

RAVIA HEALTH PRESENTS

The Peptide Menu

A guided tour of what's possible — for sleep, mood, metabolism, recovery & more

Ask your Ravia Health provider which peptides are right for you

These statements have not been evaluated by the FDA. Compounded peptide preparations are not FDA-approved drugs and have not been demonstrated to be safe or effective for the uses described. This is educational content, not medical advice — all peptide therapy requires a consultation and clearance by a licensed Ravia Health provider.

Sleep & Recharge

For deeper rest & real recovery

DSIP

Delta Sleep-Inducing Peptide

Injectable

- May support deeper, more restorative sleep
- May reduce nighttime awakenings
- May support stress resilience

Sermorelin / Ipamorelin

Growth hormone duo

Injectable

- Supports natural growth hormone release at bedtime
- May support recovery, lean body composition & sleep quality

CJC-1295 / Ipamorelin

"Performance Blend"

Injectable

- Supports the body's natural nighttime GH pulse
- Supports energy, collagen & bone density

Mood, Focus & Calm

Brain-supporting favorites

Semax / Selank

"Cognitive Blend"

Nasal spray

- May support focus, memory & motivation
- May support a calm, balanced stress response

Oxytocin

The connection peptide

Nasal spray · Troche

- May support mood, bonding & stress resilience
- May support healthy libido

Methylene Blue

Mitochondrial clarity

Capsule

- May support mental clarity & reduced brain fog
- May support cellular energy

⚠ Not for patients on SSRIs, SNRIs, or MAOIs — requires medication review with your provider first.

Dihexa

Cognitive support (investigational)

Capsule

- Studied for memory & learning support
- Investigational — limited long-term human data

Metabolic & Weight

Whole-body metabolic support

AOD-9604

Fat metabolism fragment

Injectable · Troche

- May support fat metabolism alongside diet & exercise
- Non-anabolic, minimal impact on blood sugar

MOTS-C

Mitochondrial metabolic peptide

Injectable

- May support insulin sensitivity & exercise performance
- Supports healthy fat-burning

Tesamorelin

Visceral fat support

Injectable

- Clinically studied visceral fat reduction
- May support lean mass during fat loss

Tesofensine

Appetite regulation

Capsule

- May support appetite regulation
- May support sustained calorie deficit

Ibutamoren (MK-677)

Oral GH support

Capsule

- May support lean muscle & bone density
- Once-daily oral option

Fat Burner Blend

AOD-9604 + MOTS-C + Tesamorelin

Injectable

- Multi-pathway metabolic support in one shot
- Great for GLP-1 transition support

Fat Burner Plus

+ Ipamorelin

Injectable

- Our most comprehensive fat-loss combo
- Adds deeper sleep & lean-mass preservation

Energy & Longevity

Cellular energy, aging support

NAD+

Cellular energy coenzyme

Injectable · Nasal spray

- May support energy, mental clarity & alertness
- Supports cellular & mitochondrial health

Epithalon

Longevity tetrapeptide

Injectable

- Studied for telomere & cellular longevity support
- May support sleep-wake rhythm

SS-31 (Elamipretide)

Mitochondrial support

Injectable

- May support exercise tolerance & recovery
- Supports reduction of fatigue

Recovery & Healing

For tissue repair & resilience

BPC-157

"Body Protective Compound"

Injectable · Capsule

- May support tissue, tendon & gut healing
- One of our most requested peptides

ARA-290

Nerve & tissue support

Injectable

- Studied for nerve discomfort & inflammation support
- Non-stimulating to red blood cells

GHK-Cu

Copper peptide

Injectable · Cream · Scalp treatment

- Supports skin, hair & wound healing
- Antioxidant & anti-inflammatory support

Recovery Blend

BPC-157 + TB-500 + KPV + GHK-Cu

Injectable

- Our full-spectrum healing combo
- Great post-surgery, injury or intense training

Thymosin Alpha-1

Immune modulation

Injectable

- May strengthen immune defense
- Supports recovery in run-down states

Hormone & Vitality

Balance, libido & connection

Kisspeptin

Natural hormone support

Injectable

- Encourages the body's own hormone production
- Supports libido & fertility-friendly protocols

PT-141 (Bremelanotide)

Sexual wellness

Injectable · Nasal spray

- May support healthy libido in men & women
- Works centrally, not vascularly

Beauty & Skin

Glow-from-within favorites

GHK-Cu Biocosmetic Cream

With Estriol

Topical cream

- May support skin firmness, hydration & tone
- Popular for perimenopausal skin support

GHK-Cu + SNAP-8 Cream

Expression-line softening

Topical cream

- A topical "Botox alternative" mechanism
- May soften fine expression lines

Methylene Blue Face Cream

Mitochondrial skin support

Topical cream

- May support firmness & fine-line appearance
- Great retinoid alternative

GHK-Cu Scalp Treatment

Hair density support

Topical

- May support thicker, denser-looking hair
- Gentle non-minoxidil option

How Peptide Therapy Works

Stress, aging, and diet changes can affect your body's natural peptide production. Peptide therapy uses lab-synthesized peptides — prescribed and monitored by a licensed provider — to help support your body's natural repair and regulatory processes. Peptides are offered in a few different forms, so there's usually an option that fits your comfort level.

Available Routes

SC

Injectable

Subcutaneous injection — the most common route for peptide therapy. Small needle, quick daily habit.

PO

Oral

Capsules or troches, taken with or without food as directed. Troches dissolve under the tongue.

IN

Intranasal

A quick spray for rapid, non-injectable delivery — easy to fit into any routine.

TOP

Topical

Creams applied directly to skin or scalp for targeted, localized support.

Your Path to Getting Started

1

Consultation

Meet one-on-one with a licensed Ravia Health provider and share your full health history & current medications.

2

Personalized Plan

Your provider selects the peptide(s), dose, and route that fit your goals and health profile.

3

Ongoing Support

Regular follow-up to track your progress and adjust your plan as needed.

Popular Stacks

Curated combinations our providers commonly build on — always personalized to you at your consultation.

Weight Management Stack	GLP-1 + AOD-9604 + MOTS-C + Tesamorelin + CJC-1295/Ipamorelin
Fat Burner Plus Stack	AOD-9604 + MOTS-C + Tesamorelin + Ipamorelin
Build Lean Stack	CJC-1295 + Ipamorelin + Sermorelin + IGF-1 LR3
Beauty / Glow Stack	GHK-Cu + Epithalon + MOTS-C
Be Better / Wellness Stack	BPC-157 + TB-500 + GHK-Cu + Thymosin Alpha-1 + NAD+ + MOTS-C
Cognitive Performance Stack	Semax/Selank + Dihexa + Methylene Blue + NAD+
Longevity Stack	Epithalon (high-dose) + Thymosin Alpha-1 + GHK-Cu + MOTS-C + SS-31
Recovery / Rehab Stack	Recovery Blend + ARA-290 (if neuropathic component)
Hormone Restoration Stack	Kisspeptin + CJC-1295/Ipamorelin + Oxytocin
Sleep & Recovery Stack	DSIP + Epithalon + CJC-1295/Ipamorelin + BPC-157

Important Information

For educational purposes only. Peptides referenced in this guide are compounded preparations. These statements have not been evaluated by the Food and Drug Administration. Compounded preparations are not FDA-approved drug products and have not been demonstrated to be safe or effective for the uses described. Individual results vary.

This menu is not medical advice and is not an offer to prescribe. Availability of any peptide is determined by a licensed Ravia Health provider following an individualized consultation, medical history review, and (where applicable) lab work. Some peptides are not appropriate for everyone — for example, several items on this menu should not be combined with certain antidepressant medications (SSRIs, SNRIs, MAOIs) due to serotonin syndrome risk, and several are not appropriate during pregnancy or breastfeeding, or with a history of hormone-sensitive cancer.

Several compounds referenced here are investigational and have limited long-term human safety data. Your Ravia Health provider will review your full health history and current medications before recommending any peptide therapy.

Ravia Health · Telehealth for mind & metabolic health