Selank

PATIENT INFORMATION GUIDE

PHASE
Longevity Clinic



What is Selank?

Selank is a synthetic peptide developed in Russia. It is an analog of a signaling molecule called tuftsin, which is involved in immune function. It also works on GABA receptors in the brain. Selank is used to reduce anxiety without sedation, sharpen focus, improve memory, and support immune function.

How does Selank work?

- Elevates BDNF levels (brain-derived neurotrophic factor) to promote neuroplasticity
- Modulates serotonin metabolism in ways that enhance mood without the emotional flattening associated with SSRIs
- Regulates immune function

Risks and side-effects of Selank

Selank has a good safety profile. Reported effects include:

- Drowsiness — usually mild and resolves within a week.
- Nasal irritation — usually an effect of the nasal spray solution.
- Headache — uncommon and usually responds to hydration-responsive.

What to know about Selank:

Selank is usually taken as a nasal spray. The anti-anxiety effect usually sets in within 20–40 minutes, but for chronic anxiety, optimal results appear after 2–4 weeks. Although it is not known to cause dependency, it is recommended to cycle off every several weeks.

How to use Selank:

Start with one spray in the morning. After a few days you may increase to 2 sprays and an additional dose in the afternoon.

Selank vs Semax:

Selank is often stacked with another peptide called Semax, which has similar effects but is more stimulating, enhancing cognition, focus and motivation, but without anti-anxiety effects.
Regulatory status: Selank is not FDA-approved so considered experimental in the U.S.

Always work with a medical professional with experience prescribing peptides to ensure that you're getting a medical grade product and getting the best results.

Call us for appointment and consultation (425) 776-0880

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