



## DSIP 6mg

### About

DSIP (Delta Sleep-Inducing Peptide) is a peptide studied for its role in regulating circadian rhythms and promoting deep, restorative sleep. It may also support growth hormone release, stress reduction, and neuroprotection during sleep.

\*These products are for research use only and are not intended for human consumption, medical use, therapeutic use, or diagnostic purposes. They are not to be used in foods, drugs, cosmetics, dietary supplements, or any products intended for humans or animals. Peptides are not sterile, have not been tested for safety or efficacy in humans, and must not be injected, ingested, inhaled, applied to the skin, or administered in any form. No product sold is intended to treat, cure, mitigate, or prevent any disease.

## What's Included

- One spray bottle
- Concentration: 6mg/15mL
- Bottle duration varies based on use

### Clinical Research Potential Benefits:

- May support cellular energy and metabolic function
- May enhance DNA repair and promote longevity
- May improve cognitive performance and neural plasticity
- May help reduce neuroinflammation

### Clinical Research Suggested Use:

- **General:**
  - 100-200mcg nightly about 30-60min before bed (2-3 sprays each nostril)
  - 5 days per week
- **Chronic Sleep Challenges:**
  - 300mcg nightly (3-4 sprays each nostril)
  - 5 days per week
- **Stress Modulation/Support:**
  - 100mcg 1-2x/day (2 sprays each nostril)
  - 5 days per week
- Duration: 3-6 months



## Nasal Spray Guidelines

### Before Use:

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- For first-time use: Prime the spray by pressing the pump 2 to 3 times until it fully activates
- Gently blow your nose to clear the nasal passages
- Shake the bottle lightly
- Insert the nozzle toward the back of the nostril while keeping your head upright
- Press the pump to administer the recommended number of sprays

### After Use:

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- Try to avoid blowing your nose right away
- Wipe the spray tip with a clean tissue
- Replace the cap securely
- Store in the refrigerator



## DSIP 6mg Mechanism of Action

- **Sleep Regulation and Circadian Rhythm Support:**
  - DSIP is a neuropeptide known for its ability to promote deep slow-wave sleep (SWS) and stabilize sleep–wake cycles. It acts on central nervous system structures involved in sleep regulation, enhancing sleep quality and duration without inducing sedation. DSIP has demonstrated the capacity to normalize disrupted circadian rhythms and improve restorative sleep architecture.
- **Stress Modulation and HPA Axis Regulation:**
  - DSIP exerts anti-stress effects by modulating the hypothalamic-pituitary-adrenal (HPA) axis, the body's central stress response system. It may lower cortisol levels and reduce sympathetic nervous system activity, promoting relaxation, recovery, and improved adaptation to physical or emotional stress.
- **Hormonal Regulation and Growth Hormone Release:**
  - DSIP plays a regulatory role in endocrine balance, influencing growth hormone (GH), melatonin, and other sleep-related hormones. By stimulating GH secretion during deep sleep, DSIP enhances tissue repair, cellular regeneration, and metabolic recovery—supporting anabolic processes tied to nocturnal healing.
- **Neuroprotective and Cognitive Support:**
  - DSIP demonstrates neuroprotective properties in models of neurodegeneration and oxidative stress. It may help preserve neuronal integrity and synaptic function by modulating neurotransmitter release and reducing excitotoxicity. These effects contribute to improved brain resilience, mood stability, and cognitive performance.
- **Systemic Restorative Effects:**
  - Through its combined influence on sleep regulation, stress reduction, and hormonal optimization, DSIP supports global homeostasis, recovery, and longevity. Enhanced sleep quality facilitates cellular repair, immune restoration, and neuroendocrine balance across multiple physiological systems.