



## Selank 10mg

### About

Selank is a nootropic and anxiolytic peptide studied for its potential to support stress resilience, cognitive function, and emotional balance. It may offer neuroprotective benefits while helping to improve focus, memory, and mood.

\*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: 10mg/15mL
- 1 bottle lasts approximately 1 month

### Clinical Research Potential Benefits:

- May help reduce anxiety and improve stress response
- May enhance cognitive performance and memory
- May support mood regulation and emotional well-being
- May promote long-term brain health and neuroprotection

### Clinical Research Suggested Use:

- **Mild Anxiety/Mood or Performance Boost:**
  - 4 sprays (300mcg)
  - 5 days on, 2 days off
- **Therapeutic for Chronic/Acute Stress Recovery, Immune Support:**
  - 4 sprays (300mcg)
  - 10-14 days straight and then break for 7-14 days
- **Extended Use for Cognitive Enhancement or Chronic Use:**
  - 4 sprays (300mcg)
  - 4 weeks on, cycle 1-2 weeks off
- Duration: 3 months with 1 week cycle break between each month



## 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



## Selank 10mg Mechanism of Action

- **Anxiolytic and Stress-Reducing Effects:**
  - Selank is a synthetic heptapeptide derived from tuftsin, an endogenous immunomodulatory peptide. It exerts potent anxiolytic effects primarily through modulation of the GABAergic system, enhancing GABA-A receptor activity to promote relaxation and reduce anxiety without sedative side effects. Selank also increases serotonin and dopamine levels in key brain regions, contributing to mood stabilization, improved emotional balance, and overall sense of well-being.
- **Cortisol and Stress Hormone Regulation:**
  - By downregulating corticotropin-releasing hormone (CRH) and reducing cortisol secretion, Selank attenuates the physiological stress response mediated by the hypothalamic-pituitary-adrenal (HPA) axis. This effect helps counteract chronic stress, anxiety, and stress-induced fatigue.
- **Cognitive Enhancement and Neuroplasticity:**
  - Selank enhances cognitive performance by increasing the expression of brain-derived neurotrophic factor (BDNF), a critical protein involved in neurogenesis, synaptic plasticity, and memory formation. It also optimizes dopaminergic and noradrenergic signaling, supporting improved focus, learning, and mental clarity.
- **Neuroprotection and Antioxidant Effects:**
  - Through its influence on neurotrophic and neurotransmitter pathways, Selank enhances neuronal resilience to oxidative stress and inflammatory injury. These neuroprotective actions may help preserve brain function and delay cognitive decline under conditions of stress or aging.
- **Immune and Anti-Inflammatory Modulation:**
  - Selank exhibits mild immunoregulatory effects, modulating cytokine production and reducing neuroinflammation that contributes to stress-related or inflammatory cognitive dysfunction. By restoring immune balance and reducing systemic inflammation, it supports both neurological and overall physiologic homeostasis.
- **Systemic Impact:**
  - Through the integration of GABAergic modulation, neurotransmitter balance, and anti-inflammatory effects, Selank provides a multifaceted approach to improving mood, cognition, and stress resilience, supporting emotional stability and brain health.