

# Peptide Starter Guide

What bioactive peptides are, who they're for, and a clean MAKE Wellness stack to start with.

Friend — if you are new to bioactive peptides and feel like everybody is suddenly talking about them but nobody is explaining them in plain language, this guide is for you. No scare tactics. No magic promises. Just clean, simple education — and the MAKE Wellness lineup organized so you can pick where to start.

Created by L.D. Stevenson, BSN, RN, RNC-OB, C-EFM — MAKE Wellness affiliate & customer.

## Nurse-friend truth

A stack should support your routine — not become a substitute for water, food, sleep, movement, and medical guidance.

## WHAT ARE BIOACTIVE PEPTIDES?

Peptides are short chains of amino acids — the same building blocks proteins are made of. In wellness products, bioactive peptides are targeted ingredients used to support specific wellness goals through cell signaling. The key word is support — not diagnose, treat, cure, or replace medical care.

MAKE Wellness uses what it calls Bioactive Precision Peptides™ — plant-derived peptides delivered as oral stick packs or capsules, not injections. These are supplement-category products designed to be added to a normal day.

### A GOOD FIT IF YOU...

- Work long, demanding shifts and want steadier energy
- Want recovery support without another bottle of caffeine
- Train, or want to maintain lean mass
- Wind down poorly and want a calmer sleep routine
- Want one clean, consistent stack — not 14 supplements

### PAUSE & CHECK FIRST IF YOU...

- Are pregnant, breastfeeding, or trying to conceive
- Take prescription meds or manage a chronic condition
- Have allergy concerns or reactions to supplements
- Have kidney, liver, cardiac, endocrine, or immune concerns
- Are preparing for surgery, or sensitive to stimulants

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## THE MAKE 3 BREAKTHROUGH

If you're burned out and want one plan instead of fourteen, this is the on-ramp. MAKE 3 Breakthrough is a 90-day, peptide-powered system built around 3 peptides + 3 lifestyle shifts + 3 months of structure.

FIT	LEAN	RESTORED
Supports strength, performance, muscle recovery, and energy.	Supports cravings, appetite balance, and metabolic wellness.	Supports deep sleep, REM sleep, and next-day recovery.

### The 3 lifestyle shifts

- Steps — add daily movement, aiming for 7,500+ steps.
- Sleep — a few consistent nighttime habits to support recovery.
- Swap — small nutrition upgrades (more water, less added sugar).

Why it works. Better sleep improves energy. Better energy supports movement. Better movement + peptides support metabolism and body composition. The Breakthrough is structure + support + consistency — the combo that actually helps people move out of burnout and into rhythm.

## GLP-1 SUPPORT STACK

If you're on a GLP-1 medication, transitioning off, or pursuing a lean, active lifestyle without one — the GLP-1 Support Stack pairs FIT and HYDRATED to defend muscle and hydration during reduced calorie intake.

FIT	Targeted muscle & metabolic support during reduced calorie intake. Promotes muscle protein synthesis · supports strength recovery · reduces muscular fatigue · supports endurance · encourages bone mineral composition · supports healthy aging via NAD+ · maintains metabolic function.
HYDRATED	Fluid, electrolyte, and mineral replenishment. Supports electrolyte balance · contributes to normal muscle function · helps maintain hydration · supports nutrient absorption · promotes cellular hydration. Features SolarSea™ electrolytes (sodium, potassium, magnesium) + glycine + coconut water powder. Available in Grapefruit and Tropical.

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## Friend reminder

GLP-1 medications can drive fast weight loss — but they can also drive muscle loss and dehydration. The Support Stack is built to defend muscle and hydration while you let the medication do its work. Always check with your provider before adding any supplement to your GLP-1 routine.

## MUSCLE & METABOLIC COLLECTION

A three-product bundle for strength, hydration, and weight support — designed for people who train, work demanding shifts, or want a steady body-composition routine.

Product	What it's for	Plays well with
FIT	Muscle recovery, strength, and performance.	Training days, GLP-1 routines, post-shift.
LEAN	Cravings control and weight management support.	Meals, snack windows, body-comp goals.
HYDRATED	Hydration and electrolyte replenishment.	Long shifts, hot weather, every workout.

Why it works together. Hydration sets the stage; LEAN steadies appetite cues; FIT defends and rebuilds muscle. The three were built to layer.

## THE MAKE WELLNESS LINEUP — ONE AT A TIME

Each product is its own routine. Pick the one that matches your biggest gap and start there.

### FIT

Strength · performance · muscle recovery

Built around the PeptiStrong™ Plus blend — fava-bean-derived peptides plus NAD+ precursors — FIT is MAKE's muscle-and-metabolic flagship. Reported markers include up to 4x protein synthesis vs. milk protein, 144% strength recovery, and ~47% less muscular fatigue. Pairs with training, GLP-1 routines, and post-shift recovery.

Key ingredients: Bioactive Precision Peptides™ (Vicia faba), Metabolic Matrix™ tech, NAD+ precursors, B-vitamin complex, natural caffeine.

**Best time: Pre- or post-workout · post-shift recovery.**

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## LEAN

Cravings · appetite balance · metabolic wellness

Built around the Apticurb Trimfast™ Complex (Saccharomyces cerevisiae peptide hydrolysate) to support appetite signaling and cravings control. Designed to pair with protein-forward meals, training, and consistent sleep — not as a replacement for prescription weight-loss medication.

Key ingredients: Bioactive Precision Peptides™ (yeast-derived), Apticurb Trimfast™ Complex, B-vitamin complex, natural flavor.

**Best time: Mid-morning or before lunch.**

## RESTORED

Deep sleep · REM · next-day recovery

Built around a rice-derived bioactive peptide plus NeuroSync™ tech — a combination of GABA, L-theanine, and apigenin (from chamomile). Designed to prepare the brain to wind down and support sleep onset, deep sleep, and REM. Wake-up signal: rested instead of drained.

Key ingredients: Bioactive Precision Peptides™ (rice-derived), GABA, L-theanine, apigenin, magnesium glycinate.

**Best time: 60–90 minutes before bed.**

## HYDRATED

Electrolytes · cellular hydration · mineral replenishment

A clean hydration base for shift workers, athletes, and hot-climate humans. Features SolarSea™ electrolytes sourced from the Great Salt Lake (sodium, potassium, magnesium) plus glycine and coconut water powder to support fluid and mineral absorption. Available in Grapefruit and Tropical.

Key ingredients: SolarSea™ electrolytes, glycine, coconut water powder, ionic mineral complex.

**Best time: Morning, mid-shift, and around training.**

## FOCUSED

Mental clarity · memory · brain fog

A peptide + nootropic capsule designed to clear brain fog and support concentration on long shifts and big tasks. Uses the CogniFocus™ Power Blend — bacopa monnieri, ginkgo peptides, LuteMax (lutein/zeaxanthin) for blue-light eye strain, and phosphatidylserine for brain-cell support.

Key ingredients: Bioactive Precision Peptides™, bacopa monnieri, ginkgo peptides, LuteMax (lutein/zeaxanthin), phosphatidylserine.

**Best time: Start of shift or before deep-focus work.**

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## ENERGIZED

Steady daytime energy · stamina · clean caffeine

Built for the long-day crowd. Uses Fatigue Fighter peptides plus ginseng peptides and naturally-sourced caffeine (green coffee bean, guarana, whole coffee fruit) to support sustained energy without the spike-and-crash of stacking caffeine.

Key ingredients: Bioactive Precision Peptides™, Fatigue Fighter peptides, ginseng peptides, natural caffeine, grapefruit extract.

**Best time: Morning or early afternoon (avoid late evening).**

## CALM

Stress · cortisol · daytime relaxation

A non-drowsy stress-support stick pack with bioactive peptide support plus ashwagandha, lemon balm, GABA, and L-theanine — designed to lower the cortisol noise of a hard day without putting you to sleep. Works for daytime or evening — pair with RESTORED at night for the full wind-down.

Key ingredients: Bioactive Precision Peptides™, ashwagandha, lemon balm extract, GABA, L-theanine.

**Best time: Mid-afternoon decompression or 60+ minutes before bed.**

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## HOW TO START A CLEAN STACK

Do not stack everything on day one. You won't know what is working, and your wallet will sulk. Use this order.

### Step 1 — Pick your biggest gap.

Foggy mornings? Start with FOCUSED. Crashing at 2 p.m.? ENERGIZED. Can't fall asleep? RESTORED. Stressed and wired? CALM. Training hard but recovering badly? FIT. Body-composition goals? LEAN.

### Step 2 — Build a hydration floor.

Add HYDRATED early. Most "low energy" and "bad sleep" problems are partly dehydration in disguise. Cheap to fix, big returns.

### Step 3 — Give it 14–21 days, consistently.

Peptide-based wellness works on a routine, not on heroic single doses. Same time, most days. How you feel matters more than the scale.

### Step 4 — Layer the next category only after a baseline.

Add one new peptide at a time so you can tell what changed. If everything goes in at once and you feel great, you'll never know which one earned the win.

### Step 5 — Stack with the basics that actually move the needle.

Sleep 7–9 hours when you can. Hit protein at every meal. Walk daily. Lift twice a week. Sun on your face. Peptides amplify good habits — they do not replace them.

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## A SAMPLE "PLEASE LET ME FUNCTION" DAY

Time	Stack	Why
Morning	HYDRATED + FOCUSED	Wake up the brain and the body together — before the day decides for you.
Midday	ENERGIZED (optional) + LEAN with lunch	Defend against the 2 p.m. crash. Keep appetite signaling honest.
Pre-train	FIT + extra HYDRATED	Show up for the session you said you would do. Recover so tomorrow isn't a write-off.
Afternoon	CALM as needed	Defuse cortisol without losing the rest of your day.
Evening	CALM 60–90 min before bed › RESTORED at bedtime	Wind the system down on purpose. Sleep is where adaptation happens.

## THE 7-DAY BEGINNER TRACKER

Print this page and use it. Pen on paper helps the brain notice patterns. Track for 21 days for the full picture.

Day	Product(s)	Water	Energy	Sleep	Mood / Notes
1					
2					
3					
4					
5					
6					
7					

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## CLEAN STACK CHECKLIST

### Before you start

- I know my main goal for this stack.
- I reviewed the product label and directions.
- I checked ingredients for allergies or sensitivities.
- I know whether I should ask my healthcare provider first.
- I'm not using this to skip food, water, sleep, or medical care.
- I have a simple tracking plan for the first 7 days.

### What to watch for

If something feels off — unusual symptoms, allergic-type reactions, GI upset, palpitations, dizziness, worsening sleep, or anything that concerns you — stop and get appropriate medical guidance. Your body gets a vote. Listen to it.

## QUICK ANSWERS

### Q. Are these prescription?

A. No. These are oral and transdermal wellness peptides intended as supplements — not prescription medications. They do not replace medical care.

### Q. Will I feel something on day one?

A. Some people notice hydration and sleep changes within days. Energy and body composition typically need 2–3 weeks of consistent use.

### Q. Can I take them with coffee?

A. Yes — but use this as a chance to lower the chaos, not pile it on. Many people end up needing less caffeine within a few weeks.

### Q. Do I have to take all seven?

A. No. Most people start with one or two and add slowly. The stack should serve your day, not the brochure.

### Q. Can I take them with GLP-1 medications?

A. The GLP-1 Support Stack (FIT + HYDRATED) is built for exactly this scenario — but always check with your provider before adding any supplement.

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## Q. Can I take them with my other medications?

A. Always check with your provider or pharmacist for interactions before starting any new supplement — especially if you take prescription medications or have a chronic condition.

### Final friend truth

Starting a peptide routine doesn't have to be dramatic. Keep it simple, clean, and honest. Pick the goal. Start small. Track your response. Hydrate. Eat. Rest. Move. Ask questions. And please don't let a product become a substitute for taking care of yourself in real life.

### Want more like this?

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