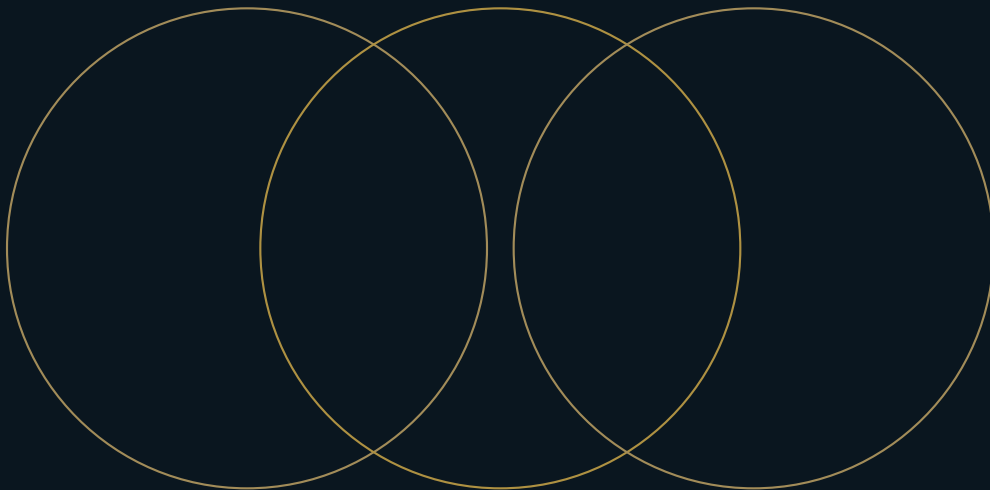


REAL PEPTIDES

FIELD GUIDE / MEN'S PERFORMANCE

The Men's Performance Research Guide

Define performance before choosing a pathway.



RESEARCH EDITION 01 / OCTOBER 2026

01 / THE RESEARCH MAP

Start with the question.

Performance can mean exercise capacity, tissue recovery, endocrine measurements, or sexual function. This guide separates those questions and gives you a framework for reading MOTS-c, growth-hormone-pathway, and kisspeptin research without turning them into a single stack.

- Separate exercise, endocrine, and sexual endpoints
- Read endogenous signals versus administered material
- Recognize peptide-variant differences
- Create a focused research plan

How to use this guide

Read the research map, then use the chapter checklists to build a specific evidence record. Follow the source links for the original context. Product links identify materials for laboratory procurement, not validated personal-use protocols.

For laboratory research education. Real Peptides materials are not intended for human or animal use. Published study methods are not instructions for personal administration.

CHAPTER 01

One label, several questions

Choose a primary question before comparing compounds. An exercise test is not a hormone test. A hormone change is not proof of muscle gain. A sexual-function result does not establish athletic recovery.

Keep this guide separate from a personal performance program. Use it to map the literature, define a laboratory endpoint, and decide which research materials are relevant to an approved method.

PRACTICAL RESEARCH CHECKLIST

- ☐ Name the outcome
- ☐ Identify the model or population
- ☐ Separate markers from functional outcomes
- ☐ Avoid combining unrelated evidence into a stack

YOUR RESEARCH RECORD

Study / document, model, and method:

Measured outcome / handling requirement:

Limitations and next verification step:

CHAPTER 02

MOTS-c: signal versus intervention

A 2021 paper studied MOTS-c in muscle and exercise-related research using human observations and experimental models. Its human exercise observations and animal intervention findings are distinct evidence layers. Observing an endogenous signal does not establish benefits from administering a commercial product. [1]

For a research plan, state whether you are measuring endogenous material, using cells, or comparing an experimental intervention. Those methods answer different questions.

PRACTICAL RESEARCH CHECKLIST

- ☐ Distinguish observation from intervention
- ☐ Separate human and animal results
- ☐ Match the endpoint
- ☐ Do not imply proven athletic enhancement

YOUR RESEARCH RECORD

Study / document, model, and method:

Measured outcome / handling requirement:

Limitations and next verification step:

CHAPTER 03

Growth-hormone and sexual-function pathways

A 2006 study of long-acting CJC-1295 measured GH and IGF-I secretion in healthy adults. Hormone measurements do not establish muscle gain, improved recovery, or equivalence to CJC products labeled no DAC. [2]

A 2023 kisspeptin trial in men with hypoactive sexual desire disorder assessed specific sexual-response measures. The clinical research context and peptide form matter; it is not evidence that Kisspeptin-10 laboratory material is a general performance aid. [3]

PRACTICAL RESEARCH CHECKLIST

- ☐ Check the CJC variant
- ☐ Separate hormone markers from performance
- ☐ Read the kisspeptin form
- ☐ Keep clinical context visible

YOUR RESEARCH RECORD

Study / document, model, and method:

Measured outcome / handling requirement:

Limitations and next verification step:

CHAPTER 04

Your focused research plan

Use separate worksheets for exercise, endocrine, and sexual-response research. For each, record the question, strongest directly relevant evidence, population, peptide form, method, endpoint, and limitation. Choose one primary endpoint instead of assembling a list of desired effects.

Review current product identity and lot documentation when selecting laboratory materials. A product recommendation here means relevance to a research question, not a recommendation for personal administration.

PRACTICAL RESEARCH CHECKLIST

- ☐ Pick one pathway
- ☐ Read the primary source
- ☐ Match peptide identity
- ☐ Review lot documentation
- ☐ Record missing evidence

YOUR RESEARCH RECORD

Study / document, model, and method:

Measured outcome / handling requirement:

Limitations and next verification step:

MATERIALS / PROCUREMENT

Match the material to the method.

Review exact identity, format, availability, handling instructions, and current lot documentation before laboratory procurement. A certificate describes the tests performed on a batch. It does not establish a health outcome.

MOTS-c

Research material. Human exercise observations do not establish administered-product outcomes.

[View material and documentation](#)

Kisspeptin-10

A distinct peptide form. Do not treat kisspeptin-54 findings as product validation.

[View material and documentation](#)

50% first-purchase offer

The guide funnel includes a first-purchase offer. Use the offer delivered through the launch email flow and review its checkout terms. A new discount should not be assumed to stack with a sitewide promotion.

SOURCES / FURTHER READING

Keep the context visible.

1. MOTS-c and muscle homeostasis, 2021

<https://pubmed.ncbi.nlm.nih.gov/33473109/>

PubMed abstract or indexed study summary reviewed; full-text verification required before expanding claims.

2. Long-acting CJC-1295 and GH/IGF-I secretion, 2006

<https://pubmed.ncbi.nlm.nih.gov/16352683/>

PubMed abstract or indexed study summary reviewed; full-text verification required before expanding claims.

3. Kisspeptin trial in men with HSDD, 2023

<https://pubmed.ncbi.nlm.nih.gov/36735255/>

PubMed abstract or indexed study summary reviewed; full-text verification required before expanding claims.

Study summaries reviewed October 8, 2026. Abstract-based summaries do not replace the full paper. Read methods, limitations, and any corrections before developing additional claims.

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