns

09

MONITORING & OPTIMIZATION



Labs, tracking, and ongoing optimization to ensure safety and results.

Blood Work • FAQs •
Use Cases • Philosophy



KNOWLEDGE CREATES CLARITY. CLARITY CREATES RESULTS.

Use this guide as your roadmap. Work with a licensed provider. Run the labs. Track the data. Optimize intentionally.



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SECTION 03

THE BIG PICTURE

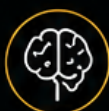
GROWTH HORMONE & BODY COMPOSITION

Growth hormone and related peptides are among the most researched and effective compounds for improving body composition, recovery, and longevity.



HOW THEY WORK

These peptides stimulate the body's natural growth hormone release or mimic its activity.



1. GH RELEASE or GH HIMETIC

Stimulates natural pulsatile release or mimics GH action.



2. IGF-1 PRODUCTION

Increases IGF-1 levels downstream in the body.



3. CELL GROWTH & REPAIR

Promotes tissue repair, muscle growth, and cell regeneration.



4. BETTER COMPOSITION

Improved body comp, recovery, and overall vitality.

KEY OUTCOMES



Increase lean muscle mass



Decrease body fat



Improve sleep, hair & skin



Support bone density



Enhance overall vitality



THE GOAL: OPTIMIZE HORMONES. BUILD A BETTER PHYSIQUE. AGE STRONGER.



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SECTION 03

KEY PLAYERS AT A GLANCE

These are the most effective peptides for growth hormone optimization, body recomposition, and overall vitality.



**TARGET THE SIGNAL.
TRANSFORM THE RESULT.**

Each of these peptides works differently—but together, they create a powerful synergistic effect.

PEPTIDE	PRIMARY BENEFITS	BEST FOR	RESEARCH
 TESAMORELIN 5 MG GHRH ANALOG	- Increases GH release - Reduces visceral fat - Improves body composition	 Fat loss, metabolic health, body recomposition	★★★★★ Extensive Human Data
 CJC-1295 WITHOUT DAC 5 MG GHRH ANALOG	- Increases GH & IGF-1 - Improves recovery - Supports lean mass	 Muscle gain, anti-aging, recovery	★★★★★ Extensive Human Data
 IPAMORELIN 5 MG GH SECRETAGOGUE	- Stimulates GH release - Minimal side effects - Improves sleep quality	 General wellness, fat loss, recovery, better sleep	★★★★☆ Strong Human Data
 MK-677 10 MG GROWTH HORMONE SECRETAGOGUE	- Increases GH & IGF-1 - Improves appetite & sleep - Supports bone density	 Muscle gain, bulking, recovery, bone health	★★★★☆ Strong Human Data
 SERMORELIN 5 MG GHRH ANALOG	- Boosts GH release - Improves sleep quality - Enhances overall vitality	 Anti-aging, wellness, recovery, sleep optimization	★★★★☆ Moderate to Strong Data
 AOD-9604 5 MG GROWTH HORMONE FRAGMENT	- Targets fat mobilization - Supports weight loss - Does not increase appetite	 Fat loss, weight management, body recomposition	★★★★☆ Moderate Human Data



THE RIGHT PEPTIDE. THE RIGHT REASON. THE RIGHT RESULTS.

Match the peptide to your goal, dial in your protocol, and stay consistent. That's where transformation begins.



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SECTION 04

WEIGHT LOSS PEPTIDES

Target stubborn fat.
Improve metabolism.
Reveal your hard work.



Reduce appetite



Lower calorie intake



Promote meaningful
weight loss



Improve blood sugar
control



THE WEIGHT LOSS ADVANTAGE

These peptides work by targeting appetite centers in the brain, slowing gastric emptying, and improving blood sugar control. This leads to reduced calorie intake and meaningful weight loss over time.

They do not preserve lean muscle or increase metabolism. Results are driven by a calorie deficit created through appetite suppression and improved metabolic control.

- ✓ Reduce hunger and cravings
- ✓ Lower calorie intake
- ✓ Promote steady weight loss
- ✓ Improve blood sugar control
- ✓ Better A1C and insulin sensitivity
- ✓ Support long-term weight management

“

**WEIGHT LOSS
ISN'T ABOUT
DOING LESS.
IT'S ABOUT
EATING LESS.
WITH PURPOSE.**

”



EFFECTIVE

Significant weight loss
when paired with proper
nutrition.



SUSTAINABLE

Helps build habits that
support long-term success
and maintenance.



CLINICALLY BACKED

Supported by extensive
human trials and real-world
outcomes.



TRANSFORMATIVE

Real results. More energy.
More confidence. A
healthier you.



TARGET THE RIGHT PATHWAY. ACCELERATE THE RESULTS.

Combine proper nutrition, strength training, recovery, and the right peptides
to unlock a leaner, stronger, more confident you.



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SECTION 04

WEIGHT LOSS PEPTIDES

Target stubborn fat.
Improve metabolism.
Reveal your hard work.



REDUCE
APPETITE



LOWER
CALORIE INTAKE



IMPROVE
BLOOD SUGAR
CONTROL



PROMOTE
MEANINGFUL
WEIGHT LOSS



THE WEIGHT LOSS ADVANTAGE

These peptides work by targeting appetite centers in the brain, slowing gastric emptying, and improving blood sugar control. This leads to reduced calorie intake and meaningful, sustainable weight loss over time.

- ✓ Reduce hunger and cravings
- ✓ Lower calorie intake
- ✓ Promote steady weight loss
- ✓ Improve blood sugar control
- ✓ Better A1C and insulin sensitivity
- ✓ Support long-term weight management

“

**WEIGHT LOSS ISN'T
ABOUT DOING LESS.
IT'S ABOUT EATING
LESS. WITH PURPOSE.**

”

PEPTIDE	PRIMARY BENEFITS	BEST FOR	RESEARCH STRENGTH	DOSING FREQUENCY
 SEMAGLUTIDE 5 MG GLP-1 AGONIST	✓ Reduces appetite ✓ Improves blood sugar control ✓ Slows gastric emptying ✓ Supports meaningful weight loss	 Individuals looking to lose weight, reduce body fat, and improve metabolic health	★★★★★ Extensive Human Data	 Weekly
 TIRZEPATIDE 10 MG GIP/GLP-1 AGONIST	✓ Significant weight loss ✓ Improves glucose control ✓ Reduces appetite ✓ Improves body composition ✓ Supports metabolic health	 Individuals seeking maximum weight loss and metabolic improvements	★★★★★ Extensive Human Data	 Weekly
 RETATRUTIDE 10 MG GIP/GLP-1/GCG TRIPLE AGONIST	✓ High weight loss potential ✓ Reduces appetite ✓ Improves insulin sensitivity ✓ Supports lipid metabolism and fat reduction	 Individuals seeking advanced weight loss and body fat reduction	★★★★★ Emerging Human Data	 Weekly



TARGET THE RIGHT PATHWAY. ACCELERATE THE RESULTS.

Combine proper nutrition, strength training, recovery, and the right peptides to unlock a leaner, stronger, more confident you.



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SECTION 05

INJURY RECOVERY PEPTIDES

Heal faster.
Reduce inflammation.
Bounce back stronger.



Accelerate tissue repair



Reduce inflammation



Support joint & tendon health



Improve recovery time



Build resilience & durability



THE RECOVERY ADVANTAGE

These peptides target inflammation, stimulate tissue repair, and support cellular regeneration. Whether you're recovering from an injury, surgery, or intense training—they help your body heal faster and perform better.

- ✓ Faster tissue healing
- ✓ Reduced inflammation & pain
- ✓ Improved mobility
- ✓ Stronger joints & tendons
- ✓ Enhanced performance
- ✓ Shorter downtime

“

RECOVERY ISN'T
A BREAK FROM
PROGRESS.
IT'S PART OF IT.

”



REPAIR

Stimulate cell regeneration
and tissue repair.



REDUCE

Lower inflammation
and oxidative stress.



RESTORE

Support joint, tendon,
and ligament health.



RECOVER

Bounce back faster
from injury or training.



PERFORM

Return stronger,
more resilient, better.



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SECTION 05

INJURY & RECOVERY PEPTIDES

Tissue repair. Inflammation control. Resilience.

Nothing derails a training streak like an injury you can't shake. These peptides target inflammation, stimulate tissue repair, and support faster recovery—so you can bounce back stronger and stay in the game.



ACCELERATE
TISSUE REPAIR



REDUCE
INFLAMMATION



SUPPORT JOINT
& TENDON HEALTH



IMPROVE
RECOVERY TIME



BUILD RESILIENCE
& DURABILITY



WHY IT MATTERS

Whether you're recovering from a strain, surgery, or chronic inflammation—these peptides help your body heal faster, reduce downtime, and improve long-term performance potential.

- ✓ Faster tissue healing
- ✓ Reduced pain and inflammation
- ✓ Improved mobility and function
- ✓ Stronger joints and tendons
- ✓ Enhanced performance and durability



RECOVERY ISN'T
A BREAK FROM
PROGRESS.
IT'S PART OF IT.



HEAL FASTER. MOVE BETTER. PERFORM STRONGER.

The right peptides, paired with proper training and nutrition, can dramatically improve your recovery trajectory.



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BPC-157

BODY PROTECTION COMPOUND

WHAT IT IS

A synthetic sequence derived from a protein found in gastric juice.

MECHANISM

Promotes new blood vessel formation, modulates growth factors, and reduces inflammation.

BENEFITS

Tendons & ligaments, soft-tissue repair. Gut support for ulcers, leaky gut, inflammatory conditions.

FDA STATUS

Not approved; sold as research chemical.

LIMITATIONS

Strong animal data, limited human trials.

RISKS

Largely unknown long-term; gray-market contamination is a real concern.



TB-500

THYMOSIN BETA-4 FRAGMENT

WHAT IT IS

A synthetic version of a natural repair peptide involved in cell migration and tissue building.

BENEFITS

Studied for flexibility, soft-tissue recovery, and cellular rebuild after hard training or injury.

CONCERNS

As a pro-growth, pro-angiogenesis compound, theoretical caution applies for cancer risk.

RESEARCH

Mostly preclinical; human data limited. Treat claims conservatively.



BPC-157 vs TB-500

Individually: BPC-157 is favored for localized tendon/ligament and gut issues; TB-500 for broader systemic flexibility and recovery.

Together: commonly stacked during dedicated injury-recovery blocks because their mechanisms are complementary. Run under provider guidance, never as a substitute for rehab and diagnosis.



KPV

ANTI-INFLAMMATORY TRIPEPTIDE

WHAT IT IS

A small three-amino-acid peptide (lysine-proline-valine) with anti-inflammatory activity.

GUT HEALTH

Studied for calming inflammation in the digestive tract.

INFLAMMATION

Reduces inflammatory cytokine signaling at the cellular level.

AUTOIMMUNE

Explored for inflammatory bowel conditions such as Crohn's, ulcerative colitis, and related issues.



PAIR SMART. RECOVER SMARTER.

Combine these peptides with proper training, mobility work, sleep, and nutrition to unlock your body's full healing potential.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

SECTION 06

METABOLIC HEALTH & LONGEVITY

Optimize how your body processes energy, protects your cells, and supports long-term resilience.



OPTIMIZE
METABOLISM



PROTECT
AT THE CELLULAR
LEVEL



SUPPORT
HEALTHY
AGING



ENHANCE
VITALITY &
PERFORMANCE



THE FOUNDATION FOR THE FUTURE.

These peptides target the underlying drivers of metabolic efficiency, cellular repair, and healthy aging —so you can perform at your best today and for years to come.



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SECTION 06

METABOLIC HEALTH & LONGEVITY PEPTIDES

Optimize how your body produces energy, protects your cells, and supports long-term resilience.



OPTIMIZE METABOLISM

Support cellular energy production and efficiency.



PROTECT AT THE CELLULAR LEVEL

Reduce oxidative stress and support DNA and cellular repair.



SUPPORT HEALTHY AGING

Promote longevity pathways and cognitive vitality.



ENHANCE VITALITY & PERFORMANCE

Improve endurance, recovery, and overall well-being.



THE FOUNDATION FOR A LONGER, HEALTHIER LIFE.

These peptides target the underlying drivers of metabolic efficiency, cellular repair, and healthy aging—so you can perform at your best today and for years to come.

- ✓ Improve cellular energy & mitochondrial function
- ✓ Reduce oxidative stress & inflammation
- ✓ Support DNA repair & cellular regeneration
- ✓ Enhance insulin sensitivity & metabolic flexibility
- ✓ Promote longevity & vitality

“LONGEVITY ISN'T ABOUT ADDING YEARS TO YOUR LIFE, IT'S ABOUT ADDING LIFE TO YOUR YEARS.”

TOP 3 PEPTIDES

1



GHK-CU COPPER PEPTIDE

- ✓ Powerful antioxidant and anti-inflammatory
- ✓ Supports skin, hair, and connective tissue health
- ✓ Promotes wound healing and tissue repair
- ✓ Supports immune function and brain health

BEST FOR: Skin health, anti-aging, tissue repair, inflammation control

2



NAD+ BOOSTER NICOTINAMIDE ADENINE DINUCLEOTIDE

- ✓ Boosts cellular energy and mitochondrial function
- ✓ Supports DNA repair and longevity pathways
- ✓ Improves cognitive function and focus
- ✓ Promotes healthy aging and metabolic efficiency

BEST FOR: Energy, longevity, brain health, cellular repair

3



GLUTATHIONE MASTER ANTIOXIDANT

- ✓ Protects cells from oxidative stress
- ✓ Supports detoxification and liver health
- ✓ Boosts immune system function
- ✓ Promotes healthy skin and slows aging

BEST FOR: Detoxification, immune support, antioxidant protection

OTHER KEY PEPTIDES



MOTS-C MITOCHONDRIAL PEPTIDE

- ✓ Supports metabolic flexibility
- ✓ Promotes insulin sensitivity
- ✓ Enhances endurance and energy
- ✓ Supports healthy weight management

BEST FOR: Metabolic function, energy, endurance



NR-100 NICOTINAMIDE RIBOSIDE

- ✓ Raises NAD+ levels
- ✓ Supports mitochondrial health
- ✓ Improves energy and recovery
- ✓ Supports healthy aging

BEST FOR: Longevity, energy, mitochondrial health



P21 ANTI-AGING PEPTIDE

- ✓ Supports DNA repair and cellular regeneration
- ✓ Promotes healthy aging
- ✓ Supports brain and heart health

BEST FOR: Longevity, DNA repair, overall vitality



SS-31 MITOCHONDRIAL PROTECTOR

- ✓ Protects mitochondria from damage
- ✓ Improves cellular resilience
- ✓ Supports heart, brain, and eye health

BEST FOR: Mitochondrial protection, organ health



TA-1 TELOMERE ACTIVATOR

- ✓ Supports telomere length
- ✓ Promotes immune health
- ✓ Supports cellular longevity

BEST FOR: Longevity, immune health, cellular aging



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SECTION 07

BRAIN & COGNITIVE PEPTIDES

Sharpen focus. Support memory.
Enhance mood. Protect long-term
cognitive health.



IMPROVE FOCUS
& CLARITY



SUPPORT MEMORY
& LEARNING



ENHANCE MOOD
& RESILIENCE



PROTECT BRAIN
HEALTH LONG-TERM



**FUEL YOUR MIND.
PROTECT YOUR FUTURE.**

These peptides target the key pathways involved in neuroprotection, neurotransmitter balance, and cognitive performance—helping you think clearer, stay sharper, and build mental resilience for the long haul.



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SECTION 07

BRAIN & COGNITIVE PEPTIDES

Sharpen focus. Support memory.
Enhance mood. Protect long-term
cognitive health.

**IMPROVE FOCUS
& CLARITY**

Enhance attention,
mental sharpness,
and clarity.

**SUPPORT MEMORY
& LEARNING**

Strengthen memory
formation and
information retention.

**ENHANCE MOOD
& RESILIENCE**

Support balanced
neurotransmitters
and emotional health.

**PROTECT BRAIN
HEALTH LONG-TERM**

Promote neuroprotection,
regeneration, and
cognitive longevity.

**FUEL YOUR MIND. PROTECT YOUR FUTURE.**

These peptides target the key pathways involved in neuroprotection, neurotransmitter balance, and cognitive performance—helping you think clearer, stay sharper, and build mental resilience for the long haul.

- ✓ Enhance focus, attention, and mental clarity
- ✓ Support memory, learning, and information retention
- ✓ Promote neuroprotection and cellular repair
- ✓ Balance mood and reduce mental fatigue
- ✓ Improve stress resilience and overall brain health

**“A SHARPER MIND
BUILDS A STRONGER
YOU—TODAY AND
FOR TOMORROW.”**

BRAIN & COGNITIVE PEPTIDES

1

**SEMEX****ACTH(4-10)**

- ✓ Enhances learning, memory, and focus
- ✓ Supports mood and reduces anxiety
- ✓ Promotes neuroprotection and BDNF
- ✓ Improves stress resilience and mental clarity

BEST FOR: Focus, mood, memory, stress resilience, and learning.

2

**SELANK****THYMOSIN BETA-4
DERIVATIVE**

- ✓ Supports anxiety relief and emotional balance
- ✓ Enhances memory and recall
- ✓ Improves focus and concentration
- ✓ Supports neuroprotection and stress resilience

BEST FOR: Mood balance, anxiety relief, memory, focus, and stress resilience.

3

**DIHESA****ANGIOTENSIN-(1-7)**

- ✓ Promotes brain blood flow and oxygenation
- ✓ Supports neuroprotection and cellular repair
- ✓ May improve learning and memory
- ✓ Helps reduce neuroinflammation

BEST FOR: Brain circulation, neuroprotection, memory, and recovery.

**STACK SMART. THINK STRATEGIC.**

These peptides work synergistically to support different aspects of brain health—from neurotransmitter balance and memory to neuroprotection and mood regulation. Use under the guidance of a licensed provider to create a protocol tailored to your goals.



Pair with proper sleep,
nutrition, and stress
management.



Consistent use +
healthy habits = peak
cognitive performance.



Results build over time.
Patience and consistency
are key.



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SECTION 09

Immune & Systemic Health

Immune modulators and antimicrobial peptides.

**MODULATE IMMUNE RESPONSE**

Support balanced immune activity.

**COMBAT PATHOGENS**

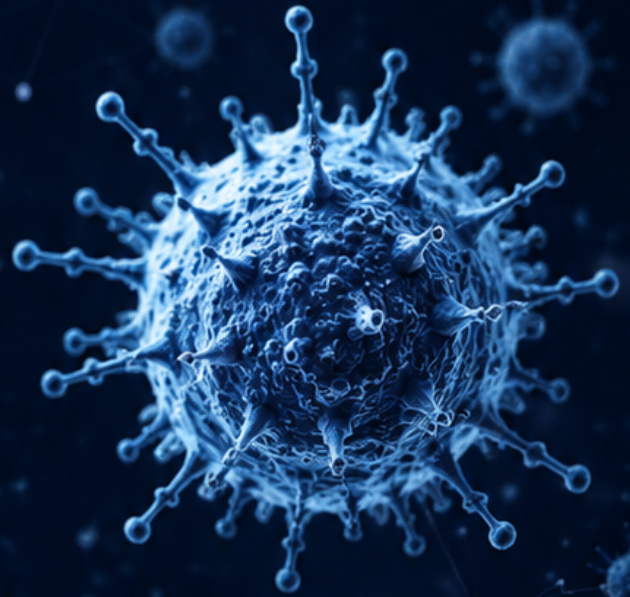
Target harmful microbes and support host defenses.

**SUPPORT GUT MICROBIOME**

Promote microbial balance and gut health.

**ENHANCE RECOVERY & RESILIENCE**

Strengthen the body's ability to adapt and heal.



THYMOSIN ALPHA-1

IMMUNE MODULATOR**IMMUNE FUNCTION**

A thymus-derived peptide studied for enhancing and balancing immune response, with interest in infection resilience.

RESEARCH

One of the better-studied immune peptides, used clinically in some countries; ongoing research elsewhere.



LL-37

ANTIMICROBIAL PEPTIDE**ANTIMICROBIAL**

A natural host-defense peptide active against a range of bacteria, viruses, and fungi.

RESEARCH

Studied for gut-microbiome balance and wound healing.

RISKS

Pro-inflammatory in some contexts and implicated in certain conditions; not a casual compound. Provider oversight essential.

SECTION 10

SAFETY & RISK DISCUSSION

An informed approach to peptide use.



Peptides offer powerful potential, but they are not without risk. Understanding proper use, possible side effects, and contraindications is essential to maximizing benefits while minimizing harm.

Always work with a qualified healthcare provider and follow evidence-informed guidance.



GENERAL SAFETY PRINCIPLES

- ✓ Use only high-quality, third-party tested peptides from reputable sources.
- ✓ Follow recommended dosages and administration guidelines.
- ✓ Start low and go slow. Allow time to assess individual response.
- ✓ Maintain proper storage and handling to preserve peptide integrity.
- ✓ Keep your provider informed of all peptides and medications you are using.



POTENTIAL SIDE EFFECTS

Side effects vary by peptide and individual. Common ones may include:

- Injection site irritation (redness, swelling, tenderness)
- Headache
- Nausea or digestive discomfort
- Fatigue or changes in energy
- Flushing or warmth
- Water retention or bloating
- Changes in appetite or sleep
- Hormonal fluctuations (in some peptides)

Most side effects are mild and temporary, but persistent or severe symptoms require medical evaluation.



CONTRAINDICATIONS

Use caution or avoid use if you:

- Are pregnant or breastfeeding
- Have an active cancer diagnosis
- Have uncontrolled diabetes or severe organ disease
- Have a history of blood clots (certain peptides may increase risk)
- Are taking immunosuppressive medications
- Are under 18 years of age

This is not a complete list. Always consult your healthcare provider.



MONITOR & TRACK

Keep a log of your peptide use and any effects you experience.

- ✓ Track dosage, timing, and administration
- ✓ Note physical, cognitive, and performance changes
- ✓ Monitor labs when appropriate (hormones, IGF-1, thyroid, blood sugar, etc.)
- ✓ Review progress regularly with your provider and adjust as needed



INDIVIDUAL RESPONSE MATTERS

What works for one person may not work for another. Personalization and professional guidance are key.



PEPTIDES ARE RESEARCH CHEMICALS AND ARE NOT APPROVED BY THE FDA FOR HUMAN USE.

They are not intended to diagnose, treat, cure, or prevent any disease. Use is at your own risk. This guide is for educational purposes only and does not replace medical advice.



SAFETY FIRST. PERFORMANCE SECOND.

Smart use today supports long-term results tomorrow. Respect the powerful potential of peptides and prioritize your long-term health.



Report any adverse effects to your healthcare provider and stop use until evaluated. When in doubt, reach out.

SECTION 11

BLOOD WORK PROTOCOL

Track. Optimize. Perform.



Blood work is your baseline and your feedback loop. It helps you identify imbalances, measure progress, and make data-driven decisions to optimize your health and performance.

Test intentionally. Track consistently. Adjust strategically.

WHY IT MATTERS



ESTABLISH A BASELINE

Know your starting point before beginning any peptide protocol.



TRACK PROGRESS

Measure how your body responds and ensure protocols are working.



OPTIMIZE RESULTS

Identify imbalances early and fine-tune your plan for maximum benefit.



SUPPORT SAFETY

Monitor key markers to ensure safe and effective peptide use.



LONG-TERM HEALTH

Proactive testing helps protect your health and extend your longevity.

RECOMMENDED TESTING TIMELINE



BEFORE STATTING

Establish a comprehensive baseline to guide your protocol and goals.



6-12 WEEKS AFTER STARTING

Evaluate early response and make necessary adjustments.



EVERY 3-6 MONTHS

Continue monitoring to optimize performance and long-term health.



KEY BLOOD MARKERS TO MONITOR



COMPLETE BLOOD COUNT (CBC)

Red/white blood cells, hemoglobin, hematocrit, platelets.



METABOLIC HEALTH

Fasting glucose, insulin, HbA1c, HOMA-IR, lipid panel.



HORMONE PANEL

Total & free testosterone, estradiol (E2), SHBG, LH, FSH, progesterone, DHEA-S.



THYROID PANEL

TSH, Free T3, Free T4, Reverse T3, thyroid antibodies (TPO, TgAb).



INFLAMMATION MARKERS

hs-CRP, ESR.



LIVER & KIDNEY FUNCTION

AST, ALT, ALP, GGT, bilirubin, creatinine, BUN, eGFR.



ELECTROLYTES & MINERALS

Sodium, potassium, chloride, calcium, magnesium, zinc, vitamin D.



SPECIALIZED MARKERS

IGF-1, ferritin, B12, homocysteine, cortisol (AM), omega-3 index.

Tests should be personalized based on your age, goals, and protocols.



BEST PRACTICES



Fast 8-12 hours before testing

For accurate metabolic and hormone results.



Test in the morning (7-10 AM)

Hormones (like cortisol, testosterone) follow a daily rhythm.



Use the same lab when possible

Consistency improves accuracy in tracking trends.



Don't chase a single number

Look at the big picture and how you feel.



Share results with your provider

Work together to interpret and adjust.



Keep a log

Record test dates, results, symptoms, and protocol changes.



DATA DRIVES RESULTS

What gets measured gets managed. Use your data to build your best self.



BLOOD WORK IS A TOOL, NOT A DIAGNOSIS.

Always review your results with a qualified healthcare provider who can interpret them in the context of your health history and goals.



Educational content only and not medical advice. Peptide protocols require evaluation by a licensed New Blue Health provider. FDA-approval status varies by compound; some are available only as research chemicals or through compounding and are not approved for human use.



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SECTION 12

FREQUENTLY ASKED QUESTIONS

Answers to the most common questions about peptides.



Peptides are a powerful tool, but it's normal to have questions. Below are answers to the most common questions we receive.

Always work with a qualified healthcare provider for personalized guidance.

1 WHAT ARE PEPTIDES?



Peptides are short chains of amino acids that act as messengers in the body. They help regulate many functions, including healing, hormone production, immune response, and cellular repair.

2 ARE PEPTIDES SAFE?



When used appropriately and under the guidance of a qualified provider, peptides have been shown to be safe with minimal side effects for most people.

3 HOW ARE PEPTIDES ADMINISTERED?



Most peptides are administered via subcutaneous injection. Some may be available in oral or nasal forms, depending on the peptide.

4 ARE THERE SIDE EFFECTS?



Side effects are typically mild and may include injection site irritation, headaches, nausea, or fatigue. These usually resolve as your body adjusts.

5 HOW SHOULD PEPTIDES BE STORED?



Most peptides should be stored in the refrigerator (36–46°F). Always follow specific storage instructions provided with your product.

6 HOW LONG DOES IT TAKE TO SEE RESULTS?



Results vary by peptide, dose, and individual. Some people notice changes within days, while others may take several weeks. Consistency is key.

7 CAN I STACK MULTIPLE PEPTIDES?



Yes, many peptides are commonly stacked to enhance results. Your provider will design a protocol tailored to your goals and health status.

8 WILL PEPTIDES SHOW UP ON DRUG TESTS?



Most therapeutic peptides are not banned substances and do not show up on standard drug tests. However, always check with your employer or sports organization if applicable.

9 DO PEPTIDES REPLACE HORMONES?



No. Peptides support your body's natural processes. They do not replace hormones but can help optimize balance and function.

10 CAN ANYONE USE PEPTIDES?



Peptides are not for everyone. Individuals who are pregnant, breastfeeding, have active cancer, or certain medical conditions should avoid them unless cleared by a healthcare provider.



PERSONALIZATION IS ESSENTIAL.

Everyone's body is different. What works for one person may not work for another. Work with a qualified provider to create a plan that's right for you.



MORE QUESTIONS?

Your provider is your best resource. Don't hesitate to reach out.



Visit soldierfitchallenge.com/protocol for additional resources and updates.

SECTION 13

Practical Use Cases

How this looks for real SOLDIERFIT members.

These are illustrative discussion starters, not prescriptions.
Your actual protocol comes from your labs and your provider.



The Busy Professional

GOAL More energy, mental clarity, and better resilience

DISCUSSION A conversation around NAD+ support, sleep quality, stress management, recovery habits, and foundational nutrition. The objective isn't simply more stimulation—it's improving cellular energy production and helping the body recover from the demands of work, travel, and life.



The Recovery & Wellness Client

GOAL Improve detoxification, recovery, and overall health

DISCUSSION A discussion around Glutathione, nutrition quality, alcohol intake, inflammation, and lifestyle habits. Glutathione may support antioxidant defenses and recovery, but it works best when paired with healthy daily habits and addressing underlying stressors.



The Healthy Aging Client

GOAL Improve skin quality, hair health, recovery, and longevity

DISCUSSION A conversation around GHK-Cu, collagen support, recovery, training, and healthy aging strategies. Interest often centers on skin appearance, tissue repair, and overall vitality, while emphasizing that long-term results still depend on nutrition, sleep, and exercise.



The Former-Athlete Dad • 40+

GOAL Lose belly fat, keep hard-earned muscle

DISCUSSION Tesamorelin for visceral fat, MOTS-c for metabolic support, and a hard look at sleep and stress. Training stays anchored in strength work to protect muscle.



The Weight-Loss Client

GOAL Significant fat loss

DISCUSSION A GLP-1 option (Semaglutide or Tirzepatide) paired with a real nutrition plan and adequate protein, plus resistance training so the weight lost is fat, not muscle.



The Injured Athlete

GOAL Recover and get back to training

DISCUSSION A BPC-157 + TB-500 recovery block timed around rehab, with realistic expectations and proper diagnosis first. Peptides support healing; they don't replace rehab.



The High Performer

GOAL More energy, faster recovery

DISCUSSION MOTS-c and a GH-pathway secretagogue for sleep and recovery, built on top of already-dialed sleep hygiene. Small, well-monitored, sustainable.



The Executive Under Stress

GOAL Better recovery, body composition, and performance

DISCUSSION Sleep, cortisol management, strength training, blood work, and recovery optimization. Depending on labs and goals, discussions may include NAD+, Tesamorelin, MOTS-c, or other interventions, but the foundation remains sleep, nutrition, training, and stress management.

NEXT STEPS

Your protocol is personal. Your next steps are simple.
We're here to help you move forward with clarity and confidence.

01

REVIEW THE PROTOCOLS



See the full supplement and peptide protocol lineup built for SOLDIERFIT members.

www.soldierfitchallenge.com/protocol



02

ORDER DIRECT



Order your peptides direct from New Blue Health. SOLDIERFIT members save 10%.

<https://newbluehealth.com/protocols?affiliate=Soldierfit>



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Every protocol is physician-supervised, lab-guided, and shipped from licensed U.S. pharmacies.
Not sure where to start? Ask any SOLDIERFIT coach and they'll point you to the right first step.

Train hard. Recover smart. Build something that lasts.

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