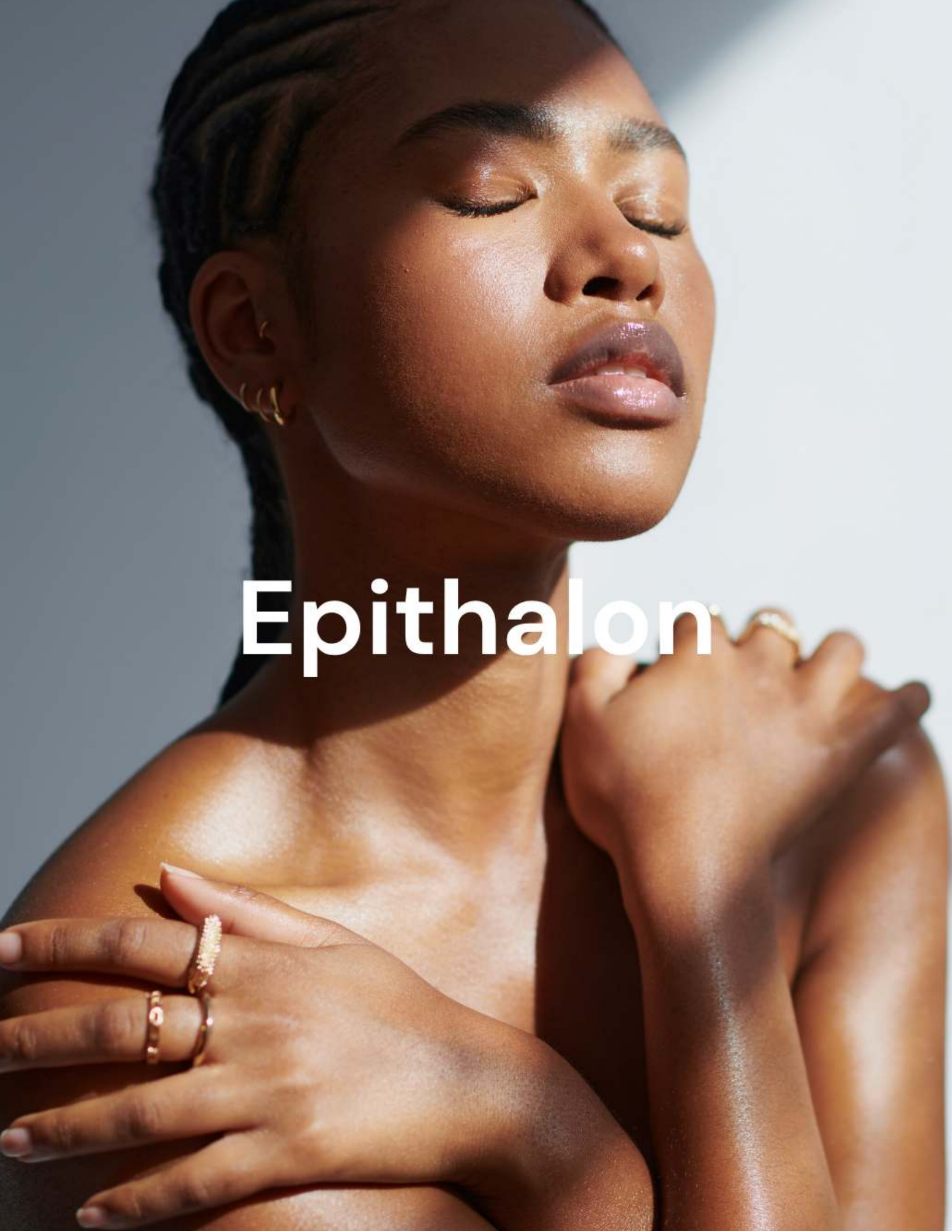


A close-up portrait of a woman with her eyes closed, wearing gold jewelry, with the word 'Epithalon' overlaid in white text. The woman has dark skin and her hair is styled in braids. She is wearing several gold rings on her fingers and small gold hoop earrings. Her hands are positioned near her neck and shoulders. The lighting is soft and directional, creating a serene and intimate atmosphere. The background is a plain, light color.

Epithalon

Epithalon Injection

PATIENT GUIDE

This guide covers what Epithalon is, what to expect, and when to reach out to your clinical team.

What Is Epithalon?

Epithalon is a peptide that may act on telomerase activity, which may help reduce cellular senescence (aging at the cellular level). It may also help increase the body's own melatonin production, which is made in the pineal gland.

Why Is Epithalon Prescribed?

Epithalon may be prescribed for:

- Infertility or ovarian aging
- Difficulty sleeping due to shift work
- Supporting healthy brain function or family history of dementia, as an add-on to Semax + Selank

Much of the current research on Epithalon comes from preclinical studies, with only limited human data available. Individual response varies, and results aren't guaranteed. This treatment is not a substitute for standard medical care.

What to Expect

This medication is given as a subcutaneous injection. **See additional documentation for how to administer a subcutaneous injection.**

- 10-day course of 10mg nightly
- Can be followed by an as-needed maintenance dose of 3mg daily. More commonly, there is no maintenance dose and instead, the 10-day course is repeated every 3–6 months
- Your clinical team reassesses your dose and whether it is still meeting your goals every 3–6 months

Required Labs

No lab testing is required for Epithalon. However, it is highly recommended to track specific biomarkers while on this peptide. See the portal for details.

Storage & Expiration

Storage: It is recommended to store your medication in the refrigerator, but always follow the pharmacy-specific storage instructions included with your medication if they differ.

Expiration: This medication expires 28 days after first puncture, regardless of how much remains. After that time, it should no longer be used.

Who Shouldn't Use Epithalon

Do not take this medication if any of the following apply to you:

- Pregnant or breastfeeding
- Currently using insulin
- Active cancer treatment, or cancer treatment completed within the last 5 years
- Any known mass, lesion, or tumor currently under evaluation
- High-risk cancer genetics (such as BRCA, BRAF, MYC, or TP53) — if you don't know your status, you can still proceed, but it may be worth discussing testing with your clinician

Possible Side Effects

Common: Redness, bruising, or mild swelling at the injection site; usually resolving on its own and rotating injection sites helps.

Rare but more serious: Severe worsening of anxiety, depression, or insomnia

If you experience any side effects, notify your clinical team through the portal.

When to Contact the Clinical Team

Stop using this product and contact your clinician through the portal if you develop:

- Severe worsening of anxiety, depression, or insomnia
- Any side effect beyond mild, expected injection site irritation

Go to your nearest Emergency Room or call 911 right away if you have difficulty breathing or swelling of your face, lips, tongue, or throat.

Questions?

Ask your clinical team through the portal if you have any questions or concerns.

This Information is made available to you through Altro. All content was provided, reviewed, and approved by the medical director of the clinical team.

