

UNEARTHED WELLNESS

WELCOME KIT

Epithalon Longevity Peptide

Telomere support · Cellular renewal · Pineal restoration



Your personalised welcome kit from Unearthed Wellness

Welcome to your Epithalon protocol.

Epithalon is one of the most rigorously studied longevity peptides available. You're working at the cellular level – addressing the biology of ageing itself, not just its surface expressions.

This kit covers what Epithalon is doing at the telomeric and cellular level, how to administer your cyclic protocol, what to expect, and how to get the most from this investment in your long-term health.

Your body already knows how to do this.

INSIDE THIS KIT

- What Epithalon is and how telomerase activation works
- Storage and handling for your cyclic protocol
- Step-by-step injection guide
- What to expect during and after your cycle
- Lifestyle practices that support longevity
- Side effects: what's normal
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet Epithalon.

Epithalon is a tetrapeptide — just four amino acids — originally derived from pineal gland extract and extensively researched by Professor Vladimir Khavinson over several decades. Its primary mechanism involves the activation of telomerase — the enzyme responsible for repairing and maintaining telomeres, the protective end-caps on our chromosomes.

Telomere shortening is one of the most fundamental hallmarks of cellular ageing: each time a cell divides, telomeres become slightly shorter, eventually triggering dysfunction. By supporting telomerase activity, Epithalon helps the body maintain healthier, longer-functioning cells. Beyond telomere biology, Epithalon activates the pineal gland to restore melatonin synthesis, has powerful antioxidant properties, and influences gene expression in ways consistent with reduced disease risk and slower systemic ageing.

Working at the very root of how cells age.

What it's doing in your body

- Telomerase activation. Supports the maintenance of telomere length — one of the most fundamental markers of cellular ageing.
- Pineal gland restoration. Activates melatonin production, which declines dramatically with age, directly improving sleep quality and circadian regulation.
- Antioxidant protection. Reduces oxidative stress and lipid peroxidation — two primary drivers of accelerated cellular ageing.
- Immune system support. Restores thymic function and immune resilience, both of which decline significantly with age.
- Neuroprotection. Emerging evidence supports cognitive protection and dementia risk reduction.

CYCLIC PROTOCOL — WHAT THIS MEANS

Epithalon is prescribed in cycles — typically daily injections for 10–20 consecutive days, once or twice per year. The cyclic approach mirrors the body's natural biological signalling patterns and allows for sustained benefit between active dosing periods. This is not a daily supplement — it is a focused cellular intervention.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

WHAT'S IN YOUR KIT

- Your peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. By your third or fourth session, it will feel completely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

09 Dispose safely

Place the used needle immediately in a sharps container.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

The deepest work happens at the level you cannot see.

Days 1–5	Sleep quality often the first improvement noticed — deeper, more restorative sleep as pineal activation begins. Vivid dreams are a common early sign.
Days 6–14	Energy and cognitive clarity often improve. Reduced oxidative fatigue. Early improvements in skin tone and luminosity for some.
End of cycle	Mood stabilisation, improved stress resilience commonly reported. The cellular repair effects are cumulative and continue beyond the active dosing period.
Post-cycle	Benefits persist and compound after the cycle ends. Most people run a second cycle 6–12 months later as part of their annual longevity protocol.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg / mg
Frequency _____ × per week
Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Vivid dreams during the cycle. A welcome sign that pineal activation and deep sleep are occurring.
- Mild injection site irritation. Very occasional and transient — Epithalon is exceptionally well tolerated.
- Temporary increase in energy or alertness. Particularly in the first few days of the cycle as cellular processes activate.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (seek emergency care if severe)
- Anything that doesn't feel right — trust your instincts and call us

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

SLEEP AS YOUR PRIMARY LONGEVITY TOOL

Epithalon restores the melatonin and deep sleep architecture that make cellular repair possible. Protect it. Consistent sleep and wake times amplify the protocol significantly.

ANTIOXIDANT-RICH NUTRITION

Epithalon activates your endogenous antioxidant defences — a diet rich in polyphenols, colourful vegetables, and quality fats provides the substrate for this work.

MINIMISE OXIDATIVE STRESSORS

Alcohol, smoking, ultra-processed foods, and chronic stress all accelerate the cellular ageing Epithalon is working to slow. Reducing them during your cycle amplifies results.

MOVEMENT AS CELLULAR MEDICINE

Regular physical activity activates many of the same longevity pathways as Epithalon. The two are synergistic.

CONSIDER PAIRING WITH NAD+

NAD+ and Epithalon address longevity from complementary angles — cellular energy vs. telomeric health. Many people combine them as part of an annual longevity protocol.

COMMON QUESTIONS

You asked. We answered.

Do I need to take Epithalon every day forever?

No. Epithalon is used in cycles – typically once or twice a year. The telomeric and cellular effects are thought to persist and compound beyond the active dosing period.

Is the research on Epithalon real?

Yes – Epithalon has been the subject of significant peer-reviewed research, primarily from Professor Khavinson's group at the St. Petersburg Institute of Bioregulation and Gerontology. The telomerase activation data in particular is well established.

Can I combine Epithalon with other longevity peptides?

Yes – Epithalon is commonly combined with NAD+, CJC-1295/Ipamorelin, and GHK-Cu as part of a comprehensive longevity stack. Speak to your prescriber about your full protocol goals.

I feel fine – how will I know it's working?

Many of Epithalon's most significant effects are occurring at the cellular level and are not immediately perceptible. The sleep improvement and energy shift are the visible early signals. The telomeric and immune effects compound over months and years.

When should I run my next cycle?

Most protocols run once or twice annually. Your prescriber will discuss the optimal timing for your second cycle at your review consultation.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & PORTAL	BOOK A CONSULTATION	SUPPORT & ENQUIRIES
unearthed-wellness.com	Via your patient portal	hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

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