



MOMENTUM  
INTEGRATIVE  
WELLNESS  
*by Bella Rose*

# THE PEPTIDES YOU DIDN'T KNOW YOU NEEDED

*Because mid-life should  
feel like the BEST part  
of your life*

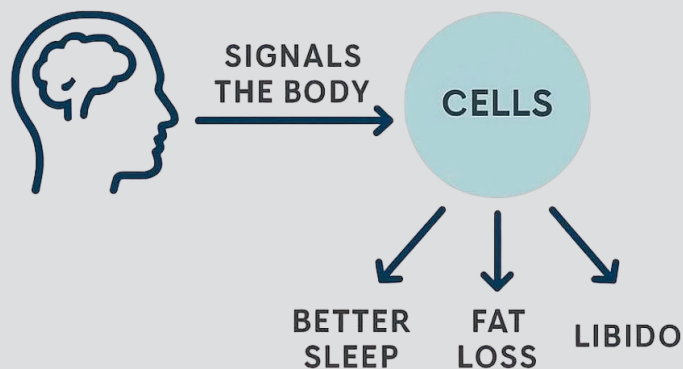
# PEPTIDES ARE ALREADY IN YOUR BODY

*You just make less of  
them with age*

Peptides are tiny chains of amino acids. 50+ amino acids hooked together become proteins. They act like messengers, signaling the body to carry out specific functions such as burning fat, building muscle, or improving sleep.

Peptide therapy reintroduces those exact signals—and your body responds like it's been waiting for this moment.

Insulin is a peptide, for example. So are the GLP-1 weight loss drugs.



# THE BEST PEPTIDES

*For Women*



## **GHK-Cu (The Glow Peptide)**

**HAIR SKIN NAILS / ANTI-AGING / ANTI-INFLAMMATORY**

Ditch the cheap collagen powders and potions. This copper peptide is far superior and encourages tissues repair for wound healing and reduces inflammation. Excellent for post-surgical protocols and over beauty glow. One of my all-time favorites because who doesn't love glowing skin??



## **PT-141**

**SEXUAL PLEASURE / BLOOD FLOW / LIBIDO / MOOD**

You are not meant for a pleasureless sex life. If your body feels like it's failing you, add in the little gem to help improve blood flow, increase desire and libido, and support an overall better mood. PT-141 enhances sexual desire and treats dysfunction by acting on the brain's arousal pathways. It also increases melanin.



## **GLUTATHIONE**

**CELLULAR REPAIR / REDUCES INFLAMMATION / LIVER DETOX**

Treatment with this master antioxidant supports liver detoxification (snowbirds, I see you partying like it's 1999), reduces oxidative stress, and enhances immune function, while also supporting hair, skin & nail growth.

# THE BEST PEPTIDES

## For Women

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### *Choose One GL1 (do not combine)*



#### GLP1/GIP + B12 (terzepatide)

##### DUAL AGONIST--TARGETS 2 RECEPTORS

Improves metabolic health, supports A1C regulation, cardioprotective and improves HRV, neuroprotective reducing risk of Alzheimer's/dementia risk, shreds body fat and cancels food noise. Expect to lose 20-25% body fat. Recommended to start low dose and go slow.



#### GLP1 + B12 (semaglutide)

##### SINGLE AGONIST--TARGETS 1 RECEPTOR

Improves metabolic health, supports A1C regulation, cardioprotective and improves HRV, neuroprotective reducing risk of Alzheimer's/dementia risk, shreds body fat and cancels food noise. Expect to lose 15-20% body fat. Recommended to start low dose and go slow. Great for addiction and recovery patients.

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### *Pairs well with:*



#### NAD+ (Fountain of Youth Peptide)

##### ENERGY BOOST / ANTI-AGING / CELLULAR REPAIR

Technically a coenzyme, supports DNA repair, reduces oxidative stress and increases natural energy and stamina. Plays a key role in regulating metabolism and has been shown to improve youthful appearance and vitality. Reduces inflammation and is my #1 go-to for auto-immune support, Hashimotos, Fibromyalgia and anyone dragging through the second half of their day.

# THE BEST PEPTIDES

## For Women



### Sermorelin

#### HORMONE BALANCE / IMPROVED SLEEP / MORE ENERGY

Prompts your body to make more of its own growth hormone (which is severely reduced as we age) which leads to a better balance of other hormone levels and more energy. Women often report finally seeing the muscle definition they've working for at the gym.



### Tesamorelin/Ipamorelin

#### SHREDS VISCERAL FAT / BUILDS MUSCLE MASS / RECOVERY

A much stronger growth hormone secretagogue which targets stubborn belly fat and dangerous internal visceral fat. Spikes IGF1 to induce deep sleep and recovery. Not recommended unless you have a solid weight routine in place.



### BPC-157/TB500 (The Wolverine Stack)

#### GUT HEALTH / ENERGY / REPAIR & RECOVERY

If you have any type of orthopedic surgery this needs to be part of your recovery plan. Better yet, get this powerful healing peptide into your system if you are very active now, or are feeling the effects of being very active in your younger years. It is very effective in healing gut issues, but if you are not an active person and solely looking for gut-repair, use the tablets instead of injections.

# THE BEST PEPTIDE SUPPORT *For Women*

While protein is key, and yes, it's gotten to the point of being completely annoying to hear about, there's an even more foundational part of your nutrition. Without this, your protein and the workouts you are killing yourself to fit in, are only partially as effective as they could be.



## The Most Important Number You Need to Know

### OMEGA-6:3 RATIO > 3:1 = DANGER ZONE

Omega-3 is the stimulant for protein synthesis. If your Omegas are out of balance (> 3:1), the gains you are getting from your workouts and protein intake are only a percentage of what they could be if you were in balance. I can get you an at-home blood test to identify your number (97% of people are 25:1). Correction is simple and easy to implement, with results typically seen in 4 months or less. Better support for cholesterol and brain health because statins are dangerous.



## Probiotics with Prebiotic Inulin Fiber

### FIBER IS ESSENTIAL FOR GUT HEALTH AND WEIGHT LOSS

Balances your gut-microbiome, supports stable blood-sugar levels, supports bowel movements and gut-motility, and balances cholesterol levels that are already in the normal range. Yes, I offer this in a clean, European-based formulation.



## Water & Electrolytes

### SALT IS NOT BAD FOR YOU

You need to significantly increase your water and electrolyte intake while stacking peptides, particularly when taking GLP1s. Drink your body weight in filtered water daily. Add salt or salt/potassium based electrolytes often. Use milk thistle supplements and digestive enzymes when constipated or experiencing slow motility.



## Protein

### 1G PER POUND FOR YOUR GOAL WEIGHT

Yes, that seems like a lot. And I'll be honest, it's not easy to do. So be intentional. Don't shy away from red meat. Get creative with snacks, smoothies, and eventually, I promise, you'll find a way to incorporate food/meal prepping. Just don't expect to conquer that month one if this is new to you.

@ThePeptideProtocol

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# Bonus Tip

If your gut is inflamed:

- your brain is inflamed
- your hormones are lost
- your metabolism is useless.

NO STACK SURVIVES  
A BROKEN GUT

Book your 60-minute peptide consultation with us today for just \$225. Consultation fees can be applied to your Elite Peptide Membership.

772.210.4977

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