

UNEARTHED WELLNESS

WELCOME KIT

Thymosin Alpha-1 Immune Modulator

Immune recalibration · Autoimmune support · Post-viral recovery



Your personalised welcome kit from Unearthed Wellness

Welcome to your Thymosin Alpha-1 protocol.

Thymosin Alpha-1 doesn't stimulate your immune system — it recalibrates it. That distinction is what makes it one of the most sophisticated immune peptides available, and exactly the right tool for complex immune presentations.

This kit covers what Thymosin Alpha-1 is doing in your immune system, how to administer your protocol, what to expect, and how to reach us throughout your treatment.

Your body already knows how to do this.

INSIDE THIS KIT

- What Thymosin Alpha-1 is and how immune modulation works
- Storage and handling
- Step-by-step injection guide
- What to expect as immune function recalibrates
- Lifestyle practices that support immune health
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet Thymosin Alpha-1.

Thymosin Alpha-1 (Tα1) is a naturally occurring peptide produced by the thymus gland — the small organ behind your sternum responsible for producing and educating T-cells, the white blood cells at the heart of your adaptive immune system. The thymus is most active in childhood; it begins to shrink and reduce function from early adulthood, which is one reason immune resilience declines with age.

Thymosin Alpha-1 is the primary active peptide secreted by the thymus. It regulates T-cell maturation and activation, enhances natural killer cell function, modulates inflammatory cytokine responses, and — critically — helps the immune system distinguish between genuine threats and the body's own tissues. The failure of this distinction underlies autoimmune disease. Tα1 modulates rather than simply stimulates immunity. This makes it uniquely appropriate for dysregulated immune presentations.

Not stimulating. Recalibrating.

What it's doing in your body

- T-cell regulation. Supports the maturation and appropriate activation of T-cells — the orchestrators of adaptive immune response.
- Autoimmune modulation. Helps recalibrate an overactive immune response without suppressing it entirely.
- Post-viral immune rehabilitation. Demonstrated efficacy in addressing chronic viral conditions and reactivation of latent viruses.
- Inflammatory cytokine reduction. Addresses the chronic low-grade inflammation common in immune dysfunction and autoimmunity.
- Thymic restoration. Supports the T-cell development infrastructure that declines with age and chronic illness.

CLINICAL PRECEDENT

Thymosin Alpha-1 is clinically approved in over 35 countries for Hepatitis B, Hepatitis C, and certain cancers — giving it one of the strongest clinical evidence bases of any peptide in this guide. This is not an experimental compound. It is a well-established immunomodulatory therapy now accessible through our prescribing framework.

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.

A more intelligent immune system. Built gradually.

Week 1–2	Immune system activation begins. Some people notice a brief period of feeling slightly under the weather as the immune system reorganises. Energy may improve early.
Week 3–4	Immune markers often show measurable improvement on bloodwork. Fatigue associated with immune dysfunction begins to lift.
Month 2	Autoimmune flares may reduce in frequency or severity. Energy and cognitive clarity continue to improve. Inflammatory markers on bloodwork often show meaningful reduction.
Month 3+	Immune resilience well established. Recovery from illness faster. Many incorporate Thymosin Alpha-1 into their seasonal wellness protocol as ongoing maintenance.

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

- Brief initial fatigue or flu-like feeling. Occasional in the first 1–2 weeks as the immune system begins to reorganise. Transient and a sign the peptide is active.
- Mild injection site redness. Localised and fades quickly — one of the most well-tolerated peptides available.
- Temporary increase in inflammatory markers. An initial immune activation response occasionally seen on bloodwork in the first weeks. Settles as modulation establishes.

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 IMMUNE MEDICINE

Immune cell production, T-cell regulation, and inflammatory resolution all occur predominantly during sleep. 7–9 hours is foundational to this protocol.

REDUCE INFLAMMATORY LOAD

Alcohol, ultra-processed foods, and chronic stress all maintain the inflammatory burden Thymosin Alpha-1 is working to reduce. Even modest lifestyle improvement amplifies results.

SUPPORT THE GUT

The gut houses approximately 70% of your immune system. A diverse, plant-rich diet and adequate hydration directly support Thymosin Alpha-1's immune-modulating work.

MANAGE STRESS ACTIVELY

Chronic psychological stress directly suppresses T-cell function and elevates inflammatory cytokines — the exact mechanisms Thymosin Alpha-1 addresses. Treating stress management as medical care is appropriate here.

CONSIDER BPC-157 ALONGSIDE

If gut inflammation is part of your immune presentation, BPC-157 addresses the gut-immune axis that Thymosin Alpha-1 does not cover. Speak to your prescriber.

COMMON QUESTIONS

You asked. We answered.

Is this the same as TB-500 (Thymosin Beta-4)?

No — despite sharing the Thymosin name, these are entirely different peptides with different structures and actions. Thymosin Alpha-1 is an immune modulator; TB-500 is primarily a tissue repair peptide. They can be used together in protocols where both immune and tissue-healing support is indicated.

Can it help with Hashimoto's thyroiditis?

Hashimoto's is an autoimmune thyroid condition, and Thymosin Alpha-1's immune-modulating properties make it a compelling consideration. It does not replace thyroid hormone replacement but may help address the immune dysregulation driving the autoimmune attack.

I'm on immunosuppressant medications — is this safe?

This requires careful assessment. Thymosin Alpha-1 modulates rather than simply stimulates immunity, which distinguishes it from general immune boosters — but your prescriber will have reviewed your medications before recommending this protocol.

How long does a typical protocol run?

4–8 weeks for acute or post-viral presentations; 3–6 months for autoimmune or chronic conditions, potentially with maintenance dosing. Your prescriber will guide the appropriate length for your specific situation.

Can I use it preventatively during winter?

Yes — seasonal protocols are common. Many people use Thymosin Alpha-1 as immune resilience support heading into winter or high-stress periods.

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.

UNEARTHED WELLNESS

This document is for educational and supportive purposes only. It does not constitute medical advice and does not replace your prescriber's guidance. Always follow your personalised prescription. © Unearthed Wellness.