



Thymosin Alpha-1

Thymosin Alpha-1 Injection

PATIENT GUIDE

This guide covers what Thymosin Alpha-1 is, what to expect, and when to reach out to your clinical team.

What Is Thymosin Alpha-1?

Thymosin Alpha-1 (TA-1) is a peptide that may act on Toll-like receptors (TLR2/TLR9) and support T-cell maturation, working through the thymus and dendritic cells to help regulate immune system function.

Why Is Thymosin Alpha-1 Prescribed?

Thymosin Alpha-1 may be prescribed for:

- Autoimmune disease (such as ulcerative colitis, psoriasis, or systemic lupus erythematosus)
- Immune system dysfunction (such as recurrent sinus infections, difficult-to-control asthma, systemic eczema, or long COVID)
- Immune system support during high-risk seasons (such as flu or cold season)
- Liver fat or inflammation (such as chronic hepatitis B or C, metabolic-associated fatty liver disease, or alcohol-associated liver disease)

Much of the current research on Thymosin Alpha-1 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.**

- Typically dosed twice weekly
- Used in a defined cycle: 6–12 months, followed by a 1-month pause before starting again
- 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 Thymosin Alpha-1. 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 Thymosin Alpha-1

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
- History of organ transplant

Possible Side Effects

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

