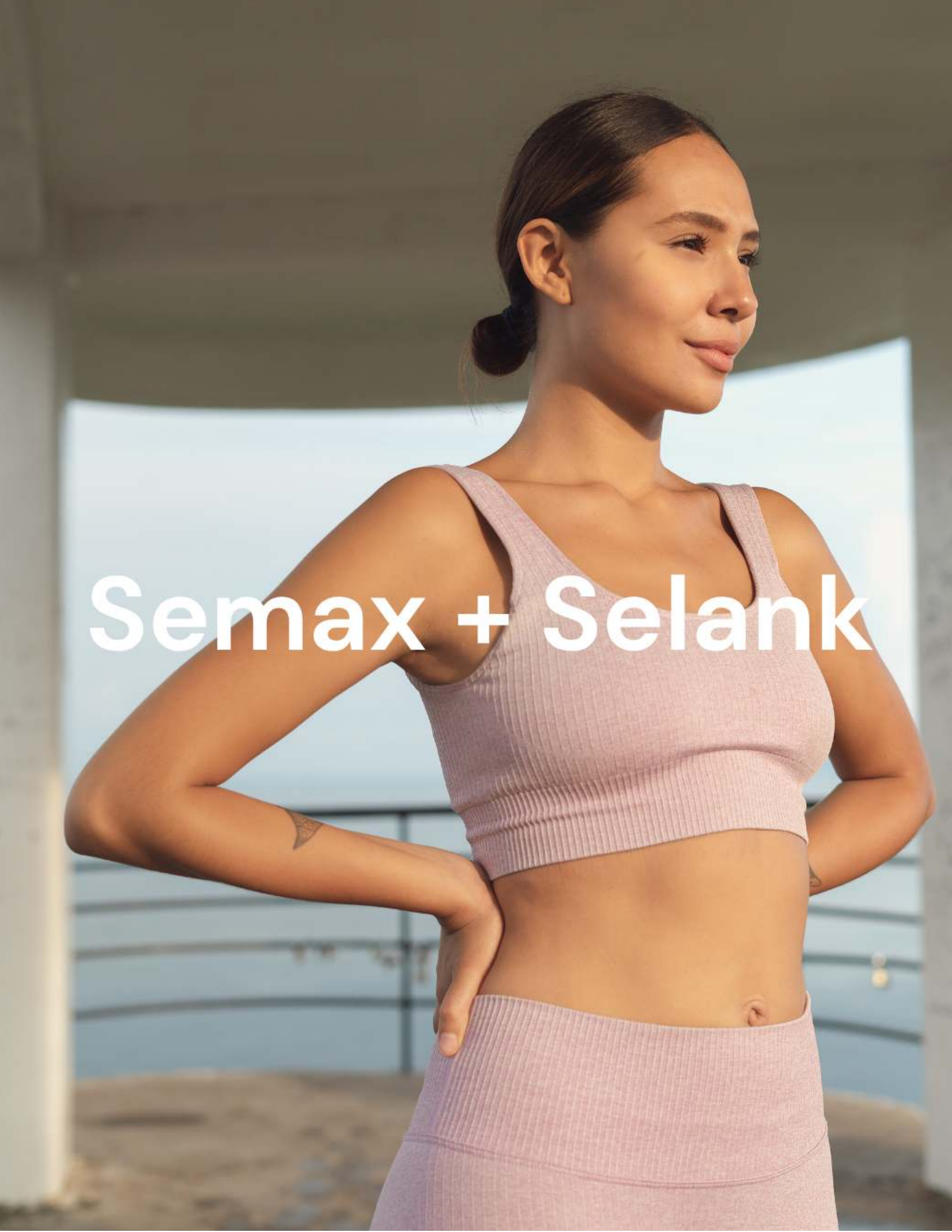


A woman with dark hair tied in a bun, wearing a light purple ribbed athletic crop top and matching skirt. She is standing outdoors with her hands on her hips, looking off to the side. The background shows a concrete structure and a blue sky.

Semax + Selank

Semax + Selank Injection

PATIENT GUIDE

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

What Is Semax + Selank?

Selank and Semax are two peptides, based on sequences related to compounds that occur naturally in the body, compounded together into a single formulation. Selank may act on GABA pathways and could be associated with a calming effect. Semax may support BDNF and serotonin pathways linked to focus and cognitive function.

Why Is Semax + Selank Prescribed?

Selank + Semax may be prescribed for:

- Generalized anxiety throughout the day
- Difficulty falling asleep due to anxiety
- Supporting healthy brain function or improving focus without stimulants
- Family history of dementia or high risk genetics (e.g. APOE E4)

Much of the current research on Selank and Semax 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 or mental-health care.

What to Expect

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

- Typically dosed once daily: in the morning if focus or anxiety is the main goal or in the evening if sleep or brain health is the focus
- You may start at a lower dose and may increase it over the first week if it's well tolerated
- 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 Semax+Selank. However, it is highly recommended to track specific biomarkers while on this therapy. 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 Semax + Selank

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

- Pregnant or breastfeeding
- Diagnosed with bipolar disorder I or II or schizophrenia unless cleared by a psychiatrist
- Active cancer treatment, or cancer treatment completed within the last 5 years

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: Possible worsening of symptoms if using any of the following medications:

- SSRIs / SNRIs/ SMSs such as Prozac, Zoloft, Effexor, Trintellix
- Monoamine Oxidase Inhibitors (MAOIs) such as Nardil, Parnate
- Benzodiazepines such as Valium, Xanax, Ativan
- Stimulants such as Adderrall, Ritalin
- Dual Orexin Receptor Antagonists (DORAs) such as Belsomra, Quviviq

If you experience any side effects, notify your clinical team through the portal. A dosage or medication change may be appropriate.

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, are at risk of harming yourself or others, severely worsened insomnia, or have 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.

