



DISP DOSING GUIDE

Nightly Dosing & Sleep Optimization

Week 1-2 → **10-20 Units** nightly

Week 3-4 → **20-40 Units** nightly

Week 5-8+ → **40-60 Units** nightly

Increase only if well tolerated.

TIMING GUIDANCE

- Evening dose only
- 30-60 mins before sleep
- Avoid daytime use
- Consistent timing improves sleep quality

CLIENT SUCCESS GUIDELINES

- ✓ Maintain consistent sleep and nightly routine
- ✓ Support recovery with balanced nutrition
- ✓ Stay hydrated
- ✓ Use consistently before bed

ADMINISTRATION GUIDELINES

- * Subcutaneous injection
- * Common areas: abdomen, flank, or thigh
- * Rotate injection sites with each injection
- * Use a new **sterile** syringe for every administration
- * Clean vial top with alcohol prior to drawing

CYCLE:

- ✓ **2-4 weeks ON**
- ✓ **1-2 weeks OFF**



For Research & Educational Use Only

Not for human or veterinary use



Selank Nasal Spray

DOSING GUIDE

Weekly Nasal Dosing Instructions

Week 1-2 → **1-2 puffs** (daily)

Week 3-4 → **2-3 puffs** (2-3x daily)

Week 5-8+ → **3-4 puffs** (2-3x daily)

Increase only if well tolerated.

TIMING GUIDANCE

- Morning preferred
- Second dose (if split) early afternoon
- **Avoid** late evening dosing
- Consistent timing improves emotional stability

Maintain consistent sleep and daily routine

- ✓ Support brain health with balanced nutrition
- ✓ Stay hydrated
- ✓ Use consistently during the cycle



Weeks 1-2: **Improved calm focus and stress reduction**

Weeks 3-4: **Enhanced emotional stability and resilience**

Weeks 1-2

- ✓ Calm focus and relaxation increase
- ✓ Possible mild fatigue and nasal irritation
- ✓ Sleep sensitivity if taken late

Weeks 3-4

- ✓ Emotional stability improves
- ✓ Stress resilience becomes more noticeable
- ✓ Effects feel consistent and predictable

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Semax Nasal Spray

DOSING GUIDE

Weekly Nasal Dosing Instructions

Week 1-2 → **1-3 puffs** (daily)

Week 3-4 → **3-6 puffs** (daily split am/pm)

Week 5-8+ → **6-10 puffs** (daily split am/pm)

Increase only if well tolerated.

TIMING GUIDANCE

- Morning preferred
- Second dose (if split) early afternoon
- Avoid late evening dosing
- Consistent timing improves cognitive stability

Timing Guideline

- ✓ Maintain consistent sleep and daily routine
- ✓ Support brain health with balanced nutrition
- ✓ Stay hydrated
- ✓ Use consistently during the cycle



WHAT TO EXPECT:

★ Weeks 1-2:

- ✓ Focus and mental clarity increase
- ✓ Possible mild headache or stimulation
- ✓ Sleep sensitivity if taken late

★ Weeks 3-4

- ✓ Cognitive performance stabilizes
- ✓ Mental endurance improves
- ✓ Effects feel consistent and predictable

Weeks 2-4: Improved focus and mental clarity

Weeks 4-8: Enhanced cognitive stability and stress resilience

Consistency supports optimal cognitive performance.

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